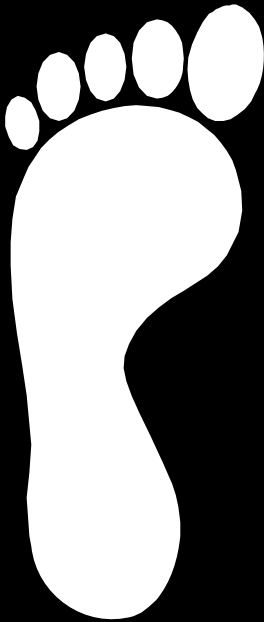
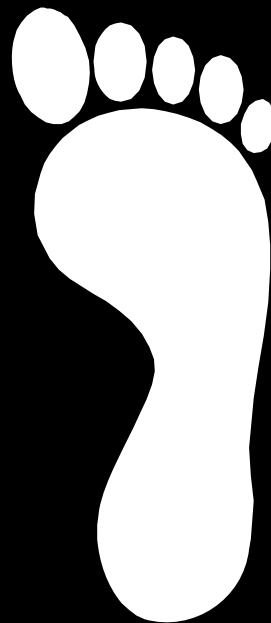


Grampians Pyrenees Primary Care Partnership



**‘Walk the Walk
and Talk the
Talk’**



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

Pyrenees Shire



Dear Walker,



We hope you enjoy this brochure about walks in the Pyrenees Shire.

Many thanks to the many people who contributed to this booklet, 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 Pyrenees 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 Pyrenees Shire 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



Avoca Mountain View Walk

This walk offers a variety of residential, river, and native bush surroundings with an amazing view of the Pyrenees Ranges from Mountain View Street. This walk would suit residents with only limited time in their day.

From the Tourist Information Centre in the main street, walk down Cambridge Street through the walkway next to the hotel towards the river. Turn right and walk along Dundas Street parallel to the river. Turn right at North Street crossing over the main street and follow it along York street until you get to Mountain View Street. Turn right into Mountain View Street then right into Russell Street which will take you back to the main street and your starting point.

- Starting point and destination: Tourist Information Centre
- Length of walk : 2.7 km loop
- Gradient: Flat with some slight rises
- Toilets: Main street on return
- Drinking water: BYO
- Rest spots: Along the river front
- Nearby parking: Yes
- Picnic areas: Yes at river front
- 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 & Sealed

Avoca Walking Group

When: Wednesday Morning
Time: 9.00am
Where: Meet at Avoca Bush Nursing Hospital
Contact: RITCH Program for more information or to register—(03)5465 1231

Particularly Welcomes: People over 50, people with a disability, cardiac rehabilitation, and people requiring a medical attendant.

- Starting Point: Avoca Bush Nursing Hospital
- Length of walk: Distance varies (approximately 1/2 hour)
- Gradient: Flat
- Toilets: Main street or on return
- Drinking water: BYO
- Rest spots: Some rest spots along the way if required
- Nearby parking: Yes
- Picnic areas: Yes at river front
- Exercise stations: No
- All weather: Confirm with RITCH program
- Coffee shop nearby: Main street on return
- Type of surface: Level gravel surface that is suitable for people with mobility issues but not walking frames.

Avoca “Walking Tour of the Historic Township”

The Tourist Information Centre in Avoca will provide you with a map providing notes and information on the 43 historical points of interest in the town. The walk can take as long as you like depending on the pace you walk.

Amphitheatre

Back of Amphitheatre Walk

Leave 'Bakery Park' and walk towards Avoca, cross the railway and turn left into Fraser Street. Follow Fraser Street around veering to the right for approximately 1 km. Turn right into Back Amphitheatre Road over the bridge then turn right into the Beaufort/ Lexton Road back to the Pyrenees Highway. Cross the road to your starting point "Bakery Park". Although on a public road, this walk is very peaceful and quiet, with points of interest such as creeks, bridges, old farm houses, tall gum trees and native wildlife along the way.

- Starting Point: 'Bakery Park' on Pyrenees Highway
- Length of walk: 2 km loop
- Gradient: Flat with some slight rises
- Toilets: 'Bakery Park' on return
- Drinking water: BYO
- Rest spots: 'Bakery Park' on return
- Nearby parking: Yes
- Picnic areas: 'Bakery Park' on return—Electric BBQ's, Gazebo, Picnic tables etc
- Children's play equipment: 'Bakery Park' on return
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: General store
- Type of surface: Gravel & Sealed all on quiet public roads.



Camp Hill Walk

Begin this walk at 'Memorial Park' on Mount Cole Road. Follow the path along Mount Cole Road over the railway line and footbridge and turn right into Jackson Street. Turn left into Murphy's Road and walk to the top of the hill along the gravel road for about 1/2 a km. Enjoy the views of Mt Lang Ghiran and Beaufort before heading down the dirt road to the left back down the hill coming out at 'Camp Hill Park'.

The sealed road circles 'Camp Hill Park' passing the BBQ and pergola area and native bushland scattered with picnic tables. Follow Camp Hill Road back to King Street, turn left at King Street back to the starting point.

- Starting Point: Memorial Park
- Length of walk: 2 km loop or .4 km of sealed track around Camp Hill Park.
- Gradient: Slight rises to Steep rises
- Toilets: At Shrine Park 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 at Camp Hill Creek, caution on the hill when wet.
- Lighting available: No
- Coffee shop nearby: Main street on return
- Type of surface: Gravel, Dirt & Sealed

Beaufort Historical Walk

The Tourist Information Centre in Willoby Street 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 the pace you walk.

Beaufort Lake Walks

From the centre of town head south along the highway and turn left into Lawrence Street. Follow the road along until you see the lake and Goldfields Recreation Reserve. The walking track begins in the Beaufort Caravan Park and has a number of different variations. The tracks vary from 2.2—3.8 km and meanders through native gardens around a full lake of water with active birdlife.

- Starting point: Beaufort Recreation Reserve
- Length of walk: 2.2 – 3.8km depending the path you take
- Gradient: Flat
- Toilets: Yes at recreation reserve
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes – BBQ, tables
- Children’s play equipment: Yes—Small
- Exercise stations: Yes - 10 exercise stations
- All weather: Yes, caution when wet
- Coffee shop nearby: In main street approx 1km away
- Type of surface: Gravel

*** A walking group meets each Tuesday morning at this venue, details are listed on the below****

Beaufort ‘Walk & Talk’ Walking Group

- When:** Tuesday Morning
Time: 8.30am
Where: Meet at Goldfields Recreation Reserve
Contact: Beaufort & Skipton Community Health Nurse for more information or to register—
(03)5340 2471

Particularly Welcomes: Young Mums & Prams, People over 50, People with a Disability, Cardiac Rehabilitation, People requiring a medical attendant, all levels of fitness, Children, or grandchildren, everyone.

This is a self paced group that meet each week with the Beaufort & Skipton Community Health Nurse for a walk between 2.2 – 3.8 km in length. A shorter more leisurely pace is available if required. There is currently about 30 members of the group with 8-12 people walking each week. They walk the Beaufort Lake walk has a number of different levels of established walking paths around a full lake of water with active birdlife as mentioned above.

Landsborough Vineyard Walk

Walk along Vandy Lane which runs alongside Kevin Frees Studio & Workshop for approximately 0.7 of a kilometer. The windy track veers around ‘Wellington Wade Vineyard’. When you come a ‘T’ intersection, turn left and walk past the recreation reserve. Veer right at the main gates of the reserve (Forestry Road) then turn left into McKinlay Street towards main street over bridge. Turn left and walk back along the main street to your starting point.

- Starting Point: Kevin Frees Studio & Workshop
- Length of walk: 2.6 km loop
- Gradient: Flat
- Toilets: On return
- Drinking water: BYO
- Rest spots: None
- 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: Main street on return
- Type of surface: Gravel, sealed in residential area

Landsborough Cemetery Walk

Walk along Gray Street (Road opposite Kevin Frees Studio & Workshop) for approx 1 km then turn left into Cemetery Road. Walk along to the cemetery and turn left into Browne Road. Follow this windy, interesting and pretty road back to the main Landsborough / Elmhurst road. Turn left and walk along the main road to Landsborough and back to your starting point.

While this is an ideal walk for those who like to walk in a circuit and have approximately 45 minutes to walk, it is on public roads so caution needs to be taken.

- Starting Point: Opposite Kevin Frees Studio & Workshop
- Length of walk: 5 km loop
- Gradient: Flat
- Toilets: On return
- Drinking water: BYO
- Rest spots: None
- 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: Main street on return
- Type of surface: Gravel and sealed public roads, uneven in parts.

Lexton Cemetery Loop Walk

This walk is suited to people of a reasonably high fitness level due to walking on unstable surfaces and the distance away from town. The 2nd part of the walk (if doing the loop) is along a main road for approximately 3.3km.

Start at the Lexton Post Office (Williamson Street) and walk up Williamsons Street turning right up School Lane and follow the road along veering to the left until you get to the Cemetery (approx 3.3km).

Follow the road past the cemetery for approximately another ½ km along until it meets the Talbot Road. Follow the main road back to Lexton (approx 3.3km). If you don't wish to do the loop turn at the cemetery and return along the same path.

- Starting Point: Lexton Post Office
- Length of walk: 7.3 km loop (or 6.6 km return trip to cemetery)
- Gradient: Flat with some slight rises
- Toilets: At Toll Bar Park on return
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: BBQ, tables and toilets at Toll Bar Park
- Children's play equipment: As above
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: Main street on return
- Type of surface: Gravel, and uneven in parts, sealed along Talbot road.

Lexton Historical Walk

The Post Office in Williamson Street 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 the pace you walk.

Lexton

Lexton Flora Reserve Walk

Start at the Post Office and walk up Williamson Street towards the 'Rifle Range'. Turn right at Campbell Street then left along Rifle Range Road until you get to Gladstone Street. Turn left into Gladstone Street and follow it along until you see the 'Lexton Flora Reserve' then you turn left and make your way back to Prince Street where you turn left then right back into Williamson Street, and your starting point.

This is a nice leisurely walk along some residential streets and gravel roads. The walk takes you past the Lexton Flora Reserve doing a loop back to the Post Office. This walk is perfect for those with limited time that like to walk in a circuit.

- Length of walk: 3 km loop
- Gradient: Flat
- Toilets: At Toll Bar Park on return
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: BBQ, tables and toilets at Toll Bar Park on return
- Children's play equipment: Toll Bar Park on return
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: Main street on return
- Type of surface: Gravel, and uneven in parts, sealed in residential area.

Mount Cole

Beerimpo Walk

This walk is designed as a two day walk, but sections of it can be done separately. The forest and mountains provide a challenging yet rewarding bushwalking experience for people of reasonable fitness and mobility. Maps and information are available at Beaufort Tourist Information Centre on (03)5349 3110 and are essential for careful planning before leaving.

Pyrenees Ranges

The Pyrenees Ranges are situated between Moonambel, Avoca and Elmhurst. There are many walking tracks mapped out in the area ranging from short walks to all day hikes. It is essential that you obtain a map from any tourist information centre or go to the Parks website on www.parkweb.vic.gov.au before commencing any of the walks. The ranges offer unspoilt forests with picnic and camping grounds scattered in various areas. Careful preparation is required due to the remoteness of the walking tracks.

Moonambel Anzac Avenue Walking Track

Begin this walk at the Moonambel Hotel and walk along Woods Street to Humffray Street and past the Historical Moonambel Primary School. Turn left into Grant Street then right back onto Brooke Street. Follow the walking track that runs alongside Brooke Street all the way to the Moonambel Recreation Reserve. Follow the Recreation Reserve track to the toilets on the other side and admire the mosaic artwork on both the male and female toilets. Return along the same route or directly up the main street, back to the Hotel. The park in the centre of town has a new playground and BBQ and picnic area, it also features a bocce court.

- Length of walk: 4km return trip.
- Gradient: Flat
- Toilets: At Recreation reserve or on return at park / playground
- 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 on return
- Type of surface: Gravel, Dirt & Sealed reasonably even surface

Raglan

Raglan Town Circuit

Begin this walk at the corner of the Mount Cole / Beaufort Road and Wilkingson Road. Walk along Mt Cole Road heading towards the spectacular 'Mount Cole' until you get to a cross road. Turn right and walk along the gravel road to the 'T' intersection. Turn right follow the sealed road that is signed posted 'No Through Road'. Walk along this road through the pedestrian section in the middle out the other side until you reach Wilkinson Road again. Turn right here and walk back to your starting point. The walk loops around many small farms which house goats, cows, horses and other animals. All surfaces are level for walking on, but as the route is on public roads caution is necessary.

- Length of walk: 2.5 km loop.
- 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
- Lighting available: No
- Coffee shop nearby: No
- Type of surface: Gravel, Grass & Sealed



Snake Valley Walking Track

Begin at the Snake Valley Primary School in Smythsdale Road and walk along the track and turn right into Nunn's Road. You will see the Mag Dam Reserve on the right hand side. Continue on the track where it meets the main street. Turn right and walk along the access road on the side of the main road until the path (which is sealed) begins. Continue along the main street and turn right back into Smythsdale Road and walk back to the Primary School.

Along this walk there are many variations you can take, The Mag Dam Reserve is in the centre of this track and can be accessed from various points on the way. The Mag Dam reserve has a natural beauty, with members of the community putting in a lot of effort to re-vegetate the area and remove gorse. The dam houses a large variety of bird wildlife, and it is a very peaceful place to walk through. There is a walking track through the reserve and in the future there will be resting places and some exercise stations.

- Starting Point: Snake Valley Primary School
- Length of walk: 3.5 km loop
- Gradient: Flat
- Toilets: At town hall
- Drinking water: BYO
- Rest spots: In Mag Dam Reserve
- Nearby parking: Yes
- Picnic areas: Yes
- Children's play equipment: No
- Exercise stations: 4
- All weather: Yes
- Lighting available: No
- Coffee shop nearby: General store in Main street
- Type of surface: Gyprock walking track level in most parts, some sections are sealed.

Special features: Wildlife (flora & fauna), native reserve, farm animals, and residential

Snake Valley Community Walk

When: Friday Morning
Time: 9.00am
Where: Meet at front gate of Snake Valley School
Contact: Snake Valley Primary School (03) 5344 9274

Particularly Welcomes: The whole community who wish to join the school for a walk.

Snake Valley Primary School has a Walking School Bus that walks every Friday morning excluding school holidays, and public holidays and walks along the Snake Valley walking track for approximately 30 minutes.

Snake Valley Pre-Bouncercise Walk

When: Tuesday's & Thursdays
Time: 1 hour prior to Bouncercise Classes—check with Anne Collett on (03) 5344 9242 for confirmation of times
Where: Meet at front gate of Snake Valley School
Contact: Toni Palmer on (03)5344 9591—for more information or confirmation.

This group walks a brisk pace around the Snake Valley Walking Track regularly before the bouncercise classes. Everyone is welcome to join them even if not attending the bouncercise class. The walk usually takes 45 minutes.

Waubra Recreation Reserve

This walk is around the outside of the recreation reserve which is situated on the Sunraysia Highway. It is ideal for those who like to work in a circuit, and it would suit a group of people with different levels of fitness as it can be done at your own pace. The reserve is safe from traffic when not being used for an event so is ideal for children to ride bikes and push prams.

- Starting point: Front Gate of Recreation Reserve
- Length of walk: .05 km circuit
- Gradient : Flat
- Toilets: Nearby
- Drinking water: BYO
- Rest spots: Yes
- Nearby parking: Yes
- Picnic areas: Yes – Pergola at gate with picnic tables
- Children’s play equipment: Yes
- Exercise stations: No
- All weather: Yes
- Coffee shop nearby: Yes, General Store
- Type of surface: Gravel and sealed, slightly uneven in parts.

Waubra Walking Group

- When:** Monday Morning
Time: 9.00am
Where: Waubra Oval or other varied routes
Contact: Sue O’Brien for more information or to register—
(03)5331 6966

Everyone is welcome to join this group for a 30 minute walk around the oval. This group fits in with school drop offs and is looking at meeting on Wednesday and Friday afternoons after school in the future.

Waubra Exercise Groups

The following activities are offered through the Beaufort and Skipton Health Service as an alternative or in addition to the walking group.

- ‘Fit Group’ - Meet Thursday s at 2.30pm
At the Waubra Primary School
- “Brewster” - Meet Thursdays at 12.45pm
At the Waubra Hall
Involves the use of fitballs and gym sticks.

For more information on the above groups please contact: Beaufort and Skipton Health Services on (03) 5340 2471.



'Mount Bolton' Views Walk

Commence this walk opposite the Waubra Hotel on Sunraysia Highway and walk down Heffernans Lane towards 'Mount Bolton' admiring the views. Turn left at the 'T' intersection and walk along this road until you get to the cross roads. Turn left at the cross roads which will take you back to the Sunraysia Highway. Either walk on the grassed section of the Highway or on the actual highway with care until you reach the Waubra Primary School. You can then complete the walk by walking on the path as mentioned on the following page back to your starting point. Although this walk is on a public road and caution should be taken, this walk is very peaceful and quiet, with points of interest such as farm land and mountain views along the way.

- Starting Point: Opposite Waubra Hotel (Sunraysia Highway)
- Length of walk: 3.8 km loop
- Gradient: Flat
- Toilets: On return
- Drinking water: BYO
- Rest spots: No
- Nearby parking: Yes
- Picnic areas: On return
- Children's play equipment: On return
- Exercise stations: No
- All weather: Yes, caution when wet
- Lighting available: No
- Coffee shop nearby: Main street on return
- Type of surface: Sealed, and grassed

Walking Track to School

Waubra has a walking track that starts opposite the Hotel and goes all the way to the Waubra Primary School. The path is made from gyprock and has a nice level surface, it is perfect for walking or riding to and from school on. The track also provides an ideal route to walk with others after taking children to school.

- Starting Point: Opposite Waubra Hotel (Sunraysia Highway)
- Length of walk: 0.5 km one way
- Gradient: Flat
- Toilets: On return
- 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: Main street on return
- Type of surface: Level surface made from gyprock



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.....

Try to find one other person interested in walking with you.

Contact your Community Health Centre or Bush Nursing Centre to see if anyone is interested in assisting you in starting up one.

Establish a time, meeting place, and distance you wish to walk.

Promote it to the rest of your community via the Health Centres, community notice-boards, school newsletters, your local Primary Care Partnership, and other community groups.

Be regular with your walking. Stick to the day and time you have promoted.

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