

Walking Groups in Greater Dandenong



<p>Tues</p>	<p><u>Parkmore Community Walk</u> Free weekly indoor walking program. Warm up and cool down exercise led by a qualified instructor. Time: 7.30am – 8.30am Venue: Parkmore Shopping Centre, Cheltenham Road, Keysborough Contact: Customer Service on (03) 9798 9494 to register.</p>	<p><u>Ramblers Walking Group</u> Local walk each week. Time: 9:15am - 10:30am (\$2 joining fee) Venue: Noble Park Community Centre, Ross Reserve, Noble Park Contact: Nina on (03) 9547 5801 or (03) 9558 5017</p>
<p>Wed</p>	<p><u>Wonders of Dandenong Walking Tour</u> Free guided tour of Dandenong showcasing Dandenong's history and heritage, highlights recreational opportunities, and features:</p> <ul style="list-style-type: none"> • Aboriginal heritage • Our bustling arts scene, and • Explores the retail heart of Dandenong. <p>Contact: Grissel Walmaggia on (03) 9239 5131 for dates and booking details.</p>	
<p>Thurs</p>	<p><u>Redlegs Walking Group</u> Free all abilities weekly walking group Time: 10am Venue: Dandenong Oasis Leisure Centre Contact: Peter 0407 848 181</p>	
<p>Thurs</p>	<p><u>Dandenong Plaza Pacers Walk</u> Free weekly indoor walking program with warm up and cool down exercise led by a qualified instructor. Time: 7.30am – 8.30am Venue: Level 2 Myer entrance, Dandenong Plaza Shopping Centre, McCrae Street, Dandenong Contact: Customer Service on (03) 9792 0130 to register.</p>	
<p>Fri</p>	<p><u>Life Activities Club Dandenong (over 50s)</u> Half Day Walks – every Friday 9am Contact: Ron Wardell on (03) 9795 5736</p> <p>Note: Membership & joining fees apply.</p>	

Note: Contact Council on 9239 5100 to add or update information. Last updated October 2011

University of the Third Age Dandenong

Weekly walking group.

\$20 annual membership which entitles members to attend any activities in which there is a vacancy.

Contact: C/o Paddy O'Donoghue Centre on:

- (03) 9795 2217
- 18 Buckley Street
- PO Box 209, Noble Park Vic 3174

Dandenong Valley Bushwalking Club Inc

Bush walking activities.

Contact: John Freeman on:

- (03) 9546 3514
- PO Box 398, Doveton Vic 3177
- dandenongvalleybwc@yahoo.com.au (preferred)

Little India Cultural Tours

Your experienced tour guide will take you on a journey to awaken your senses and reveal the city's rich Indian culture through clothing, cosmetics, food, film and music.

Tours are free and run once a month at twilight.

Time: 5.45 pm to 8 pm.

Contact: Grissel Walmaggia at the City of Greater Dandenong on (03) 9239 5131 for further information and to book your place.

Afghan Bazaar Cultural Tours

An experience tour leader will introduce you to the rich, dynamic culture and authentic flavours of Afghanistan. Afghan culture, fashion, food and music will be showcased and explained during a journey through local specialty shops.

Tours are free and run once a month at twilight.

Time: 5.45 pm to 8 pm.

Contact: Grissel Walmaggia at the City of Greater Dandenong on (03) 9239 5131 for further information and to book your place.