

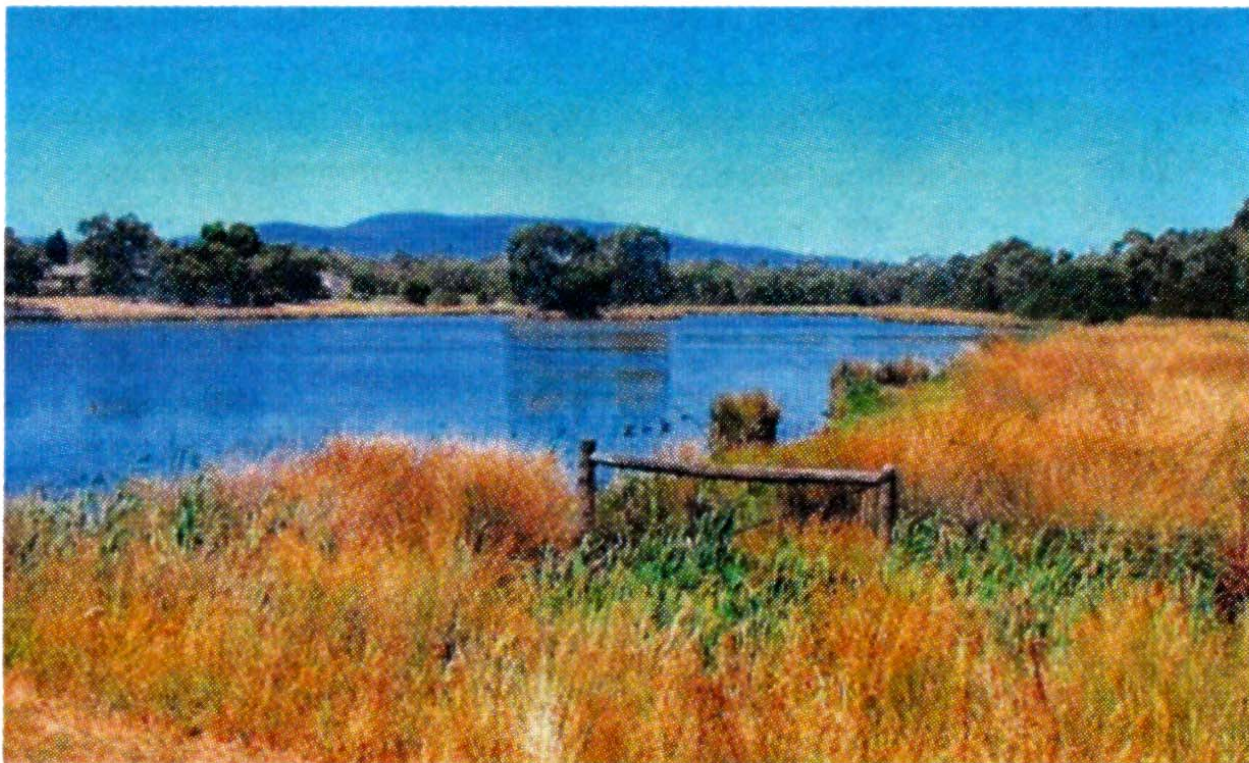
► Knox Street Orienteering Walkers

Heart Foundation

Walking Knox SOW NEWS



Due to the popularity of street orienteering, **Knox Street Orienteering Walkers** (Knox SOW) have now joined the other 223 registered Heart Foundation walking groups in Victoria. They have added an extra walk each month on the first Friday of the month at 10.30am. The group explores



The beautiful lake in Lakewood Nature Reserve

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. For full

details check out their new website: www.knoxsow.org.au

In April the group began near the Lakewood Nature Reserve in Knoxfield. Many walkers did not know we had such a beautiful lake in Knox! 3 clues were around the lake, the

first being at the entrance: 'What is not allowed in the Reserve – horse riding, bike riding and xxxx? The answer is 'golf'. Another clue was at Attley Road which has got to be the shortest road in Knox at just 35m long! The walk was followed by a cuppa at the delightful Banksia Nursery Café.

SOW ticks all the great activity boxes; exercise your body, use your brain, challenge yourself, enjoy social interaction and have fun, so why not come along and give it a go.

For more information please contact Walk Organiser, David, on 0419 337 311 or david@knoxsow.org.au. The May walk is in Rowville. The June walk is in Wantirna South (on the 2nd Friday of the month). ■



Boronia & The Basin COMMUNITY NEWS

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Right - The beautiful lake in the centre of Lakewood Nature Reserve, Knoxfield

Knox SOW NEWS

