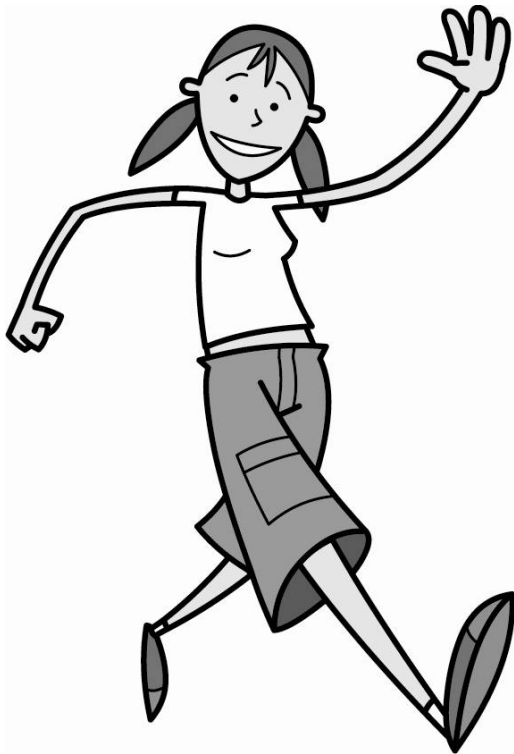


Walking Information



Walking is a great way to learn about your city, neighbours and local community and is easy to do – just take out your walking shoes, wear something comfortable, and head out the door! The City of Yarra has many hectares of open space ranging from parks, gardens, creeks and the great Yarra River providing the perfect environment for outdoor recreation and walking.

Walking Comfort and Safety

- Wear loose fitting clothing and shoes that are comfortable.
- In warm weather, protect yourself from the sun with sunscreen, sunglasses and a hat.
- In cool weather layer clothing so that you can easily remove outer layers as your body begins to warm up.
- At night wear light or bright coloured clothing.
- Ensure that you stay hydrated before, during and after exercise and consider walking with a drink bottle.
- Remember to look, listen and think before crossing the road and where possible use a pedestrian crossing.

Walking Groups

Walking with others provides additional motivation to get out there and opportunities to meet new friends.

Why not join a walking group or start your own?



Collingwood Leisure Centre

Meeting place: Mayors Park,
Turnbull St, Clifton Hill
Melways Ref: 2C J2
Contact the Centre on 9205 5522

Main Yarra Trail

The Yarra River flows from Warburton to Port Phillip Bay. The word 'Yarra' is thought to have derived from Aboriginal words meaning 'ever flowing'. The best way to get to know the river is to visit one of the many places of interest along the river such as Dights Falls or the Collingwood Childrens Farm. Features along the river include bicycle tracks, boat landings, fishing platforms and BBQ's.

Incorporating Walking into your Day

Walking does not have to be a special event – it can be incorporated into your daily life in the following ways:



Outdoor Picnic

Why not organise a family outing, fill up a backpack and walk to one of the many BBQs in the area. For info on where BBQs are located in your local area visit: www.yarracity.vic.gov.au > community > recreation.



Walking to Work

If you live within 2km of your workplace, consider occasionally walking there instead of driving. You will arrive invigorated and ready to start the day.

If you take the train, then consider walking to the station. Most of the congestion on local roads is caused by local traffic. You will save time, money and won't have parking hassles!

According to the RACV, the average cost of operating a medium-sized car is around 60c per kilometre (or about \$170 per week). If you live two kilometres away, that can add up to almost \$1,000 a year just spent driving to work!



Walk the Dog

There are many parks in Yarra that are dog friendly, including areas that are designated as off-lead areas to make walking and exercising with your canine companion easy. Please practice responsible dog ownership and collect any excrement deposited by your dog. For details of dog friendly parks visit:

www.yarracity.vic.gov.au > services > animals.



Walking the Kids to School

Walking your children to school ensures that you are all getting regular physical exercise, provides opportunities to bond with your children, reduces congestion and improves safety around schools.

Yarra has a **Walking School Bus** program operated by volunteers recruited and trained from the local community. The idea is simple. The designated adult supervisor "picks up" each student, house by house, on foot. The students walk to school together enjoying fresh air, exercise and interaction. All routes are carefully checked to ensure the roads and conditions are safe for walking. For more information call 9205 5555 and ask for the Walking School Bus Project Officer.



Walk to a Sporting Ground

There are plenty of sporting grounds located across Yarra providing for activities such as tennis, basketball, cricket, soccer, volleyball, bocce and lawn bowls! Walk to your sports destination as a warm up!

For a complete list of Recreation Facilities visit: www.yarracity.vic.gov.au > recreation.



Walk to the Gym

Instead of driving to the gym only to step on to a treadmill - why not try walking or running there instead? Or call Fitzroy Pool for more information about Green Membership – get a discount for NOT taking the car to the gym! Call 9417 6493 for more information.



For more information on walking in Yarra contact:

Sustainable Transport Officer on **9205 5057**

www.yarracity.vic.gov.au

