

May 25 – Live More Plus Nature Sabbath

Experience Sabbath differently....

Join us for an invigorating day of brisk walking in the delightfully lush Lamington Park rainforest

Note: A moderate level of fitness & endurance is required

- Walk:** Toolona Creek Circuit (approximately 18 kms)
- Time:** 7.30 am – 4 pm
- What to Bring:** Backpack, lunch & snacks, water bottle, warm clothes, rain jacket, sturdy walking shoes
- Transport:** Car-pooling – 6 am departure from Gold Coast Central church carpark (spare seats available)
- Want to come:** Call/TXT Mel 0405 445 151

Training Walks Below – Be Prepared....

All welcome! Come and join us, even if you can't come on May 25!

Sunday, April 14 – 8 am start

Meet at North Burleigh SLSC Carpark

**North Burleigh to Tallebudgera Break-wall
(Return 9km)**

Sunday, April 28 – 8 am start

Meet at Emmanuel College Carpark, 17 Birmingham Road, Carrara

Emerald Lakes Loop da Loop (2 x around)

Sunday, May 5 – 8 am start

Meet at 39 Somerset Drive, Mudgeeraba

Join the Captivating International “Stop Trafficking 5K” run/walk

Click here to register for the event

<https://stoptrafficking5k.org/teamgoldcoast>