

# Walking <sup>in</sup> Whitehorse



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# Walking in Whitehorse

Welcome to Walking in Whitehorse. As the name suggests, we want to encourage you to learn more about your City, your neighbours and the local community by walking.

Walking is a simple pleasure and it is something we often take for granted. It is easy to do, just take out your walking shoes, wear something comfortable and stroll through your suburb - you will be surprised at what you will find and see.

Walking is your key to fitness as it is the best form of gentle exercise. We want to encourage the community to get out, enjoy the great parks, walking trails and diverse suburbs we have in Whitehorse. Join a walking group or start up your own. Walking is a great way to make new friends or re-aquaint yourself with old ones.

The Walking in Whitehorse booklet is aimed at every Whitehorse resident, whether you are two or 102 years, and it is easy to use.

The booklet outlines how to get started in walking, the benefits and techniques and how to keep motivated once you have started.

In this booklet, you will find nine detailed maps of the most interesting, carefree walking tracks in Whitehorse. These walking tracks are diverse and cover a range of landscapes, from urban, to bushland to lakeside. All walks have been graded according to their distance and suitability.

Happy walking!

# How to get started

## Personal Health

Walkers are urged to consult with their doctor before exercising if they have concerns about their current physical condition.

## Finding the Time

One way to stay active is to make physical activity part of your everyday life. Thirty minutes of moderate activity is a good goal. Remember that you don't have to exercise for 30 minutes all at once. Short bursts of activity like taking the stairs instead of the lift, walking instead of driving and, where possible, delivering a message by foot rather than phone or email, can all add up to 30 minutes of activity a day.

## Clothing

Wear something comfortable and loose fitting. Long sleeves are preferable for sun protection. In warm weather, wear clothes that allow the body's heat to escape. Hats, sunglasses and sunscreen are also highly recommended. In cool weather, layering is important to hold heat in. As you warm up outer layers can easily be removed.

## Footwear and Footcare

The right shoe is the first step in the right direction. Wear shoes that are comfortable and flexible. Have your feet measured and shoes fitted when buying new shoes and shop in the afternoon when your feet swell to their biggest size. Do some sole searching. Shoes with rubber soles are recommended. Wear loose cotton socks to encourage circulation and allow your feet to breathe better.

## Walking with Care

Remember to look, listen and think, before crossing the road. Always cross at a pedestrian crossing or at traffic signals. If there is no pedestrian crossing, choose a location where you get a clear view of the traffic. Always make eye contact with the driver. **BE SEEN.** Wear light coloured clothing and a reflective aid. Always walk in well lit areas at night. Walking with someone is safer than walking on your own.

# The benefits of walking

## Social Benefits

Walking provides us with the opportunity to enjoy many details, sights and smells otherwise missed when driving or staying indoors. It also provides us with an opportunity to:

- Spend quality time with a friend, family member, partner or your faithful pet dog.
- Have fun and enjoy a laugh with a friend.
- Take time to smell the flowers of spring, feel the warmth of summer, view the colours of autumn and breathe the crisp air of winter. See the interesting and beautiful sights of Whitehorse.

## Physical Benefits

The fundamental health benefits of walking are many. Metabolically, it helps control weight, blood sugar and cholesterol levels. An enjoyable stroll can burn up to 300 calories per hour. In fact, walking is the perfect complement to a sensible diet to lose weight and keep it off. Walking also improves cardiovascular fitness and gets the heart beating faster to transport oxygen-rich blood from the lungs to the muscles.

## Psychological Benefits

Walking generates an overall feeling of well-being, and can relieve depression, anxiety and stress by naturally produced endorphins - the body's natural tranquilliser. A brisk walk will relax you and stimulate your thinking.

# How to keep motivated

## Think Positively

Once you start, try to stick with it. If you stop exercising the benefits will disappear over time. Don't spoil your hard work. No matter what age you begin or for how long you may have been inactive, exercise will always improve your physical condition. Remember that by restoring your energy levels you will feel healthier and happier. Walk with a neighbour, family or friends.

## Plan Ahead

Choose the time of day that suits you best - early morning, afternoon or evening? Plan your walks in advance and you will be more likely to commit to them. Choose different walking paths or directions. Join a Walking Club.

## Challenge Yourself

If you find walking easy you can increase the intensity of the walk by:

- Including hills into your walking routine.
- Walking faster to cover more distance in the same time.

## Staying Healthy

Keep your fluid intake up by drinking plenty of fluids before, during and after exercise, particularly on a hot day or if you start to feel dehydrated. Try to avoid exercise during high humidity, extreme cold or heat. Personal health is not enhanced by exercise alone. A balanced, nutritious diet is also important. Listen to your body! If you are tired or ill your body is telling you that it needs some time out.

Warming up and cooling down before walking are important parts of exercise. The warm up should gradually introduce the body to the exercise ahead, and the cool down should gradually ease the body from the exercise session back to the resting state. Both the warm up and cool down should take around 5-10 minutes and may include some stretching exercises.

# Gardiners Creek Trail

Distance: 3.1 km  
Time: 45 mins  
Features: Nature Based  
Level: Easy  
Starting Point: Bennettswood Bowling Club  
Station Street, Burwood  
(Melway 61 C4)

Start this charming and popular bushland walk at the end of the Bennettswood Club car park (Station Street, Burwood). The path follows Gardiner's Creek, named after one of Victoria's first European settlers, John Gardiner.

The path is generally flat and features shared access between walkers and cyclists. When dry, it's most suitable for wheelchair access. For families, there are two spots with undercover picnic and barbecue facilities.

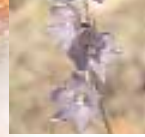
Children and adults will love the abundant birdlife with plenty of ducks splashing around in the creek. Well-maintained native plantations add to the natural setting.

Follow the path to the rear of the university. A large daffodil farm was worked here for many years before the Education Department built Burwood Teacher's College (now Deakin University) in 1954.

A little further along is Bennettswood Sports Ground, with playground equipment provided.

Soon you reach the u-turn point at Burwood Highway and cross the creek. The trail leads back to Station Street, past Burwood Student College. Beautiful eucalypts are dotted along the creek bank. Relax while strolling and listen to the birds sing!

This is a very pleasant walk and the past is particularly well sign-posted



## key

- Trail — — —
- Trail Area
- Extended Route - - - - -
- Main Roads
- Surrounding Streets
- Barbecues
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# City of Churches, Horses and Heroes

Distance: 2.1 km  
Time: 45 mins  
Features: Historical and Commercial  
Level: Easy  
Starting Point: Box Hill Town Hall  
Whitehorse Road, Box Hill  
(Melway 47 E9)

Start at the Box Hill Town Hall. It's an interesting and historic walk and most suitable for wheelchairs.

The Town Hall was built in 1935. Take some time to reflect upon the design, grounds, plaques and Kakoda Trail monument on the lawn.

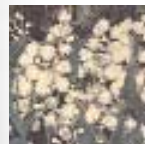
From here, head left toward Station Street and cross at the pedestrian lights onto the median strip in front of Box Hill Institute of TAFE.

Note the contemporary Whitehorse statue to your right and the curious Boer War memorial fountain to your left. Continue left to the chess courtyard and war monuments.

Cross over to the northern side of Whitehorse Road and walk down Station Street, heading north. A tramway operated here late last century. You'll pass the Masonic Lodge before crossing Station Street and entering the Box Hill Gardens (laid out in 1920).

The gardens lead to Nelson Road whereby a left turn takes walkers uphill past the RSL complex with the Box Hill TAFE on the right.

Veer right once over Whitehorse Road and past the Whitehorse statue, presented to the City after the Whitehorse Hotel was demolished in 1934. You'll also pass Whitehorse Plaza and shops before finishing that walk back at the Town Hall.



# Wurundjeri Walk

Distance: 3.9 km  
Time: 45 mins  
Features: Nature Based and Residential  
Level: Easy  
Starting Point: Orchard Grove Reserve  
Orchard Grove, Blackburn South  
(Melway 61 J3)

The local Wurundjeri family of Kulin Kooris lived around this area and the upper reaches of the Yarra River until the mid-19th century.

Park at the reserve and walk right along the gravel path, leading to open parkland. Wheelchair access may be limited in parts.

The path crosses Indra Street, past playground equipment and follows the creek to the end of Wilkes Place.

A longer walk can be taken from Wilkes Place to Middleborough Road, then left up to Fulton Road. Alternatively, head left before Wilkes Place and walk diagonally across grassland onto Fulton Road, veering left.

You have to cross Fulton Road a couple of times to stick to the path. Just past Indra Road the path leads to an information shelter.

Continue along Fulton Street to the shops at Holland Road. Directly opposite, a path leads to Bond Avenue. Turn left here and note that as Bond Avenue veers right, you take a walking path diagonally off to the left.

This takes you to Hearty Street and then left at Marama Street. Take a dogleg right then left in Sandgate Road and back onto Orchard Grove.



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# East Burwood Circuit

**Distance:** 3 km (or 5 km with extended loop)  
**Time:** 3 km (30 mins) 5 km (50-60 mins)  
**Features:** Fitness Based and Residential  
**Level:** Easy  
**Starting Point:** Rear of Fullife Pharmacy  
East Burwood Shopping Centre  
(Melway 61 F7)

Since 1994 the Peter Smith Fullife Pharmacy has organised popular day and evening community walks. Enter from Middleborough Road and there's ample parking.

The organised walks depart at 8pm every night of the week and 6pm on weekends.

There is a 3km and a 5km circuit. Both are perfect for groups, older people and people in wheelchairs.

From the pharmacy, walk to Middleborough Road and turn left. It's left again at Highbury Road and you will pass Ballyshannassy Park, named after the original title for this area.

A shorter circuit has walkers turning left at Benwerrin Drive. A gentle decline leads to a small cluster of shops and then onto Burwood Highway.

Alternatively, continue along Highbury Road until you reach Highbury Park. Cut left through this delightful natural bushland reserve to Blackburn Road. The historic Burwood East Primary School (circa 1861) stands on the opposite corner.

Follow Blackburn Road to Kmart Plaza and turn left at Burwood Highway. You will notice the tram terminus, which was extended to this point in 1993.

It's steady going along Burwood Highway, past Benwerrin Reserve on the left and then back to the East Burwood Shopping Centre.



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# Blackburn Lake Bushland Trail

Distance: 1.7 km  
Time: 25 mins  
Features: Nature Based  
Level: Easy  
Starting Point: Blackburn Lake car park  
Central Road, Blackburn  
(Melway 48 B11)

The Blackburn Lake Sanctuary is a beautiful example of rare remaining natural bushland.

The lake is actually man-made, formed by damming a stream in 1888. It took day-trippers two hours by train to reach in the late 19th century.

Park in the grounds of the Sanctuary or on Central Road. There is a visitor centre to your right.

Lakeside Circuit, most suitable for wheelchairs, begins at the rear of the car park. At the fork, veer right over the bridge and walk beside the lake.

Notice the imposing messmate, yellowbox and stringybark eucalypts. Two duck feeding points with seats overlooking the lake are provided.

Hug the lake bank and, after emerging at Lake Road, turn left along the footpath for about 200 metres. Just opposite Halley Street take the path leading left back into the Sanctuary.

This trail takes walkers around the other side of the lake. There is another feeding point further along before you veer left around the northern tip of the lake.

After circumnavigating the lake you will reach The Landing, a wooden platform. Noisy ducks will greet you warmly!

From here, just turn right at the bridge and the car park is a short walk away.



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# Schwerkolt Cottage Nature Trail

Distance: 2.7 km  
Time: 60 mins  
Features: Historical and Nature Based  
Level: Moderate  
Starting Point: Schwerkolt Cottage  
Deep Creek Road, Mitcham  
(Melway 49 D7)

History buffs and bushland enthusiasts will love this walk. It's packed with historical sights, fantastic native birdlife and the rich variety of plants and trees growing by the picturesque Mullum Mullum Creek.

There's easy parking at Schwerkolt Cottage (a single storey stone building, built by Johann Schwerkolt in 1886) off Deep Creek Road. The gravel path is clearly signposted at the rear of the buildings.

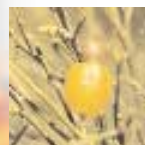
There are horses in the paddock to the left of the trail with the creek to the right. There is a marvellous array of native trees and listen for the 'tink-tink' sound of the bellbirds!

The trail follows the creek with slight inclines and a few short moderate climbs. You may choose to take the odd path down to the creek.

You may be confused by trails leading off left and right but stick to the course of the creek. It's a short walk to the bridge at Beckett Road.

Just before the bridge, turn left and you will see the car park in Yarran Dheran. There are plenty of paths to explore and resting areas provided.

Alternatively, simply retrace your steps back to Schwerkolt Cottage.



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# Mont Albert Houses and History Walk

Distance: 4.8 km  
Time: 50-60 mins  
Features: Residential  
Level: Moderate  
Starting Point: Mont Albert Railway Station  
Churchill Street, Mont Albert  
(Melway 46 K9)

Park alongside the single storey railway station, constructed in 1911, and head east along Churchill Street. Marvel at the beautiful Edwardian streetscape before turning right into Elgar Road and then right again at Serpentine Street (subdivided in 1956).

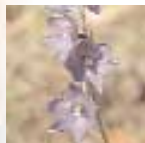
Further on, turn left into Black Street and then take care when crossing Mont Albert Road to enter St John's Avenue. When you reach Windsor Avenue, veer right a short distance through the lovely little park to St Georges Avenue.

Head right and then left at Mont Albert Road, past the former St George's Anglican Church.

As you reach Leopold Crescent, turn left and then a sharp left at Windsor Crescent. Wonderful Pin Oak trees line the street. A sweeping right bend leads into Balmoral Crescent before another right turn is needed at Albany Crescent.

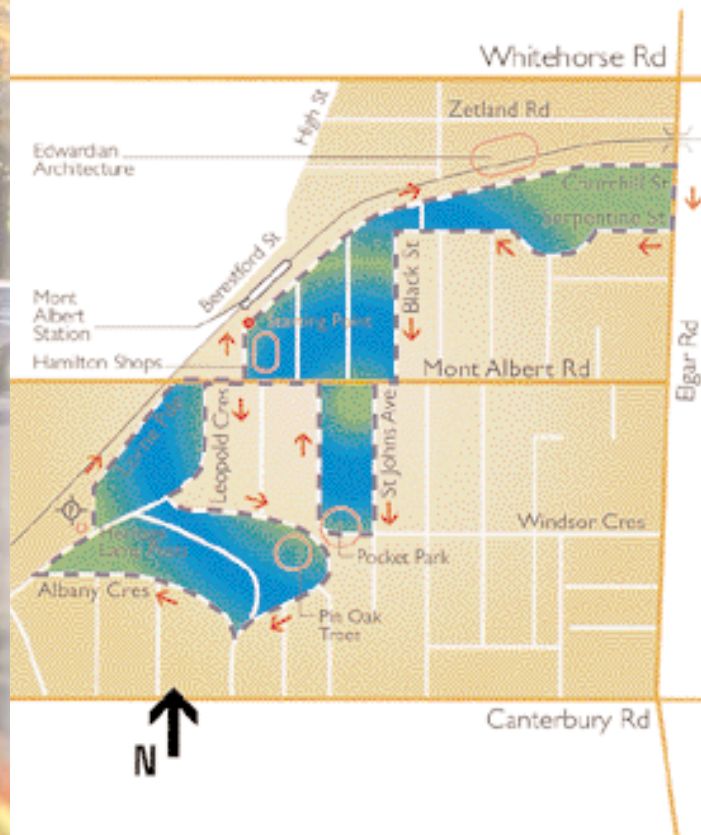
When the area was subdivided in 1900 many of the streets here were named after members and residences of the British royal family.

Veer right into Windsor Crescent, past the old lampposts, and when you reach the playground at Lorne Parade, turn left. This will lead you back to Mont Albert Road and further right is Hamilton Street.



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# Bellbird Dell Walk

Distance: 3.4 km (or 4 km with extended loop)  
Time: 50-60 mins  
Features: Nature Based and Residential  
Level: Moderate  
Starting Point: Southern entrance to Bellbird Dell  
George Rd, Vermont South  
(Melway 62 J6)

Bellbird Dell Walk is wonderful for fitness-conscious people who want to experience one of the few remaining natural bushland settings in the municipality.

Start at the southern entrance of Bellbird Dell Reserve. As you enter, veer right past the ponds and walk to the boardwalk, one of two sections of boardwalk in shady Bellbird Dell.

Continuing on, you will pass a playground at the end of Tahlee Place. Emerging onto Barnesdale Drive from the parkland you may choose a shorter walk and turn left, or the extended walk and turn right.

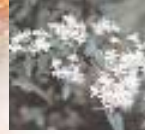
The shorter version takes walkers directly to Nurlendi Road.

Alternatively, follow Barnesdale Drive and turn left into Karwitha Street, leading to Vermont Primary School. Then it's left along Nurlendi Road. The moderate descents and ascents may not suit wheelchairs.

From here, both versions of the walk are the same.

Walkers will need to cross with care to the west side of busy Terrara Road as no path is provided on the east side. Turn left at Ngumby Court and once again you're in Bellbird Dell.

A short path to the right takes you back to the entrance.



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# Koonung Trail

Distance: 4.5 km  
Time: 60 mins  
Features: Nature Based and Residential  
Level: Moderate  
Starting Point: Miniature Steam Railway  
Belmore Road, Box Hill North  
(Melway 47 B4)

The Koonung Trail features abundant birdlife, wetlands and pleasant suburban streets. Wheelchair access is encouraged.

Park on Belmore Road and take the trail past the miniature railway. Follow the course of Bushy Creek until it flows into Koonung Creek, past Elgar Park.

Veering left, you will notice the impressive pedestrian overpass. Underneath is a lovely pond filled with waterbirds.

Continue along the shared pedestrian/cycle path and be alert - our track to Winfield Road is easy to miss. Directly opposite the green Koonung Trail sign beside the shared path (Elgar Road 0.9km / Doncaster Road 0.8km) is the track through to Winfield Road.

Turn left and note that Winfield Road becomes steeper past Landen Avenue and the horse paddock, just before Belmore Road. Take care when crossing to Evelina Street.

Down Evelina Street to Strabane Avenue before turning left. About twenty metres along is Gawler Chain path, leading diagonally off to the left.

Stick to this north-easterly direction. The well-maintained concrete path crosses six streets before Arnott Street leads you to Koonung Secondary College. There are BBQ facilities at Gawler Chain Park.

At the end of Arnott Street turn left along Box Hill Crescent to Belmore Road.

