

Heart Foundation  
*Walking* **Knox SOW NEWS**  
☆ ○ □ ◆

## The Big Slide



**K**nox Street Orienteering Walkers (Knox SOW) has expanded and is now running walks twice a month on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays at 10.30am. The group explores places in and around Knox and walks for one hour, finding answers to 20 clues shown on a map. Team registration is at 10.15am then they walk from 10.30 to 11.30am followed by a cuppa and chat at a nearby café. The cost is \$1 per person. Full details are on their website: [www.knoxow.org.au](http://www.knoxow.org.au).

In July, the group explored the Lewis Road area on the border of Wantirna South and Boronia. One of the clues was The Big Slide in Roselyn Crescent Reserve. None of the walkers had seen it before and wondered when it was installed. The walk organiser, David, gave each team a bonus point if they took a 'selfie' photo at the slide. Check out the photos in the Photo Gallery on the group's website. Another unusual clue was the Shree Swaminarayan Temple nearby in Wadhurst Drive. The walk was followed by a cuppa at the warm Schokolade Café at the Studfield Shops.

For more information please contact David, on 0419 337 311 or [david@knoxow.org.au](mailto:david@knoxow.org.au). The August walk is in Ferntree Gully; September's walk is around Waverley Park in Mulgrave and in October it is a Knox Seniors Festival event in Boronia. ■



## Knox SOW NEWS



# The Big Slide

**Knox Street Orienteering Walkers (Knox SOW)** has expanded and is now running walks twice a month – on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month at 10.30am. The group explores places in and around Knox and walks for one hour finding answers to 20 clues shown on a map. Team registration is at 10.15am then they walk from 10.30 to 11.30am followed by a cuppa and chat at a nearby café. The cost is \$1 per person. Full details are on their website: [www.knoxsow.org.au](http://www.knoxsow.org.au).

In July the group explored around the Lewis Road area on the border of Wantirna South and Boronia. One of the clues was The Big Slide in Roselyn Crescent Reserve. None of the walkers had seen it before. They wondered when it was installed. The Walk Organiser, David, gave each team a bonus point if they took a 'selfie' photo at the slide. Check out the photos in the Photo Gallery on the group's website. Another unusual clue was the Shree Swaminarayan Temple nearby in Wadhurst Drive. The walk was followed by a cuppa at the warm Schokolade Café at the Studfield Shops.

For more information please contact David, on 0419 337 311 or [david@knoxsow.org.au](mailto:david@knoxsow.org.au). The August walk is in Ferntree Gully; September's walk is around Waverley Park in Mulgrave and in October it is a Knox Seniors Festival event in Boronia.



*Selfie photo of John & Peter and Greg & Wilma at The Big Slide in Boronia*

Heart Foundation

# Walking



Welcome to Heart Foundation Walking Newsletter – Edition 3, 2018

## State and Territory activities

### Victoria

Knox SOW - Lakewood Nature Reserve - 20th April



Heart Week is a time to start a conversation about heart health and take steps towards better heart health. This year Heart Week events were held around Victoria in Hopetoun, the City of Knox and the City of Melton with walkers young and old in attendance!

knox your city

# Seniors Festival

Over 55s Zest4Life



September -  
December  
**2018**

## October

### Knox Street Orienteering Walkers

FREE  
EVENT

**Friday 19 October**  
**Knox Street Orienteering  
Walkers**

Knox SOW organises Street Orienteering Walks every month in and around the City of Knox. We have maps and walk in teams of 2 to 5 people for one hour, finding answers to 20 clues. Cuppa afterwards at Forage Food Store in Boronia. [knoxsow.org.au](http://knoxsow.org.au)

**Time:** 10.15am to 11.30am

**Venue:** Tormore Reserve,  
Tormore Road (carpark  
entrance opposite  
Conway Court), Boronia

**Bookings essential:**

Please contact David on  
0419 337 311 or  
[david@knoxsow.org.au](mailto:david@knoxsow.org.au)  
(RSVP by Friday 12 October).

**Knox Over 55s Zest4Life**