Get up and go

1 Mount Barker Linear Trail

Bollen Rd to Bald Hills Rd, Mount Barker, 10km

The Mount Barker Linear Trail. Matthew Turner, of Littlehampton, says his family often makes the most of the walking trails in the district. “We love the nature of the Hills’”, he says.

Kidman Trail

Through Fleurieu Peninsula, Adelaide Hills, Murraylands, Barossa and Clare Valley, 269km

A multi-use horse riding, cycling and walking trail. Visit Walking SA’s website for maps of the Kidman Trail; from Willunga to Echunga, Echunga to Nairne and Nairne to Mount Crawford. walkingsa.org.au

Onkeeta Trail, Kuitpo Forest

Kuitpo Forest Reserve, 10.8km

Follow this circuit-style route along forest trails and paths through northern Kuitpo Forest. The trail starts at Gate K12 on Brookman Rd. Access is also available from the Ironbanks Picnic Area.

5 Paddy’s Hill Walk

From Keith Stephenson Park, 5.7km

Walk up Paddy’s Hill Rd for a great view of Mount Barker township. Follow the road and you’ll eventually run into a footbridge to Kia-Ora St — there’s a plaque there for the first building built in Mount Barker by Duncan McFarlane.

New heights

A player and a coach in the past, Paul Harris will now step into a new role as boys basketball manager at the Eastern Mavericks District Basketball Club. President Margaret van Schaaijk congratulated Mr Harris. “Paul has a wealth of basketball knowledge and experience gained as a player and as a coach,” she says on the club website, Adelaide Hills Recreation Centre, 2 Howard Lane, Mount Barker

Not soft on ball

The Mount Barker Redsox Softball Club has kicked off the 2015/2016 season last month. The club has eight teams taking part in the Hills Softball Association, adding a second ‘T’-ball team to the mix. “Already players across all teams are having a blast,” secretary Mandy Bottroff says.

Twilight zone

Echunga Golf Club runs twilight competitions again throughout the summer months. The nine-hole event, held every Wednesday from 4pm to 6pm, is open to members and visitors. The competition is for players with and without official Golflink handicaps. There will be a $5 competition fee for members and $10 for visitors.

6 Byethorne Park

for exploring. The hidden roads are under public ownership and are available to walk along, with some having been turned into formal trails like the Heysen Trail and the Kidman Trail. Ms Ferguson says Tottiness (Conservation Park), railway corridors and Nairne, with its trails connecting up with

7 Onkeeta Trail, Kuitpo Forest

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8 Tarca and Jada Lynn.

Crabb and Emilie Goedecke, Shai

The Acacia Calisthenics Club took home several medals at the Glenelg Solo and Duo competition in Elizabeth, Adelaide, last month. While the club says it is proud of all competitors, it congratulates the following winners: Narelle Lee, Brylee Crabo and Emilee Goedecke, Shai Tarca and Jada Lynn.

14 Follett Close, Totness

‘Be who you are and be that well’

St Francis de Sales (1567-1622)

Call to register or book a personalised tour today!

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