

## **UP AND ON THE MOVE – THE COMBINED PROBUS CLUB OF BELMONT CENTRAL INC.**

Our club offers our a number of opportunities for our members to be engaged, active and have fun along the way.

### **MONDAY WALKING GROUP**

What a better way to start the day than a brisk walk along the tranquil banks of the Barwon River in Geelong, or along its iconic waterfront and gardens precinct. On occasions, 'our special' walks are along the beach fronts in Barwon Heads or Torquay. However, every Monday 8.30 a.m., regardless of the weather, up to 15 members of the Combined Probus Club of Belmont Central meet for their constitutional followed by a coffee and chat where all the problems of the world are solved. Lots of laughs shared as well. In the Club's 17 years there have been rare occasions when the walk was cancelled.

### **'HAPPY WANDERERS'**

A dedicated group of the 'Happy Wanderers' meet every Friday at 9.30 a.m. and walk along the Barwon River, the Geelong Waterfront or other local walking paths and a special walk once a year to the coast, usually before the Christmas break-up. Time for coffee at Cafes in the locality of their walk on the day is always included.

### **BIKE RIDING GROUP**

Our enthusiastic bike riders meet every Friday at 8.30 a.m. for a morning bike ride of generally between 20 to 30kms depending on weather and where they ride. Their usual starting point is in Barrabool Road opposite the R and R café. They have various rides from there such as around the Barwon River, the rail trail to Leopold or Drysdale, Warrillily Waurrn Ponds and many more. Their main riding is on bike trails. Morning coffee is always part of the ride and on occasions lunch, depending on where the ride takes them.