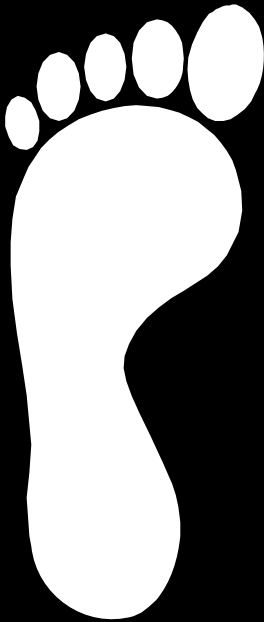
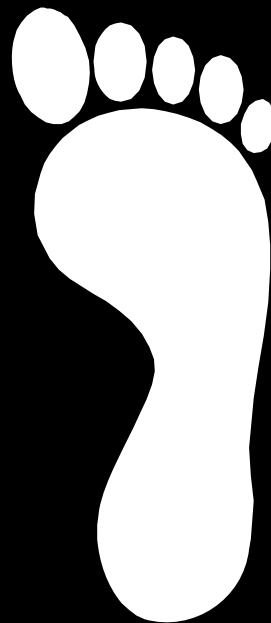


Grampians Pyrenees Primary Care Partnership



**‘Walk the Walk
and Talk the
Talk’**



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

Northern Grampians Shire



Dear Walker,

We hope you enjoy this information about walks in the Northern Grampians Shire.



Many thanks to the many people who contributed to this resource, 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 Northern Grampians Shire

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 Northern Grampians Shire suitable to various fitness levels and interests, such as rambblers, 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





Deep Lead

Deep Lead Nature Conservation Reserve Walk **(known to locals as the Iron Barks Forest)**

The Deep Lead Nature Conservation Reserve Walk is located 3 kilometres north-west of Stawell, and can be accessed from roads that lead east off the Western Highway between Stawell and Deep Lead, and via main entry points off the Donald– Stawell Road. A map and information brochure is available from the Stawell Tourist information Centre providing notes on the points of interest. Park in the ‘Carpark at ‘Picking Ground’ and follow the walking track that passes through Box Ironbark vegetation. The track is marked with directions and points of interest.

- | | |
|-----------------------------------|---|
| • Starting point and destination: | ‘Picking Ground’ Carpark off Deep Lead Road |
| • Length of walk: | 2 km / approximately 1 hour |
| • Gradient: | Flat |
| • Toilets: | No |
| • 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: | In Stawell |
| • Type of surface: | Gravel and uneven in parts |

Halls Gap

Halls Gap Delley's Bridge Loop Walking Track

If you want to take a longer walk or have more time, follow the directions for the 'Fyans Creek Loop' on page 10 and instead of turning towards 'Tandara Road' continue on the track along 'Terraces Fireline' following the signs to Delley's Bridge. When you arrive at Delley's Bridge walk back through town on the newly refurbished walking track that is sealed nearly all the way back to Brambuk. This section from town to Brambuk can also be done as a return trip and would take you approximately 40 minutes.



- Starting point and destination: Stone Sculpture at Brambuk Cultural Centre—Halls Gap Dunkeld Road.
- Length of walk: 5 km circuit
- Gradient: Flat with some gentle rises.
- Toilets: On return or in town centre
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: On return and in town centre
- Children's play equipment: Yes
- Exercise Stations: No
- All weather: Yes but with caution when wet
- Lighting available: No
- Coffee shop nearby: Brambuk Cultural Centre and in town centre.
- Type of surface: Gravel and uneven in parts.

Halls Gap to Delley's Bridge Walking Track

From the 'Stony Creek Stores' walk towards Stawell on the sealed walking track along side the road. This sealed walking track ends at 'Delley's Bridge' and would suit people with mobility issues as it has a nice even surface, there are no roads to cross, and it is near town. The 2 km return trip is an easy walk with no hills and offers close up spectacular views of the Grampians.

- Starting point and destination: 'Stony Creek Stores Bridge'
- Length of walk: 2 km return
- Gradient: Flat
- Toilets: On return
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: On return
- Type of surface: Sealed

Halls Gap Venus Baths Loop

This is a popular walk for the local primary school students and takes approximately 40 minutes. Start at the carpark opposite the 'Stony Creek Stores' and walk through the carpark, past the swimming pool and cross the sealed road. Follow the track and cross the suspension bridge over the Stony Creek following the signs to the Venus Baths rock pools. On your return trip cross the footbridge you passed just before the baths on the opposite side of the creek. The alternative route on return has many steps so it is not suitable for people with mobility issues.

- Starting point and destination: Carpark opposite Stony Creek Stores
- Length of walk: 2.3 km return
- Gradient: Flat with some rises and descents in parts
- Toilets: On return
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: Yes on return
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: On return
- Type of surface: Gravel walking track with steps on alternative return route.

Halls Gap School & Community Walk

- When:** Every Wednesday morning (during school term)
- Where:** There is 2 routes
Route 1. Starts at Norval Conference Centre on the walking path.
Route 2. Starts at Delleys Bridge on the walking path.
- Time:** 8.30am
- Contact:** Fran Lynch—03)53564335
- Cost:** Free

This walk is for the Halls Gap community, and is suitable for all abilities. The walk is for 30minutes and walkers are welcome to continue on after or join others for a social cuppa.

Halls Gap History Walk

A detailed map outlining historical points of interest within the town is available from the Tourist Information Centre. The walk can take as long as you like, depending on your pace.

Halls Gap—Fyans Creek Loop

Begin at the stone sculpture at Brambuk Cultural Centre and follow the gentle track that leads through the Fyans Valley back to Tandara Road crossing Fyans Creek. The track continues along the foothills of the Mount William Range back to Brambuk. The track is well signposted along the way and the native vegetation and mountains with roaming kangaroos create peaceful surroundings. The Brambuk National Park and Cultural Centre is a point of interest in itself with the unusual architecture of the building. The Fyans Creek Loop is one that you can fit into your daily routine taking only about 40 minutes. Due to the steps and uneven surfaces in parts of the track people with mobility issues should take care.

- Starting point and destination: Stone Sculpture at Brambuk Cultural Centre—Halls Gap Dunkeld Road.
- Length of walk: 2.5 km circuit
- Gradient: Mainly flat with some gentle rises and some steps.
- Toilets: On return
- Drinking water: BYO
- Rest spots: On return
- Nearby parking: Yes
- Picnic areas: On return
- Children's play equipment: No
- Exercise Stations: No
- All weather: Yes but with caution when wet
- Lighting available: No
- Coffee shop nearby: Brambuk Cultural Centre
- Type of surface: Gravel and uneven in parts

Grampians Bushwalking Club— Halls Gap

- When:** Fortnightly—days and times vary
Where: Walks vary around Halls Gap and the Grampians
Contact: Secretary—Greg—(03)5358 2777
Cost: \$5 for casual walk or \$35 for single adult for whole year. (other types of memberships available)

This group is open to everyone of all abilities. The walks vary from short walks to longer walks and are rated as easy, medium or hard. Locals and visitors are welcome to join the walking group on a casual basis whenever they like or become members. Contact Greg on the above details to find out when the walks are and their suitability.

Other Walks in the Grampians

There are many bushwalks mapped out in the Grampians National Park that are not mentioned in this booklet. Some are quite long and in remote areas so it is recommended that you contact the Parks Victoria Information Centre on 131965 or visit the centre in Halls Gap at Brambuk Cultural Centre to obtain a map and more information before embarking on any of these walks.

Glenorchy Bushland Reserve

The entrance to the reserve is situated 1 km from the Glenorchy Post Office on the main Warracknabeal / Stawell Road opposite the Glenorchy exit. The reserve has many tracks meandering through native scrub and bushland. The reserve is home to many native animals and birds, and is a peaceful place to walk for as far as you choose. It is recommended you walk with at least one other person in this Reserve.

- Starting point and destination: Entrance to Glenorchy Bushland Reserve
- Length of walk: 1 km circuit to Water Plant
- Gradient: Flat
- 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, caution when wet
- Lighting available: No
- Coffee shop nearby: No
- Type of surface: Dirt tracks and uneven in parts

Glenorchy Township Walk

From the Glenorchy Primary School in Briggs Street walk towards the golf club and follow the Golf Links Road around to the left. You can turn left into Green Street for a 1.5 km circuit back to the school or continue straight ahead until you reach Bunbury Street. Turn left into Bunbury Street and walk past the Glenorchy welcome sign to 'Forest Street'. Turn left into Forest Street and walk to the end of the street where the large silos are. Turn left into 'Clare Street' and return to the Primary School. This walk is an ideal circuit to do with others after taking children to school, there is also a 300 metre long walking track at the recreation reserve behind the school.

- Starting point and destination: Glenorchy Primary School—Briggs Street
- Length of walk: 1.5km or 2.3 km circuit
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: No
- Children's play equipment: At school
- Exercise stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: No
- Type of surface: Grass, Gravel, and sealed roads



Great Western

Great Western Township

From opposite the General Store in Great Western walk along Cubitt Street towards the railway line. Turn left into Railway Road and at the end of the road turn right and cross over the railway bridge. Take the gravel road to the right on the other side of the railway. Walk alongside one of Seppelts vineyards all the way to Rennie Street. Turn right into Rennie Street and walk towards the Western Highway. At the Western Highway turn right to go back to your starting point. This walk has a number of points of interest along the way churches, vineyards, and pretty houses.

- Starting point and destination: Opposite Great Western General Store
- Length of walk: 1.8 km Circuit
- Gradient: Flat
- Toilets: In main street on return
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: Nearby
- Children’s play equipment: Nearby
- Exercise stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: At General store
- Type of surface: Sealed, gravel and grass

Walk to Bests Winery

From the General Store in Great Western walk along Cubitt Street alongside the store and turn left into Stephenson's Street. Follow Stephenson Street all the way to the end, past the school and historic church. Turn right into Bests Road at the picnic area and cross the bridge over Concongella Creek. Follow this road until you see the Bests Winery entrance on the left. The historic rustic winery and cellar door sales areas are particular points of interest and the grounds surrounding the winery are scattered with picnic tables and grassed areas.

This walk is either on sealed roads or alongside these roads, so care is needed and it is recommended you wear highly visible clothing.

- | | |
|-----------------------------------|-----------------------------|
| • Starting point and destination: | Great Western General Store |
| • Length of walk: | 5.6 km return |
| • Gradient: | Flat |
| • Toilets: | Yes |
| • Drinking water: | BYO |
| • Rest spots: | No |
| • Nearby parking: | Yes |
| • Picnic areas: | Yes |
| • Children's play equipment: | At school |
| • Exercise stations: | No |
| • All weather: | Yes |
| • Lighting available: | No |
| • Coffee shop nearby: | At General store |
| • Type of surface: | Sealed and grass |

Great Western Historic Wine Village Visitors Guide

A brochure with a map outlining Historic points of interest within the town is available at the Stawell or Ararat Tourist Information Centre's or at the General Store in Great Western. You can take as long as you like, depending on your pace.

Lake Fyans

Lake Fyans Walks

Situated just off the Stawell and Pomonal Road is Lake Fyans. The lake is most popular for its aquatic activities but it also has many tracks surrounding the lake that are perfect for walking. In many parts of the lake you can also walk along the foreshore and admire the native bush surrounding the lake as well as the birdlife on the lake. The Lake Fyans Holiday Beach Park has a café and is a perfect place to meet others to join you for a walk.

- | | |
|-----------------------------------|-------------------------------|
| • Starting point and destination: | Lake Fyans Holiday Beach Park |
| • Length of walk: | varies |
| • Gradient: | Flat |
| • Toilets: | Yes |
| • Drinking water: | BYO |
| • Rest spots: | No |
| • Nearby parking: | Yes |
| • Picnic areas: | Yes |
| • Children's play equipment: | Yes |
| • Exercise Stations: | No |
| • All weather: | Muddy when wet |
| • Lighting available: | No |
| • Coffee shop nearby: | Yes |
| • Type of surface: | Sand, dirt, gravel and sealed |



Marnoo Walking Track

Begin and end this walk at 'Shanahan Park' in Newall Street which is the main road. 'Shanahan Park' is a newly developed facility which has a playground and picnic area with clean and modern toilets. Opposite the park is a shelter which houses a public display of the area's main features and points of interest. The walking path leaves this shelter and heads in the Stawell direction meandering alongside the main road through well maintained native gardens. The walking path goes all the way to the Marnoo Primary School and it is perfect to walk your children to school safely. It is also suitable for bicycle riding.

- Starting point and destination: Carpark opposite Shanahan Park in Newall Street.
- Length of walk: 1.2 km return
- 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: General store
- Type of surface: Gravel and level, some wooden foot bridges.
-



Navarre Recreation Reserve Town Circuit

Begin and end this walk at the Navarre Primary School in High Street. Walk alongside the main road to St Arnaud and turn into the Recreation Reserve on the left. Walk on the track around the outside of the oval exiting the Reserve behind the grandstand at the tennis courts. Turn right into Cambridge Street and walk along until the street veers left becoming Ramsay Street. Cross over the main road (High Street) along the grass past the playground and back to the school. This walk would take approximately 30 minutes and is an ideal circuit to do with others after taking children to school.

- Starting point and destination: Navarre Primary School—High Street
- Length of walk: 2 km circuit
- 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: General store
- Type of surface: Gravel, grass and sealed.

Navarre School & Community Walk

- When:** Every Friday morning (during school term)
Where: Meet at the front of the school
Time: 9.00am
Contact: Sue Slater on 03)5357 4246
Cost: Free

This walk can be self paced; and welcomes people of all abilities and walks for approximately 30 minutes before returning to the school. The more energetic walkers can continue on further after the students return to school if they wish



Stawell 'Napier & Patrick Street Circuit'

Begin this loop walk anywhere in the main street and walk on the footpath on the left hand side of the street towards the beautiful views of the Grampians. Walk past Cato Park and Lake until you reach the railway line. Turn left into Napier Street, and walk until you reach Patrick Street' Turn left into Patrick Street which will take you back to the main street.

- Starting point and destination: Main Street
- Length of walk: 4 km loop
- Gradient: Flat
- Toilets: Yes, main street and Cato Park
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes—Cato Lake
- Children's play equipment: Yes—Cato Lake and Patrick Street.
- Exercise Stations: No
- All weather?: Yes
- Lighting available: Yes
- Coffee shop nearby: Main Street
- Type of surface: Footpaths all the way.

Stawell 'Federation Park'

Situated on the Western Highway in Stawell just past the Tourist Information Centre at the Halls Gap turn off. The track around the wetlands features bridges, lookouts and rest areas. It is well signposted with information on the native vegetation and wetland birdlife. The track is in a loop which is perfect for walking in a self-paced walking group. This walking track was developed by the, Lions, Apex, and Rotary clubs for the community.

- Starting point and destination: Carpark on Western highway just past Tourist Information Centre.
- Length of walk: 0.5 km circuit
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: Many
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise Stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: Yes
- Type of surface: Gravel and level, some wooden foot bridges and boardwalks.

Stawell 'Big Hill' walks

From the corner of O'Regan and Patrick Street (Eventide Homes) follow the brown tourist signs to the Observation Area. Walk along O'Regan Street and turn right at the end into Bulgana Road. Walk along the road then turn left into Leviathan Road then left again into Reefs Road. You will walk past the main entrance to the Gold Mines Observation area. This is 1.8 km to this point; and you can either return the same way or continue along Reefs Road up the gradual hill. Reefs Road will take you to the Big Hill Look Out with 360 degree views of the whole area. Walk down the road to the left (Scenic Road) back down to Patrick Street where you turn left to go back to your starting point.

- Starting point and destination: Patrick and O'Regan Street
- Length of walk: 3.6 km return to Gold Mine observation tower or 4.7 km circuit.
- Gradient: Flat in parts and a steady incline with steep decline
- Toilets: No
- Drinking water: BYO
- Rest spots: Observation area and Lookout
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise Stations: No
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: Main Street
- Type of surface: Footpaths and sealed roads

Stawell Cato Lake Walk

The Cato Lake walking track has recently received an upgrade to the surface. It is now sealed all the way around ensuring access for all. The track is suitable for walking groups and individuals alone. While walking around the lake there is often birdlife to admire. The gardens and playground make this a perfect place for the whole family to be involved in physical activity and bikes are welcome on the track. The track is suitable for people of all abilities.

- Starting Point: Cato Lake—access from Seaby Street or Sloane Street.
- Length of walk: 400 metre circuit
- 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: Sealed

There is a walking group in Stawell that walk regularly around the lake. Their details are listed below.

Stawell Regional Health Community Walking Group

- When:** Thursdays
Time: 9.30am—10.30am
Where: Cato Park—Victoria Street side
Contact: Allied Health Reception or more information or to register— (03)5358 8531
Cost: Gold Coin Donation

Particularly Welcomes: Young Mums and Prams, People over 50, People with a disability, People in Cardiac Rehabilitation

This group meets weekly and walks along the Cato Lake Walking track mentioned on the previous page with a member of staff from the hospital. The group welcomes new members to join as often as they like. The walking is self paced so all levels of fitness are welcome.



Stawell Regional Health Annual Walking Challenge

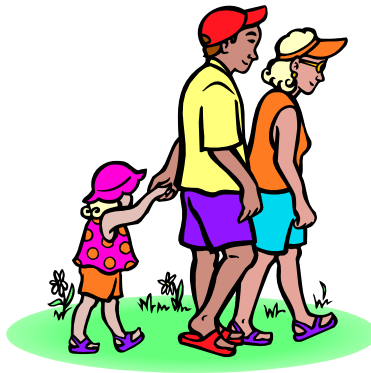


Each year the Stawell Regional Health Service has a walking challenge. It involves groups of 6 recording their walking time for a six week period and comparing the health benefits from when they started to when they finished. The walking challenge has grown in popularity over the years and there are categories for the general public, schools and people with reduced mobility. If you are unable to form a team you are encouraged to call the Health Service to register your interest and they will join you with a team. For more information on the Walking Challenge contact the Health Promotion Coordinator at Stawell Regional Health on: (03) 5358 8611.



Stawell Historical Walks

There are 2 official Historical Walks in Stawell. Brochures on each are available at the Stawell Tourist Information Centre. One is called the 'Stawell Cultural Heritage Trail' and the other is the 'Pleasant Creek Historical Walk' The walks can take as long as you like, depending on your pace, and Historical points of interest are listed on the brochures.



St Arnaud 'Wilson's Hill Walk'

A brochure called 'Discovering St Arnaud—Wilson's Hill Area' is available at the Tourist Information Centre, outlining the history and providing a brief map. Start the walk on the corner of Dundas and Alma Street at the entrance to Pioneer Park. Follow the sealed road up the hill to the old swimming pool. Continue around the pool onto a gravel road that meanders around through the bush and Lord Nelson Park. Keep the trotting track and sports ground on your left and follow the gravel road veering to the left. Continue on the sealed road around the St Arnaud sporting club back down the hill past the Primary School to Charlton Road. Turn left into Charlton Road back to your starting point.

- Starting point and destination: Entrance to Pioneer Park—Dundas and Alma Street
- Length of walk: 1.7 km circuit
- Gradient: Flat with some slight hills
- Toilets: At St Arnaud Sporting Club
- Drinking water: BYO
- Rest spots: At St Arnaud Sporting Club
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise Stations: No
- All weather: Caution when wet
- Lighting available: No
- Coffee shop nearby: At St Arnaud Sporting Club
- Type of surface: Sealed and gravel with some uneven sections.

St Arnaud 'Exercise Groups'

For an alternative to walking the St Arnaud Community Health Centre offer some community exercise classes. These classes are suitable for people of all ages, levels of fitness, and mobility. The classes include cardio, flexibility, strength training and fitball exercises. Classes are facilitated by the Physical Activity Support worker and are held at various times during the week as listed below.

When:

Classes for all	Monday and Thursday	Tuesday
	10.30am—12.30pm	9.00am—11.00am
Men only	Tuesday	
	11.00am—1.00pm	

Where:

St Arnaud Community Health Centre situated at the Campus of East Wimmera Health Service.

Contact:

Physical Activity Support worker for information and to register on 03)5477 2122

Cost:

\$2.00 per session

St Arnaud 'Queen Mary Garden Walking Path'

The gardens are situated across the road from the Tourist information Centre in Kings Avenue. You can enter the gardens from a number of points or for a longer walk, walk from the Tourist Information Centre along Millet Street and turn right into McMahon Street. Take the path leading into the gardens and follow the path around to the left of the duck pond and back over the foot bridge to return to your starting point. The gardens are a beautiful place to wander around with places to rest along the way. Please note that when the acorns drop the surface becomes quite unstable for people with limited mobility.

- Starting point and destination: Opposite Tourist Information Centre in Kings Avenue.
- Length of walk: 0.5 km circuit
- Gradient: Flat
- Toilets: Yes
- Drinking water: BYO
- Rest spots: Many
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: Yes
- Exercise Stations: No
- All weather: Yes
- Lighting available: Yes
- Coffee shop nearby: Yes
- Type of surface: Gravel and level, some wooden foot bridges, sealed

St Arnaud 'Probus Club Social Walking Group'

- When:** Wednesday
Time: 10.00am—10.30am
Where: Varied
Contact: Audrey on 03)5495 1194
Particularly Welcomes people over 50

This group meets weekly and walks on the track around the oval at the Sporting club / trotting track in St Arnaud (as mentioned on previous page). The group walks in a circuit and welcomes new members to join as often as they like. They are self paced so all levels of fitness are welcome. The group walks for approximately 30 minutes and stays for a coffee and a chat after at the sporting club.

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



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



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