

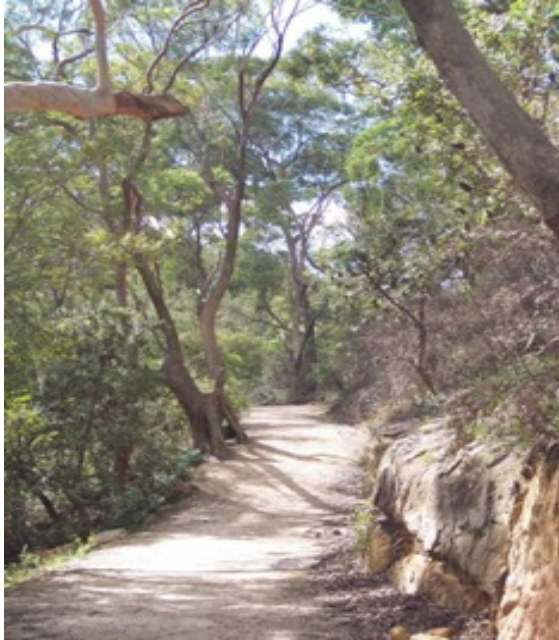
If you cannot read this newsletter, please click [here](#).



Let's get Australia Walking

Summer 2008-2009

Welcome to our Summer newsletter. This season's themes deal with the strength of the Sun and the importance of remaining hydrated whilst walking in the great Australian outdoors.



Blackbutt Track near Gordon NSW

HOW STRONG IS THE SUN?

Australia is blessed with a wonderful exposure to the sun. But it's necessary to be aware of the effects that it has on walkers. Hats with broad brims, long sleeved shirts are de rigeur these days to prevent sun burn and the development of skin melanomas.

The best walks are those that have ice-cream shops en-route. Check out the section on Summer walking to see how you can best handle the hot days ahead.

[SUMMER WALKING](#)

IMAGE GALLERY

Have a look at our Image Gallery and see if you've got some photos to add. A great chance to show your walking journeys to the rest of the Australian and international walking community. What's more, you get the credit and kudos for your efforts. Send them in.

[IMAGE GALLERY](#)

HOW MUCH WATER DO I NEED?

As it happens, quite a lot. We are composed of around 80-90% of water and need to replenish as we perspire, especially when walking in Summer.

[WATER](#)



On the old Cox's Rd near Mt York, NSW

FORUM USERS ROCK!

Logon to our forum and tell us what you've been doing, where you've been walking or where you're planning to go next. [join the fun!](#)

CAN I SEND IN SUGGESTIONS FOR WALKS?

CAN I SEND IN SUGGESTIONS FOR WALKS?

Yes you can. There are still a thousand walks in Australia to cover, so we welcome your input. If you have a walk, send it in (with photos if you can) and you'll get the credit on Adventure.com.au.

[Send in your walk](#)

Happy walking!

Judy, Almis and the team

Dehydration is not an option. Judy

Adventure Australis P.L. ABN 24 127 239 981 Level 1 447 Kent Street, Sydney 2008

Tel: 02 9286 1502 Fax: 02 9264 2645

Email: info@adventure.com.au Web: www.adventure.com.au