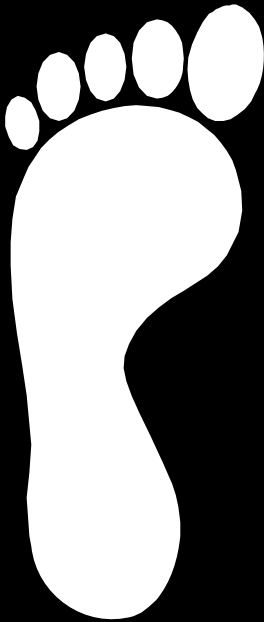
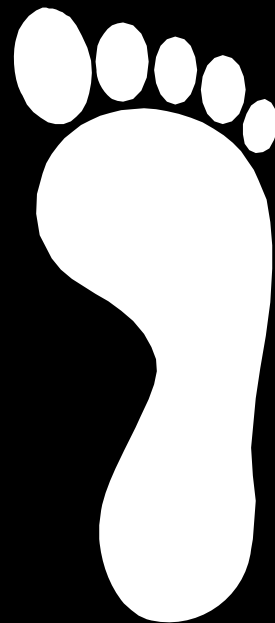


Grampians Pyrenees Primary Care Partnership



**'Walk the Walk
and Talk the
Talk'**



**Get fit whilst you socialize
or try something new.....**

Ararat Rural City



Dear Walker,

We hope you enjoy this brochure about walks in the Ararat Rural City Council.



Many thanks to the many people who contributed to this brochure, and especially to Katrina Toomey from Grampians Pyrenees PCP who has been the project officer doing all the “foot work”.

Please forward any comments to: kates@grampianspyreneespcp.org.au or phone through on 0407 548 553.

John Dixon
Chair Grampians Pyrenees Primary Care Partnership

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Walking in the Ararat Rural City

Walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace.

Nearly everyone can walk, whether it is for health, fitness, recreation, relaxation or transport. Walking is fun, free and social, so if you are trying to improve your health and fitness then walking is a good activity to consider.

You are more likely to walk when you have planned where and when you are able to walk. Walking around the block or a park close to home is a good start. This booklet outlines short walks and routes of interest in your local area. There are also walking groups in the Ararat Rural City Council suitable to various fitness levels and interests, such as ramblers, power walkers, older adults, people with prams or in wheelchairs and scooters.

If you are on medication, have had a major operation, have any medical conditions or physical limitation that restricts you or is likely to be affected by physical activity, or have any other concerns regarding your capacity for activity including recent inactivity you should consult your doctor about activity options. It is recommended that you wear highly visible clothing if walking on any of the routes that use roads. If you are walking alone tell someone where you are going and take a drink bottle of water with you. For more information on guidelines and the benefits of walking go to the Go for your life website

www.goforyourlife.vic.gov.au

This publication can be accessed via the Grampians Pyrenees Primary Care Partnership website at

www.grampianspyreneespcp.org.au

Call 1300 73 98 99
goforyourlife.vic.gov.au



Ararat

Alexander Gardens Lake Walk

The lake is in the heart of Ararat with a newly refurbished 800 meter walking track surrounding it. There is a map of the Gardens and Lake available at the Tourist Information Centre or the Council Offices in Vincent Street. The gardens have an Asian influence on an island in the centre of the lake, fernery's, native gardens, glasshouses and expansive lawns with large shady trees and picnic areas. There are walking groups that meet regularly and walk around the lake, the details are listed on the following pages.

- Starting point : Alexander Gardens, Vincent Street
- Length of walk: 800 meters
- Gradient: Flat
- Toilets: Yes
- Drinking water: Yes
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: Yes
- Exercise stations: No
- All weather: Yes. caution when wet
- Lighting available: Some
- Coffee shop nearby: Main street
- Type of surface: Gravel with some parts uneven.



Walking Groups at the lake

Ararat 'Lunchtime Lappers'

When: Wednesday

Time: 12.30pm

Where: Meet at the front gate of Alexandra Gardens

Contact: Ararat Centre of Community Health for more information or to register— (03)5352 9327

Particularly Welcomes: People requiring a medical attendant and everyone

This group works closely with East Grampians Health Service, Community Health Nurse and can walk laps around the lake at their own pace. There is no time limit people walk and talk for up to an hour with rests in between on the seating available. It is ideal to do in your lunch break!

Ararat 'Heartbeat Group'

When: Monday

Time: 10.00am

Where: Meet at the front gate of Alexandra Gardens

Contact: Ararat Centre of Community Health for more information or to register— (03)5352 9327

Particularly Welcomes: People requiring a medical attendant, People with mobility issues,

Men and women of all ages who have suffered heart attack, undergone heart surgery and for others who wish to address risk factors associated with heart problems (high blood pressure, high cholesterol, obesity, diabetes)

This group works closely with EGHS Cardiac Rehabilitation and Healthy Hearts Program. People can walk laps around the lake at their own pace. There is no time limit people walk and talk for up to an hour with rests in between on the seating available.

Ararat 'Women Walking around the Lake'

When: Tuesdays

Time: 10.00am

Where: Meet at the front gate of Alexandra Gardens

Contact: Ararat Centre of Community Health for more information or to register— (03)5352 9327

Particularly Welcomes: All levels of fitness, and Mums and prams



Ararat Historical Walk

This walk begins at J Ward in Girdlestone Street where they will provide you with a map. You can also obtain one from the Tourist Information Centre. It outlines all the Historical points of interest in the town. The walk can take as long as you like depending on the pace you walk.

Ararat

Ararat Cemetery Creek Walking Track

The walking track is a continuous work in progress. Glenelg Hopkins CMA have put out a flyer on the project. The walk meanders along the creek through a beautiful and biologically diverse and historically significant region. The area protects and enhances endangered grassland and other flora and fauna species. It is intended that this track will continue all the way to the existing Walking and Cycling track to Green Hill Lake. The beauty of this track is that you can enter or exit at any number of points between Banfield Street and the Pyrenees Highway. There is a walking group that meets regularly and walks along a section of the track the details are listed on the previous page.

For more information or a map of the track contact The Glenelg Hopkins CMA on 5352 2288.

- Starting point: Banfield Street at the creek look for a blue sign.
- Length of walk: The track is one way only and not one continuous path, existing track is currently 8 km.
- Gradient: Flat with some gentle slopes.
- Toilets: No
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: On the top of Flint Hill Reserve
- Children's play equipment: No
- Exercise Stations: No
- All weather: Yes but with caution
- Lighting available: No
- Coffee shop nearby: Main street
- Type of surface: Gravel

Ararat 'Neighbourhood House Trailblazers'

- When:** Wednesday
Time: 9.00am
Where: Neighbourhood House, Campbell Street Ararat
Contact: Ararat Neighbourhood House—(03)5352 1551

**Walking group that
use Cemetery Creek
Walking Track**

Particularly Welcomes: People requiring a medical attendant, All levels of fitness, Mums and prams

This is a self paced group that meet each week with a medical attendant for a walk between 30-40 minutes in duration. The group commences the walk at the Ararat Neighbourhood House and walk along Blake Street past the Ararat North Primary School just after 9.00am to allow parents to join them after taking their children to school. The route will vary each week but will often go around the showground's and along the Cemetery Creek Walking Track before coming back onto Blake Street. The group then walks back to the Neighbourhood House and is welcome to stay for refreshments.

Toronto Park to the Primary School

This walking path is a work in progress with the first stage complete. The path leads from the Sports Pavilion at Toronto Park through the creek and to the Buangor Primary School. The path is currently gyprock but it will soon be sealed with a new bridge going over the creek. The track is a perfect way for children and others alike to walk to and from school away from the main highway through town.

- Starting point: Opposite Buangor Hotel at Toronto Park.
- Length of walk: 1 km return
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise Stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: Buangor Hotel
- Type of surface: Gyprock



Buangor Chalicum and Buangor Road Loop Walk

From the Buangor Hotel walk down Main Street towards the cemetery. Turn Right into Buangor Road and follow this tree lined road with beautiful views of Chalicum Hills Wind farm and farm lands for about 2km. Turn Left at the 'T' intersection into Gravel Route Road and walk for about another 1.5 km to Chalicum Road. Turn left and follow this sealed road back to Buangor past the Buangor Cemetery with views of Mount Langi Ghiran and Mount Cole on the left. This walk is on public roads so caution needs to be taken. It is recommended that you wear highly visible clothing.

- Starting point: Buangor Hotel
- Length of walk: 6 km circuit or 4 km return returning back along Buangor Road.
- Gradient: Flat
- Toilets: On return at 'Toronto Park'
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: On return at 'Toronto Park'
- Children's play equipment: No
- Exercise Stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: Buangor Hotel
- Type of surface: Gravel

Elmhurst Blind Creek Road

With the backdrop of the Pyrenees Mountains on one side, Mount Cole to the other and the beauty of a rural town with lovely native gardens, agriculture and sporting facilities, the walk variations below provide interesting options that can be varied each day.

From the Pyrenees Highway, walk along McKay Street turning left into Blind Creek Road, then right into Hillary's Road. Walk until you get to the 'T' intersection at the end of the road and follow that road to McKay Street and back to Pyrenees Highway. This Walk is about 2 km. For a shorter alternative cut the circuit in half by turning right along Hillary's road before the 'T' intersection to join up with McKay street sooner.

For a longer walk once back on McKay street turn left at the golf course and keep the golf course on the left, walking in Elmhurst Sports ground Road past the Elmhurst sports ground until you get to Green Street where you turn right and head back towards the Pyrenees Highway. This is approximately 3km

- Starting point : Corner of McKay Street and Pyrenees Highway
- Length of walk: 1.5 – 3km depending on route taken
- Gradient: Flat
- Toilets: Main Street
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: No
- Exercise stations: No
- All weather?: Yes
- Coffee shop nearby: No
- Type of surface: Gravel and sealed roads



Elmhurst Walking Group

Elmhurst 'Bush Nursing Centre Walking Group'

When: Tuesday Morning
Time: 9.00am
Where: Meet at Elmhurst Bush Nursing Centre
Contact: Elmhurst Bush Nursing Centre Community Health Nurse for more information or to register—
(03)5354 8227

This small group of local people meets each week and walk in a 1km loop on level streets, they welcome anyone to come and join them. It is a self paced group that caters for all fitness levels and abilities. If you require a medical attendant please confirm with the Community Health Nurse prior to the day on the number above.

- Starting point: Elmhurst Bush Nursing Centre
- Length of walk: Up to an hour or as long as you like (1 km loop)
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: Yes – BBQ, tables
- Children's play equipment: No
- Exercise stations: No
- All weather: Yes
- Coffee shop nearby: Yes.
- Type of surface: Sealed

Lake Bolac Recreation Reserve Walking Track

This walk is around the outside of the recreational oval which is situated between the Golf Course and the lake foreshore. It is particularly suitable for people with mobility issues as it is a nice flat and even surface. It would also suit a group of people with different levels of fitness as it is circular and can be done at your own pace. There is also access from here to both the Golf Club and the lake foreshore and facilities. It is safe from traffic for children to ride their bikes around while you walk, and easy to push prams.

- Starting Point: Anywhere at the Lake Bolac Recreation Reserve
- Length of walk: 0.5 km loop
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: Yes
- Exercise stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: Main street
- Type of surface: Gravel and sealed

Lake Bolac Foreshore Walk

Begin this walk at the boat shed on the foreshore and walk along the foreshore or the local road that meanders around the lake towards 'Picnic Point'. The 3.5km Environmental Walk features fishing and camping spots, picnic areas and toilet facilities as well as beautiful lake beaches and red gum trees.

- Starting Point: Lake Bolac Boat Shed on the Lake Bolac foreshore follow the signs from the main Ararat / Warrnambool Road.
- Length of walk: 3.5 return
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: Nearby
- Exercise stations: No
- All weather: Service road only, caution on the foreshore.
- Lighting available: No
- Coffee shop nearby: Main street on return
- Type of surface: Gravel and sealed.

Lake Bolac Historical Walk

Beginning at the Tourist Information Centre where they will provide you with a map outlining all the Historical points of interest in the town. The walk is approximately 4 km and can take as long as you like.



**Lake Bolac
Walking Groups**

Lake Bolac 'Social Walking Group'

When: Tuesday, Thursday and some Saturdays

Time: 8.30am

Where: Meet at Lake Bolac Bush Nursing Centre

Contact: Lynne Hucker for more information or to register—(03)5355 8700

Particularly Welcomes: People with high level of fitness (able to walk at a brisk pace), All

This groups walk for 60 minutes each morning for approximately 6 km and enjoy the social side of walking with a group as well as the motivation it provides. This group welcomes new members with a reasonable level of fitness. If more people are interested that don't like to walk so briskly they would consider starting another self paced group walking at the same time.

Lake Bolac 'Bush Nursing Centre Walking Group'

When: Friday

Time: 9.15am

Where: Meet at Lake Bolac Bush Nursing Centre

Contact: Lake Bolac Bush Nursing Centre Community Health Nurse for more information or to register—(03)5355 8700

Particularly Welcomes: People over 50, People with a disability, Cardiac Rehabilitation, People requiring a medical attendant, All welcome—the group is self paced and splits into different levels.

The Bush Nursing Centre has organised the above walk each week on flat ground around the town and lake for the elderly or less mobile residents of the town, taking a different route each week. A personal care assistant walks with the group and on completion of the 30-45 minute walk you are encouraged to come back to the Bush Nursing Center for refreshments and health checks. This group only walks during the warmer months so please confirm on the phone number above when the group is walking.

Maroona Primary School Walk

When: Once a month / Once a term
Time: Check with school
Where: Maroona Primary School, Glenthompson Road
Contact: The Principal at Maroona Primary School—phone:
(03)5354 7622

The Maroona Primary School walk each day for 15 minutes and once a month on a Friday afternoon they walk for a longer distance and invite the whole community to join them. The school also has a longer walk each term where they often combine with Willaura Primary School and walk for 9km around the local area. The school distributes their newsletter to all the local community stating when the walk will happen and invites anyone from the area to join them on the walk.



Moyston Recreation Reserve Walking Track

This walk is around the outside of the recreational oval which is situated on the main road to Halls Gap. It is ideal for those who like to walk in a circuit, and would also suit a group of people with different levels of fitness as it can be done at your own pace. The flat and even surface makes it suitable for people with mobility issues. When not being used for events it is safe for children to ride their bikes around while you walk, and easy to push prams. The playground and oval provide entertainment for the children, and while walking you can admire the views of the Grampians.

- Starting Point: Anywhere at the Recreation Reserve
- Length of walk: 0.5 km loop
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: Yes
- Exercise stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: Main street
- Type of surface: Gravel and sealed

Moyston Mine Walk

From the General Store walk towards Halls Gap and follow the brown marked sign to the left. Walk straight ahead on grassed road between fences and turn right onto the track veering left past the mine and mullock heap. Keep veering left past the mullock heap and back to your starting point. There is a brochure available at the General store which outlines the points of interest marked along the track.

- Starting point: Moyston General Store (brown sign for Moyston Mine Walk)
- Length of walk: 1.2km
- Gradient: Flat with a slight rise in one part
- Toilets: At recreation reserve
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: At recreation reserve
- Children's play equipment: At recreation reserve
- Exercise stations: No
- All weather: Could be slippery when wet
- Lighting available: No
- Coffee shop nearby: Main Street
- Type of surface: Gravel, and slightly uneven in parts

Moyston Goldfields Walk

This walk follows tracks and fire trails around bushland reserves and gold mining points of interest. Begin this walk at the Moyston General Store and walk along the Moyston/Mafeking Road. Turn left into Campbell's Reef Road and immediately take the track to the right and walk past the 'Southern Cross Mine' while admiring the views of the Grampians. Continue along this track veering right at the fork until you reach a 'T' intersection at a house. Turn left and continue walking along the fire trail track alongside the bushland reserve. When you reach the next 'T' intersection turn left again onto 'Bowen Mine' Road which is a gravel road. Before you reach the next main road there is a track leading into the 'Moyston Bushland Reserve' on the left. Walk along this track following the track to the left which becomes Presbyterian Church Road, past the blue stone church and the 'Kangaroo Mine' and 'Three Crown' mines on the left back to the General Store.

- Starting Point: Moyston General Store
- Length of walk: 3.3 km loop
- Gradient: Flat with some gentle rises
- Toilets: No
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: No
- Exercise stations: No
- All weather: Muddy when wet
- Lighting available: No
- Coffee shop nearby: General Store on return
- Type of surface: Dirt and Gravel, uneven in parts so people with mobility issues should take care.

The Nook' near Moyston

The Nook is a bushland reserve situated on the Moyston West Road off the main Halls Gap road approximately 3.6km from the Moyston General Store. The walk begins at the first entrance into the Nook which is identified by a sign and meanders around the outside of the reserve keeping close to the bordering farms fence line. If you follow the dirt track around keeping the fence lines on the right for approximately 4.4 km you will come out of the reserve at another point along Moyston West Road a few hundred meters further along from your starting point. The reserve is the home of lots of native wildlife and also wildflowers including rare orchids. It is recommended that you either take someone with you on this walk or advise someone where you are going.

- Starting Point: Nook Reserve sign on Moyston West Road.
- Length of walk: 4.4 km loop
- Gradient: Flat with some gentle rises
- Toilets: No
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: No
- Exercise stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: No
- Type of surface: Dirt and Sand track. Uneven in parts so people with mobility issues take care.

Bomjinna Loop Walk

Begin this walk opposite the Pomonal General Store in the 'Nature Walk' car park. Follow the walking track which runs alongside the main road towards Halls Gap, the walking path ends at Corrella Court so continue along on the side of the road until you reach Bomjinna Court on the left. Turn left into Bomjinna Court and follow the road around to the end where there is an easement that will take you to Cassell Court. Turn right into Robins Road then left along the walking track beside the road. Follow this road back to your starting point. There is a brochure called 'Walks Around Pomonal' which provides you with a map and points of interest on the way.

This walk takes in the stunning views of Mount Cassell and animal and bird wildlife as well as some beautiful gardens and homes.

- Starting Point: Nature Walk Car Park—opposite Pomonal Store
- Length of walk: 3.5 loop
- Gradient: Flat
- Toilets: Yes—at Barneys Rubble
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise stations: No
- All weather: Yes, can be muddy when wet
- Lighting available: No
- Coffee shop nearby: Pomonal Store or Barneys Rubble
- Type of surface: Dirt, Gravel and sealed.

***Please note the variation of this walk below ***

While on Robins Road you can turn left and walk around Wildflower Drive which adds a further 1 km to your walk.

Millers Creek Walk

For those people with a limited amount of time, a nice 750 meter walk in the heart of Pomonal is along Millers Creek. Beginning at the Fire Station follow the track to the right alongside Millers Creek behind the Primary School. This track will take you to Cherry Tree Road. Turn left here and walk back alongside the main road to your starting point.

Tunnel Creek Walk

Begin at the Pomonal store and walk on walking track towards Halls Gap. Continue on side of road when the walking track finishes and turn left into Tunnel Creek Road. You can either continue along the road to the tunnel where you can view the tunnel and enjoy the views over Pomonal and district from a lookout point, or alternatively follow the 'Tunnel Walk' signs to the left along the track that will eventually take you back to Robins Road and then the village. This walk is for those with a bit more time, the track has some slight rises in parts and could be difficult for people with mobility issues.

- Starting Point: Nature Walk Car Park—opposite Pomonal Store
- Length of walk: 5.5 km approx loop
- Gradient: Flat with some rises in parts
- Toilets: Yes—at Barneys Rubble
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: Barneys Rubble
- Type of surface: Dirt, Gravel and sealed.

Streatham Streamside Reserve Walking Track

Begin at the post office on the main road and walk along the access road towards the bridge going over Fiery Creek. Follow the track along the creek frontage through the regenerated native reserve to the end of the track and return along the same route. A lovely area scattered with picnic tables along the banks of the creek and bushland all along.

- Starting Point: Streatham Post Office
- Length of walk: 0.8 km return trip
- Gradient: Flat with a slight rise at one point.
- Toilets: On return at 'Simpson's Park' on opposite side of highway.
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes more on return at 'Simpson's Park
- Children's play equipment: Yes on return at 'Simpson's Park'
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: Main street
- Type of surface: Gravel with parts of track uneven and not suitable for people with mobility issues.

Tatyoon Recreation Reserve

This walk is around the outside of the recreational oval which is situated on the Tatyoon Road in Tatyoon. The reserve is in the centre of farming land and is a wonderful facility for locals to meet and walk laps around the oval together. The sporting facilities are used regularly for both events and training, and are managed and maintained by the local community. There is a playground, tennis and netball courts and practice cricket nets, a perfect place to go with children. The reserve is safe from traffic when not being used so is ideal for children to ride their bikes around while you walk, and easy to push prams.

- Starting Point: Anywhere at the Reserve
- Length of walk: 0.6 km loop
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: Yes
- Exercise stations: No
- All weather: Yes - muddy when wet.
- Lighting available: Yes when Oval is in use
- Coffee shop nearby: No
- Type of surface: Gravel and uneven in parts, can be muddy when wet.

Wickliffe Hopkins River Walk

Follow the footpath towards Lake Bolac and turn left at McKenzie's Road just before the bridge. Follow the road veering to the right towards the old tip. When you get to the tip sign turn right and follow the road down the hill, walk along the raised road looking down to the Hopkins River. Follow the road along the fence line and join the road back down the hill to town. For a longer walk turn right along another track which meanders along past the recreation reserve back downhill to the main road.

Unfortunately this walk is not mapped out and is not signposted. The walk features parts of the town and the beautiful old blue stone buildings before venturing into the outskirts of town along the river with beautiful views of the Grampians as well.

- Starting Point: Old Wickliffe Shop (Bus Stop)
- Length of walk: 3.5 km loop
- Gradient: Flat and hills
- Toilets: No
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: At Recreation Reserve
- Exercise stations: No
- All weather: No—muddy when wet.
- Lighting available: No
- Coffee shop nearby: Available at hotel
- Type of surface: Gravel .

Wickliffe Historical Walk

Begin this walk at the Hotel where they will provide you with a map outlining all the Historical points of interest in the town. The walk can take as long as you like, depending on your pace. The brochure is also available at Tourist Information centers in Lake Bolac and Ararat.

Wickliffe 'Hopkins River Walking Group'

- When:** Monday
Time: 9.30am
Where: Meet at Old Wickliffe Shop
Contact: East Grampians Health Centre Willaura Community Health Nurse for more information or to register—(03)5354 1617

Particularly Welcomes: People over 50, People with a disability, Cardiac Rehabilitation, People requiring a medical attendant—phone above number to confirm medical attendants presence on the day, Everyone

This group meets weekly and walks along the route mentioned above. The group welcomes new members to join as often as they like. They are self paced so all levels of fitness are welcome.

Willaura Swamp Walk

Enjoy a walk through the farmland on a circuit around a swampland donated and prepared by a local farmer for this purpose. The track is in good condition, and has a nice level even surface to walk on. The views of the Grampians are spectacular and the track is perfect for letting the dogs off the lead for a bit of a run. Take the road opposite the hospital and follow it along the railway line until the road veers to the left around the swamp and back towards the hospital.

- Starting Point: Opposite Willaura Hospital
- Length of walk: 4.5 return
- Gradient: Flat
- Toilets: At the Recreation Reserve
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: Nearby
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: Main street on return
- Type of surface: Gravel



Willaura Historical Walk

Begin this walk at the Post Office where they will provide you with a map or obtain one from the Ararat Tourist Information Centre. The map outlines all the Historical points of interest in the town. The walk can take as long as you like depending on the pace you walk.



Willaura 'Swamp Walking Group'

When: Thursday
Time: 9.15am
Where: Willaura Post Office
Contact: East Grampians Health Centre Willaura Community Health Nurse for more information or to register—(03)5354 1617

Particularly Welcomes: People over 50, Cardiac Rehabilitation, People requiring a medical attendant—phone above number to confirm medical attendants presence on the day, All welcome.

This group meets weekly and walks along the route mentioned on the previous page. The group welcomes new members to join them for a social walk that takes approximately 45 minutes.

Willaura 'Slow Paced Walking Group'

When: Tuesday
Time: 2.00pm
Where: Willaura Hospital
Contact: East Grampians Health Centre Willaura Community Health Nurse for more information or to register— (03)5354 1617

Particularly Welcomes: People over 50, People with a disability, Cardiac Rehabilitation, People requiring a medical attendant

This group meets weekly and walks with volunteers from the hospital to assist people with mobility issues. Scooters and wheelchairs are welcome and encouraged to join in. The group is joined by residents from the Willaura Hostel and walks along sealed level surfaces to the town. The walk is approximately 1-2km and shopping can be done if you wish.

Tips on how to start your own walking group.....

If there is no established walking group in your area perhaps you could start one of your own. Below are some tips on how to start one.....

Contact Katrina Toomey, Health Promotion Projects Officer of the Grampians Pyrenees PCP for assistance katrina.t@gchc.org.au or 03)53526224.

Refer to the Grampians Pyrenees PCP website under Resources for the 'Well Healed Walkers' a guide for walk leaders for further tips on establishing and maintaining community based walking groups. www.grampianspyreneespcp.org.au

Visit the Go For Your Life Website for more information and tips on walking www.goforyourlife.vic.gov.au

Benefits of Walking

- Increased cardiovascular and pulmonary (heart and lung) fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, diabetes, and mental illness.
- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat.
- Reduced feelings of depression and anxiety.

Walking with others

- Schedule a regular family walk - this is a great way to pass on healthy habits to your children and spend time together, while getting fit at the same time.
- If walking with children, make sure the route and length of time spent walking is appropriate to their age.
- Babies and young toddlers enjoy long walks in the pram. Take the opportunity to point out items of interest to young ones, such as vehicles, flowers and other pedestrians.
- Look for the self-guided nature walks, which have been set up in many parks. Enjoy looking for the next numbered post; you can learn about the plants and animals of the park.
- Ask neighbours or friends if they would like to join you on your walks. You could have a regular 'beat' around the neighbourhood, or meet at various reserves.
- Walking with friends or neighbours can help you stay motivated.
- One of the best ways to meet people and make new friends is to join a walking group or invite neighbours to join you on a walk. Walking with others gives a sense of belonging and contact with people who share your interests.

What is a PCP?

PCPs (Primary Care Partnerships) are funded by the Victorian State Government through the Department of Human Services to support the reform of the health care system.

The Grampians Pyrenees PCP covers the three local government areas of Northern Grampians Shire, Ararat Rural City and the Shire of Pyrenees.

This PCP now has over thirty member agencies which work together to deliver coordinated Primary Health and Health Promotion Services.

To prevent people getting sick in the first place, we support the delivery of projects and programs which address the priorities of:

- Increasing physical activity
- Encouraging healthy eating
- Nurturing social connections

To become a member, or for more information please contact:

Kate Serrurier
Executive Officer
PH: 03) 5352 6200 or 0407 548553
kates@grampianspyreneespcp.org.au

This booklet will be updated annually. Please send any favorite walks or newly created walking groups you wish to be included in the next edition to:

Grampians Pyrenees Primary Care Partnership
'Walk the Walk and Talk the Talk'
60 High Street
Ararat Vic 3377

Or email kates@grampianspyreneespcp.org.au
Or phone (03)5352 6200



Funding for the Community Walking Grants program is made available through the Victorian Government's Community Support Fund