

Acknowledgments

This is the fifth edition of this popular walking resource.

This walking guide encompasses material previously contained in the booklet 'Walk Friendly in Western Australia', which is no longer available.



The Walk Friendly project, initiated in 1998, developed as a collaborative exercise between key agencies in WA. The Department of Sport and Recreation (then Ministry) coordinated this project.

The Walk There Today to Find thirty™ Walking Guide is proudly sponsored by the Department for Planning and Infrastructure, the National Heart Foundation (WA Division), the Department of Health, the Department of Sport and Recreation, the Department of Education and Training and Main Roads WA. The Walking WA Committee, a state level committee developing walking strategies funded by the Department for Planning and Infrastructure, supports this publication.

Other partners and contributors include the Disability Services Commission, WA Local Government Association, Transperth, the Department of Conservation and Land Management, the Bibbulmun Track Foundation, RoadWise, Sports Medicine Australia, the Conservation Council of WA, Sustainable Transport Coalition and the Walking Reference Group.

Foreword

Walking delivers an array of health, transport, social and environmental benefits. This is why my Government is committed to ensuring more West Australians make walking their first choice for short journeys, recreation and physical activity. To assist with this endeavour, I am delighted to introduce the fifth edition of the *Walk There Today to Find thirty™ Walking Guide*.



This *Walking Guide* helps to ensure that all Western Australians have access to current information about the many benefits of walking and the opportunities that exist in their community to participate. It includes a comprehensive list of health agencies, local governments and organisations across the state that conduct walking groups and events that may be of interest to you, your family and friends.

Walking is the most popular, convenient and least costly form of physical activity. The health benefits of walking include decreased risk of heart disease, diabetes and some cancers, improved mental health, as well as a reduction in the risk of falls and injuries. Walking is also a great way to socialise with friends and neighbours. An active community, with many people enjoying walking in their neighbourhoods, is also a safer, friendlier and better connected community.

The *Walk There Today to Find thirty™ Walking Guide* is the result of collaboration between the National Heart Foundation (WA Division), the Department for Planning and Infrastructure, the Department of Health, the Department of Sport and Recreation, the Department of Education and Training and Main Roads WA. On behalf of these organisations I would like to thank you for reading this important resource. I hope it helps you to step out and walk there today.

Hon. Dr Geoff Gallop
Premier of Western Australia

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Walk There Today to Find thirty

Walk There Today is the promotional message of the Department for Planning and Infrastructure's walking program, that aims to raise the profile of walking as a recognised mode of transport to replace short car trips.

Every day, residents in metropolitan Perth make more than 250,000 private car trips that are less than one kilometre. By using cars in this way, West Australians deny themselves the considerable health benefits of regular walking. Walking can help reduce the problems of pollution and traffic congestion. Research shows that almost half of these car trips can be replaced by an alternative such as walking, cycling or public transport.





Find 30™ is a key message that was developed by the Department of Health physical activity campaign, 'Find thirty, It's not a big exercise™'. This campaign aims to increase the number of West Australians who are sufficiently active for good health. Walking for at least 30 minutes a day is not only a great way to get around; it can also help to improve your health.

Both of these messages are part of the Premier's Physical Activity Taskforce strategy for West Australians.

Benefits of Walking

Regular walking can be of benefit to West Australians of all ages and many aspects of our community.

Walking can:

- Make you feel great!
- Help you keep your dog fit and healthy.
- Reduce your risk of developing heart disease, stroke, diabetes, osteoporosis, arthritis and some cancers.
- Improve your knowledge of your neighbourhood.
- Improve fitness, posture, muscle tone, strength and flexibility.
- Reduce traffic congestion.
- Increase opportunities to socialise.
- Help to control weight.
- Improve air quality when used as an alternative to driving.
- Be a great chance to spend time with family and friends.
- Enhance confidence and create a sense of well being.



Walking can:

- Increase path, park and local community facility use.
- Improve sleep quality.
- Lower blood pressure and blood cholesterol.
- Save you money on petrol costs and decrease fuel use by walking instead of driving.
- Reduce risk of falls and other injuries.
- Make use of low cost, existing community facilities, such as paths.
- Improve neighbourhood security.

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How Much Walking is Enough?

The great news is regular brisk walking can provide similar health benefits to more vigorous forms of activity. As a guide, you should be walking at a speed that is energetic enough to increase your heart rate slightly, but at which you can still talk.

The Heart Foundation and other leading authorities recommend adults participate in at least 30 minutes of moderate intensity physical activity such as walking, on most (preferably all) days of the week. If time is tight or if you are just starting out, you can build up 30 minutes throughout your day in shorter sessions of at least 10 minutes.

Children should participate in at least 60 minutes of moderate to vigorous physical activity every day. This can be built up throughout the day by participating in a variety of activities such as active games and sports.

In addition to planning to find the recommended levels of physical activity on most days of the week, it is important to fit as much incidental walking into your day as you can. Think of walking as a great opportunity to be active.

Walking distance guide

Walking speed	Time		
	10 mins	20 mins	30 mins
Slow	0.6km	1.2km	1.8km
Medium	0.9km	1.8km	2.7km
Fast	1.1km	2.2km	3.3km

Make Every Step Count – Pedometers

Pedometers count the number of steps that you take and measure how much walking you do. It is recommended that adults take at least 10,000 steps each day for good health. Finding 30 minutes in your day to walk is equal to about 3,000 steps. Therefore to reach the 10,000 step recommendation it is important to walk and be active at other times in your day. See the chart on page 45 to help you find 30 minutes of physical activity in your day.

Pedometers can be purchased from the Heart Foundation.



Balancing Food and Activity

"We are what we eat!"

Enjoying healthy eating as well as being physically active helps you feel great. It is important to balance exercise and eating. Eating healthy food provides energy for your active day.



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You may feel hungrier as a result of increased physical activity because you are using up energy and increasing your metabolism. If you feel the need to eat more regularly throughout the day, sometimes three small meals and three small snacks, such as fruit, may help.

The revised Dietary Guidelines for Australian Adults (NHMRC, 2003) state the following for planning a healthy diet as part of your active life:

- Prevent weight gain: be physically active and eat according to your energy needs.
- Enjoy a wide variety of nutritious foods:
 - Eat plenty of vegetables, legumes and fruits
 - Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
 - Include lean meat, fish, poultry and/or alternatives
 - Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat varieties should be chosen, where possible
 - Drink plenty of water.
- And take care to:
 - Limit saturated fat and moderate total fat intake
 - Choose foods low in salt
 - Limit your alcohol intake if you choose to drink
 - Consume only moderate amounts of sugars and foods containing added sugars.
- Care for your food: prepare and store it safely.
- Encourage and support breastfeeding.

Nutrition tips for active people

Read food labels

Look at the nutrition panels on packaged foods and choose foods that are lower in fat, salt and sugar.

Aim for:

Fat less than 10g/100g (less than 5g if trying to lose weight) Sugar less than 10g/100g

Make sure you drink enough water. This is especially important if you are active enough to be sweating, as you need to replace lost fluids. Dehydration is a major cause of fatigue and can also lead to poor physical and mental performance.

Avoid foods that are high in saturated fats including butter, fried foods, pastries and cakes/biscuits.

When choosing margarine and oils, select polyunsaturated and monounsaturated varieties (for example, containing canola, sunflower, olive, soybean, peanut, macadamia, sesame seed or grapeseed oils) as these are healthier for your heart.

Breastfeeding mothers are encouraged to be active. It does not harm milk production and often provides a therapeutic time-out from the stresses of motherhood.

For more information:

- **Heart Foundation:**
Phone: 1300 362 787 or www.heartfoundation.com.au
- **Western Australian Department of Health:**
Phone: 1300 135 030 or www.health.wa.gov.au
- **National Health and Medical Research Council:**
www.nhmrc.gov.au

Getting Started

It's never too late to start being active. People of all ages and abilities can enjoy the benefits of regular physical activity. The benefits can be immediate, regardless of your age, so why not Walk There Today to Find thirty™!



Most people can safely take up moderate activity, such as walking, without seeking medical advice. However, if you have a chronic condition, such as heart disease or diabetes, consult with a doctor before increasing the amount of physical activity you do.

Three helpful tips

1. Make walking part of your day

Plan times in your day that suit you to walk. This way finding 30 becomes part of your daily routine:

- Walk your dog.
- Walk with your kids to or from school.
- Take a walk before breakfast or after dinner.
- Walk to the local shop to buy your newspaper or milk.

Take every opportunity to be active:

- Take the stairs instead of the lift.
- Park further away from the shops.
- Walk to the bus stop.

2. Go with a friend

Having a walking partner, such as a dog, friend, spouse, child or walking group, who is comfortable walking at your speed, can keep you motivated. Making a time to walk with a range of people throughout your week can help you to walk regularly.

Be flexible. Vary the length and time of your walks depending on the amount of time you have available.



3. Set yourself goals

Have a target in mind, such as building up to 30 minutes of walking during your day, to give you an incentive to be active. Being part of a walking group or community walk can be a fun way to find 30. Reaching your goals can give you a great sense of achievement and confidence.

Start walking slowly and build up gradually.

Access and Safety for All



Walking is one of the few activities in which people of most ages and abilities can participate. It is vital for everyone to feel and to be a part of what is happening in their community.

Communities that allow easy access to amenities, support people with disabilities to be involved in all aspects of life, such as going to local shops, visiting the local library and catching public transport.

Creating a walking environment suitable for people of all levels of ability is of benefit to the whole community. Well lit and well signposted access routes, appropriate ramps and handrails, and wide pathways free of obstacles with tactile paving to assist the vision impaired, make walking more enjoyable and accessible for everyone.

You can help make your community a safer place to walk if you:

- Report any path hazards (for example poor lighting, low overhanging branches or the need for kerb ramps) to your local government. Use a Pedestrian Problem Report Form from Main Roads or call 1800 800 009.

- Acknowledge others - use eye contact and body language to acknowledge the presence of other path users. Remember, some path users may have disabilities that mean they cannot always see or hear you.
- If you stop for any reason, such as a chat while on a path, move to the side so others can pass safely.

Resources that support your local government to improve the accessibility of paths in your community for walking or use of wheelchairs or other mobility aids are available from:

- **Department of Sport and Recreation**, Walk Friendly Local Government Assessment Guide:
Phone: 9387 9700 E-mail: denis.martin@dsr.wa.gov.au
- **Disability Services Commission**, Access Resource Kit:
Phone: 9426 9384 E-mail: access@dsc.wa.gov.au
Website: www.dsc.wa.gov.au

Using Shared Paths

Shared paths are those that are signed with both a pedestrian and bicycle symbol and may be used by both.

Remember to keep left when using shared pathways (with your dog also on your left and on a leash). If you are planning to change direction or stop for any reason, *make sure you check behind you* for other walkers, joggers, bicycles, skaters or wheelchair users.

Safety Tips

- ✓ Consult with your doctor before starting any physical activity if you have a chronic condition, such as heart disease or diabetes.
- ✓ Warm-up, gently stretch and cool down to prevent muscle soreness and injuries, see 'Safe Stretching' in the next section.
- ✓ Slow down if you feel breathless or uncomfortable. If you have chest discomfort, palpitations or pain while walking stop immediately and seek medical advice.
- ✓ Choose well fitting shoes with appropriate shock absorption. See a podiatrist if you have or develop any foot problems.
- ✓ Walk during the cooler times of the day and avoid being outside between 10am and 3pm, especially in summer.
- ✓ Wear sunscreen, a wide brimmed hat, protective clothing and sunglasses to avoid exposure to the sun. Take a water bottle with you.
- ✓ Wear light coloured clothing when walking during twilight to ensure fellow walkers, drivers and cyclists can see you clearly.
- ✓ Walk with others or in areas where there are other people to improve safety.
- ✓ When bushwalking take items such as insect repellent, bandages, an instant icepack and saline solution. First aid courses can also help build your confidence when faced with emergencies.
- ✓ Take a mobile phone or know locations of the nearest phone boxes in case of an emergency.
- ✓ Ensure that you walk your dog on a leash.

Safe Stretching

Your muscles should be warm before stretching to ensure higher blood and oxygen flow. This will decrease your risk of injury.

Stretching:

- Reduces muscle tension and relaxes the body.
- Helps coordination by allowing for free and easy movement.
- Enhances body awareness.
- Helps reduce the likelihood of injury.
- Promotes circulation.

Things to remember when stretching:

- Stretch alternate muscle groups.
- Stretch gently and slowly, rather than bouncing.
- Stretch to the point of tension or discomfort, but never pain.
- Hold your stretches for a minimum of 15 seconds.
- Stretch for the same amount of time on each side of your body.
- Keep breathing evenly while stretching.
- Stretch at the beginning and end of your walk.

For more information:

- **Sports Medicine Australia:** Phone: 9285 8033
- **Your local Physiotherapist**

Standing Gastrocnemius Stretch

Stand in a walking position with one leg stretched straight behind you and the other leg bent in front of you. Using a wall or chair for support, lean forwards and down until you feel the stretch in the upper part of your back calf. Make sure that both feet are pointing straight ahead and that your heels stay on the floor the whole time.



Standing Achilles Tendon Stretch

Standing with one leg slightly behind the other, push your heels down while bending your knees.



Standing Quadriceps Stretch

Hold onto something for support with one hand and grab your ankle with the other hand. Pull your ankle towards your bottom, then try to straighten your knee while resisting with your hand and allowing no movement. Then pull your ankle toward your bottom again.

Hip Flexor Stretch

Stand in a stride standing position. Put both hands on your front knee while keeping the back knee straight. Push your pelvis forward keeping your back straight. The stretch should be felt in front of the hip and slightly down the front of the thigh.

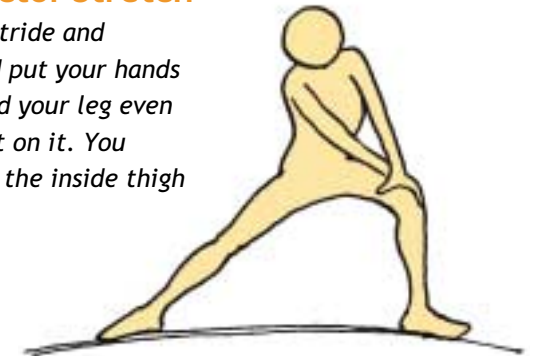


Standing Hamstring Stretch

Place one heel on a low step or bench and, keeping your knee and back straight, bend your upper body forwards from your hips. You should feel the stretch behind your knee.

Standing Hip Adductor Stretch

Standing with your legs astride and straight, bend one leg and put your hands just above your knee. Bend your leg even more and put more weight on it. You should feel the stretch on the inside thigh of your straight leg.



For more information phone Sports Medicine Australia: 9285 8033

Walking Group Leader Training

The Injury Control Council of WA (ICCWA) and the Department of Sport and Recreation have conducted many Walk Group Leader Training Forums in metropolitan and regional areas.

A Walk Group Leader Training Manual has been developed and is now available state-wide. This will enable training courses to be presented by any supporting agency using 'local' speakers to conduct sessions. A 45 minute video covering risk management information is available on request. The information is easily adapted to each region and covers topics such as the benefits of walking, the role of the walk leaders, how to run a healthy walk program, first aid and risk management.

It is recommended that people assuming the role of a 'leader' within a group should take part in this training.

For more information:

- **Injury Control Council of WA:**
Phone: 9420 7212
- **Department of Sport and Recreation:**
Phone: 9492 9722

Where to Find Walking Information

If you are interested in finding out about walking groups, maps or accessible events in your area, contact:

- Local Council/Shire
- Local library
- Community newspaper
- Outdoor/sports stores
- Community health centre

Access and Facilities Guides are maps containing information about local areas to help you walk, cycle or use public transport more. For information about these Guides contact your local government or go to: www.dpi.wa.gov.au/travelsmart/maps.

Walking Groups

The following is a list of health agencies, local governments and organisations that conduct walking groups and events that may be of use to you, your family and friends.

They are arranged according to the areas in which they coordinate activities, that is across the state, in the Perth metropolitan area or country areas of WA. Within each of these categories the lists are in alphabetical order. For the most up to date details contact www.dpi.wa.gov.au/walking.

State-wide

Action Outdoors Association

Ph: 9343 6783 Website: www.aoa.iinet.net.au

Walking, bushwalking and other outdoor activities.

Bibbulmun Track Foundation (Perth and South West)

Ph: 9481 0551 Website: www.bibbulmuntrack.org.au

Walking tours and events for beginners to experienced.

Body Active Consultancy

Ph: 9380 4237 Website: www.bodyactive.com.au

Health assessments, workshop and workforce health management programs.

Bushwalkers of WA

Ph: 9341 6043 Website: www.bowa.iinet.net.au

Club for bushwalking.

Capricorn Kayak and Adventure Tours

Freecall: 1800 625 688 Website: www.capricornkayak.com.au

Walking and kayaking tours.

Department of Conservation and Land Management

Ph: 9334 0333 Website: www.naturebase.net

Books, maps and contact details for regional offices.

Environmental Encounters

Ph: 9306 1810

Website: www.environmentalencounters.com.au

Walking tours and expert environmental interpretation.

Leeuwin Naturaliste Treks

Ph: 9757 1021 Website: www.mronline.com.au/treks

Fully supported walking tours: 1-7 days, eg. Cape to Cape.

Orienteering WA (Metro, Central Wheatbelt, Southwest)

Ph: 9286 4284 Website: www.wa.orienteeing.asn.au

Walking, orienteeing events in the bush and city.

Over 55's Walking Association (Perth to Rockingham)

Ph: 9279 2092 E-mail: marieim@bigpond.com

Social walking group.

Perth Bushwalkers Club Inc.

Ph: 9487 7990 E-mail: info@perthbushwalkers.asn.au

Website: www.perthbushwalkers.asn.au

Bushwalking, canoeing and other outdoor activities.

Regional Health Services

Ph: 1300 135 030 Website: www.health.wa.gov.au/services

Seniors Recreation Council

Ph: 9492 9773 E-mail: info@srcwa.asn.au

Shaw Horizons (mainly Southwest)

Ph: 9343 3363 E-mail: shawhorizons@myoffice.net.au

Educational and recreational camps and outdoor activities.

The Heritage Council of Western Australia

Ph: 9221 4177 E-mail: heritage@hc.wa.gov.au

Website: www.heritage.wa.gov.au

Information about heritage trails, maps and resources.

The National Trust of Australia (WA)

Ph: 9321 6088 Website: www.ntwa.com.au

Information about heritage places of interest and resources.

WA Family Bushwalking Club

Ph: 9203 6163 or 9385 7668

Short bushwalks and camping for families with children.

Western Walking Club

Ph: 9354 3107 Website: www.wwc.iinet.net.au

Sunday winter bush walks, early Sunday summer urban walks.

Perth metropolitan area

Armadale: Lifeball

Ph: 9339 0652 Website: www.positiveageing.com.au

Social non contact walking game for seniors.

Armadale: Mall Walkers

Ph: 9399 1738 Website: www.iccwa.org.au

Gentle and safe walking through Armadale Shopping City (Tues and Fri 7.45-8.45am).

Armadale: Water Walkers

Ph: 9339 0652 Website: www.armadale.wa.gov.au

Walking in water for seniors for fun and physical activity.

Armadale: Wildflower Walks

Ph: 9339 0148 Website: www.armadale.wa.gov.au

Series of free family wildflower walks.

Bassendean: Town of

Ph: 9377 8000 Website: www.bassendean.wa.gov.au

Offers a range of free walks lead by a walking group.

Beckenham Pram Walking Group

Ph: 9452 9914

Tuesday 10.45 at Beckenham Community Centre.

Bayswater: Be Active Together

Ph: 9272 0662 Website: www.bayswater.wa.gov.au

Walking information, Heart Tempo Inc., Tai Chi for seniors.

Belmont: Be Active Walking Groups

Ph: 9477 7212 Website: www.belmont.wa.gov.au

Walking information, groups and events.

Bentley: Bentley Health Service Walking Out Together

Ph: 9334 3777

Walks twice a week for people with diabetes. All welcome.

Bibra Lake: Easy Walkers

Ph: 9331 2092 E-mail: js@perthpcug.org.au

Social weekly walking group (Mon, Tues and Fri).

Bicton: Canning River Walking for Fitness and Pleasure Ass.

Ph: 9364 6416

Weekly walking groups (Tues, Thurs and Sun).

Booragoon: Walk Friendly Garden City

Ph: 9420 7211 Website: www.iccwa.org.au

Weekly walks for older people (Tues and Fri).

Chidlow Walking Group

Ph: 9572 3003

Social walking group (Tues).

Claremont: Town of

Mob: 0413 123 757 Website: www.claremont.wa.gov.au

Walking promotion and events.

Cottesloe: Town of

Mob: 0413 123 757 Website: www.cottesloe.wa.gov.au

Walking promotion and events.

Darlington: On Course School of Outdoor Ed

Ph: 9252 0345

Motivational training courses - walking and bushwalking.

Fremantle: City of

Ph: 9432 9888 E-mail: freinfo@fremantle.wa.gov.au

Walking groups, resources, information and other activities.

Glen Forrest: Llama Leisure

Ph: 9298 8617 Website: www.llamaleisure.com.au

Day trips with llamas though Kalamunda National Park.

Gosnells: Canning Division - Healthy Heart Walkers

Ph: 9458 0505

E-mail: campbell.anderson@canningdivision.com.au

Healthy lifestyle walking group (Fridays)

Gosnells: City of

Ph: 9452 9999 Website: www.gosnells.wa.gov.au

Walking groups, information and events including Eco Walks.

Gosnells: Fit'N'50+

Ph: 9391 2220 or 9452 9903 E-mail: va.bola@health.wa.gov.au

Social walking groups that walk around Thornlie and at Centro Maddington Shopping Centre.

Gosnells: Women's Walking Group

Ph: 9490 0505

Tuesdays 9.00am at Pioneer Park

Hiking Club of WA Inc.

Ph: 9362 1614

Bush track and walking in Perth and suburbs.

Joondalup: Be Active Together

Ph: 9400 4922 Website: www.joondalup.wa.gov.au

Walking information, groups and events.

Kalamunda: Shire of

Ph: 9257 9999 Website: www.kalamunda.wa.gov.au

Bushwalks and walk trail booklets.

Kalamunda: Walk Trails Interest Group

Ph: 9293 4720 E-mail: crob7447@bigpond.net.au

Social walking group (Wed) and events.

Kewdale: Canning Division - Healthy Heart Walkers

Ph: 9458 0505

E-mail: campbell.anderson@canningdivision.com.au

Healthy lifestyle walking group (Thursdays)

Melville: City of

Ph: 9364 0159 E-mail: melinfo@melville.wa.gov.au

Website: www.melville.wa.gov.au

Walking promotion and activities.

Mosman Park: Town of

Ph: 9384 1633 Website: www.townofmosmanpark.wa.gov.au

Community walking program for residents.

Mundaring: Get Away Club

Ph: 9250 5300 Website: www.hcsg.com.au

Range of activities including weekly seniors walking group.

Mundaring: Shire of

Ph: 9290 6705 Website: www.mundaring.wa.gov.au

Walking group, trail and bushwalking information.

Mundaring Tourism Association

Ph: 9295 0202 Website: www.mundaringtourism.com.au

Information and resources about walking.

Murdoch University Walking for Fun Group

Ph: 9360 6009 E-mail: tpollin@murdoch.edu.au

Weekly walks (Tues and Thurs).

Nearer to Nature

Ph: 9295 2244 Website: www.naturebase.net/nearertonature

Nature-based guided walks and activities in/around Perth.

Nedlands: City of

Mob: 0413 123 757 Website: www.nedlands.wa.gov.au

Walking promotion and events.

North Metropolitan Area Health Service - Population Health

Ph: 9224 1625 Website: www.rph.wa.gov.au/hpnetwork

Advice and information about programs including walking.

Peppermint Grove: Shire of

Ph: 9384 0099 Website: www.peppermintgrove.wa.gov.au

Community walking groups for residents.

Padbury: Easybeat Walkers

Ph: 9300 8085 E-mail: jollyglen@supacool.com.au

Exercise, walking and social group for people with heart problems.

Perth: Guntrips Walking Tours

Ph: 9293 1132 E-mail: dianeguntrip@hotmail.com

Escorted city walks with historical commentary.

South Perth: City of

Ph: 9474 0855 E-mail: enquiries@southperth.wa.gov.au

Website: www.southperth.wa.gov.au

Walking and other leisure activities for fitness and fun.

Southwest: Inspiration Outdoors

Ph: 9378 2523 Website: www.inspirationoutdoors.com.au
Fully supported walks on the Bibbulmun Track and from Cape to Cape.

Stratton - Jane Brook Community Walking Group

Ph: 9250 7909, Mobile 0404 894 315
E-mail: maria.hart2@health.wa.gov.au
Social weekly walking group.

Subiaco: City of

Ph: 9237 9222 E-mail: city@subiaco.wa.gov.au
Walking promotion, events and information.

Swan: Be Active Together

Ph: 9378 9068 Website: www.beactivetogether.org
Walking and other leisure activities for fitness and fun.

Thornlie Pram Walking Group

Ph: 9452 9914
Mondays 9.30am at Thornlie Community Centre.

Victoria Park: Town of

Ph: 9311 8114 Website: www.vicpark.wa.gov.au
Walking group, resources, information and events.

Walking Groups

E-mail: walks@walkgps.com Website: www.walkgps.com
Bushwalk maps and information about walking groups in Perth.

Walking With Attitude

Ph: 0421 089 255 Website: www.walkingwithattitude.com
Fun, interactive walking programs on the web.

WA Marathon Club (Burswood, Kings Park)

Ph: 9472 4833 Website: www.wamc.org.au
Regular walking group (Wed).

Whitford Shopping Centre: Whitford City Walkers

Ph: 9300 1566 E-mail: healthwk@inet.net.au
Indoor walking groups for women (Tues and Wed mornings)

Wireless Hill Walking for Fitness

Ph: 9339 4514
Weekly walking group for fitness and fun (Thurs and Sun).

Women's Healthworks (Burns Beach, Quinns Rock, Hillarys)

Ph: 9300 1566 E-mail: healthwk@inet.net.au
Various social walking groups for women.

Women's Healthworks (Joondalup)

Ph: 9300 1566 E-mail: healthwk@inet.net.au
Social walking groups for women (Tues mornings).

Y Striders Inc. (South of River)

Ph: 9339 8526 Website: www.ystriders.org.au
Walking and running, including professional training sessions.

Country areas

Albany Bushwalkers

Ph: 9841 8152 E-mail: colin@albanyport.com.au

Group walks around scenic sites in Albany.

Albany: Great Southern Public Health Unit

Ph: 9842 7543 E-mail: juliet.bateman@health.wa.gov.au

Walking groups, resources and information.

Albany Visitor Centre

Ph: 1800 644 088 Website: www.albanytourist.com.au

Information and resources.

Australind: Dekked Out Adventures

Ph: 9796 1000 Website: www.justsouth.com.au

Tailor-made group walking tours including Cape to Cape.

Brunswick: Community Walking Group

Ph: 9782 2222 E-mail: info@harveyrec.com

Weekly walking group (Thurs).

Bunbury Primary Health Service

Ph: 9795 2888 E-mail: jan.bain@health.wa.gov.au

Monthly, weekend community walks and other programs.

Bunbury Runners Club

Ph: 9791 1594

Walking and running group.

Bunbury: walk-it bunbury

Ph: 9795 8470 Website: www.heartfoundation.com.au

Maps, events and information.

Collie: Walk-It Walking Group

Ph: 9734 1333

Walking group for over 50's (Mon and Thurs).

Denmark: Lights Beach Craft and Teas

Ph: 9848 2152 E-mail: chrisrose@ozonline.com.au

Guided scenic walks.

Derby Visitors Centre

Ph: 9191 1426 Website: www.derbytourism.com.au

Walking trail resources and organised walks.

Esperance South East Runners Club

Ph: 9071 2794 E-mail: reddyhough@wn.com.au

Weekly walking and running group.

Goldfields South East Health Region

Ph: 9021 2622 E-mail: karen.grisenti@health.wa.gov.au

Walking groups, resources, projects and information.

Greenough: Shire of

Ph: 9921 0500 Website: www.greenough.wa.gov.au

Information and resources about wildflower and other walks.

Harvey: Community Walking Group

Ph: 9729 3311 E-mail: info@harvey.rec.com

Weekly walking group (Mon).

Jarrahdale Heritage Society Inc

Ph: 9525 5161 Website: www.jarrahdale.com

Heritage walks in the jarrah forests surrounding Jarrahdale.

Kalgoorlie: Happy Walkers Turbo Talkers Walking Group

Ph: 9021 5812 E-mail: cmaints@kalnet.com.au

Weekly walking group (Thurs).

Katanning Home and Community Care

Ph: 9821 2099 E-mail: pauline.oconnor@health.wa.gov.au

Walking activities including seniors.

Kimberley - WA Country Health Services

Ph: 9193 1446 E-mail: robyn.bowcock@health.wa.gov.au

Programs, resources and advice about physical activity.

Mandurah: Community Walking Groups

Ph: 9535 1644 E-mail: robyn.lister@health.wa.gov.au

Weekly walking groups in various areas in Mandurah.

Mandurah: Mariners Cove and Dudley Park Community Walking Group

Ph: 9582 8702

Social walking group (Mon and Fri).

Mandurah Walking Club

Ph: 9534 2643 or 9535 5692

Social weekly walking group (Wed).

Mandurah: Yahoo Over 55's Bushwalking Club Inc

Contact: PO Box 329 Mandurah East WA 6210

15-20 Km bush walks (Thurs)

Margaret River: Friends of the Cape to Cape Track

Ph: 9757 6327 Website: www.capetocapetrack.com.au

Margaret River: Outdoor Discoveries

Mob: 0407 084 945 or 0427 084 946

Website: www.outdoordiscoveries.com.au

Short walks and expeditions in the southwest region.

Margaret River Visitors Centre

Ph: 9757 2911 Website: www.margaretriver.com

Information and resources about walking and other activities.

Midwest and Murchison Health Region

Ph: 9956 1957 E-mail: wendy.graham@health.wa.gov.au

Walking group information, resources and social walking group.

Naragebup Rockingham Regional Environment Centre

Ph: 9591 3077 Website: www.naragebup.org.au

Bush Tucker, Dune and Lake Richmond Walks and information.

Northam Running Club

Ph: 9622 3009 E-mail: davedunstan@bigpond.com

Walking and running group.

Pemberton Hiking Company

Ph: 9776 1559 Website: www.pembertonwa.com

Old growth forest hiking and canoeing trips and conservation information.

Pilbara/Gascoyne Population Health Unit

Carnarvon Ph: 9941 0560

South Hedland Ph: 9140 2377

E-mail: Jade.Bickley@health.wa.gov.au

Walking group information, resources and events.

Pinjarra/Waroona districts: Community Walking Groups

Ph: 9535 1644 E-mail: robyn.lister@health.wa.gov.au

Weekly walking groups in Pinjarra, Carcoola and Waroona.

Southwest: Inspiration Outdoors

Ph: 9378 2523 Website: www.inspirationoutdoors.com.au

Fully supported walks on the Bibbulmun Track and from Cape to Cape.

Southwest Population Health Unit

Ph: 9792 2500

Walking information and resources.

Southwest Timber Trekking Co. (Northcliffe)

Ph: 9776 7199 E-mail: giddyup@westnet.com.au

Customised group walks in national parks.

Stirling Range Guided Orchid and Wildflower Walks

Ph: 9827 9229 E-mail: stirlingrangeretreat@bigpond.com

Website: www.stirlingrange.com.au

Daily nature walks, information and resources.

Toodyay Walkie Talkies

Ph: 9574 5659 E-mail: mumbo2j@yahoo.com.au

Social walking group (Mon and Fri).

Upper Great Southern Primary Health

Ph: 9881 0385 E-mail: tracey.browning@health.wa.gov.au

Walking information and resources.

Wheatbelt Public Health Unit

Ph: 9622 4300 Website: www.health.wa.gov.au/cwph

Information about walking groups and activities.

Agency Profiles

Government

Department for Planning and Infrastructure

441 Murray St, PERTH WA 6000

Phone: 9216 8300

Website: www.dpi.wa.gov.au/walking

The Department for Planning and Infrastructure's walking promotional message Walk There Today aims to raise the profile of walking as a recognised mode of transport to replace short car trips. It also encourages people to use public transport as this involves walking and promotes a more active lifestyle. The Department promotes and supports walking through:

- Sponsorships to promote and support local community to participate in walking activities throughout the year.
- The Walking School Buses, which are supervised walking groups, escorted by parent volunteers to and from school.

Department of Conservation and Land Management

17 Dick Perry Ave, KENSINGTON WA 6151

Phone: 9334 0333

Website: www.naturebase.net

The Department encourages everyone to enjoy the wonders of our natural environment by walking. A range of opportunities is available, from short easy walks to more difficult challenges. A large selection of books and maps are available from your local CALM Office.

Department of Education and Training

151 Royal St, EAST PERTH WA 6004

Phone: 9264 4111

Website: www.det.wa.edu.au

The Department of Education and Training has a strong commitment to support and enhance physical activity levels of children and students through school physical education and sport programs. Together with other agencies the Department aims to ensure students have opportunities that reflect positive real life experiences towards physical activity in the wider community.

Department of Health

189 Royal St, EAST PERTH WA 6004

Phone: 9222 4222

Health Info: 1300 135 030

The Department of Health aims to reduce the incidence of preventable disease, injury, disability and premature death.

Regional Population or Public Health Units throughout the state provide localised programs and support for organisations and community groups. Contact the Department of Health for details.

Department of Premier and Cabinet

Premier's Physical Activity Taskforce

Level 2, 334 Rokeby Rd, SUBIACO WA 6008

Phone: 9382 5980

Website: www.patf.dpc.wa.gov.au

The Physical Activity Taskforce was formed in 2001 with the aim of increasing the physical activity levels of Western Australians by five per cent by the year 2011.

Office of Road Safety

441 Murray St, PERTH WA 6000

Phone: 9216 8508

Website: www.officeofroadsafety.wa.gov.au

The Office of Road Safety conducts public education campaigns and supports road safety initiatives throughout the Road Safety Council, including making roads safer for pedestrians.

Department of Sport and Recreation

PO Box 329 LEEDERVILLE WA 6913

246 Vincent St LEEDERVILLE WA 6007

Phone: 9492 9722

E-mail: denis.martin@dsr.wa.gov.au

Website: www.dsr.wa.gov.au

Enhancing the lifestyle of Western Australians through their participation and achievements in sport and recreation.

The Department of Sport and recreation coordinates the 'Walk Friendly' project on behalf of an alliance of many other government agencies and peak industry bodies. It aims to raise the awareness of walking as a means of increasing physical activity levels and to assist local governments to provide supportive walking environments with a focus on the four key areas of access, comfort, safety and security and aesthetics.

Disability Services Commission

146-160 Colin St, WEST PERTH WA 6005

Phone: 9426 9384

E-mail: access@dsc.wa.gov.au

Website: www.dsc.wa.gov.au

The primary focus of the Commission is to make a positive difference to the lives of people with disabilities, their families and carers by providing or funding services, by increasing public awareness of the needs and rights of people with a disability and by encouraging access to services.

Main Roads Western Australia

Don Aitken Centre, Waterloo Cres, EAST PERTH WA 6004

Phone: 9323 4116

E-mail: vinder.singh@mrwa.wa.gov.au

Website: www.mrwa.wa.gov.au

Planning, design, construction and maintenance of pedestrian infrastructure on main roads, freeways and highways.

Road Aware Program

151 Royal St, EAST PERTH WA 6004

Phone: 9264 4076

E-mail: roadaware@det.wa.edu.au

Website: www.roadaware.wa.edu.au

Road Aware is a comprehensive program, which aims to ensure that effective road safety education is provided for children and young people (0-20yrs) throughout Western Australia. The *Road Aware* Program strategies include the development of resources with links to the Curriculum Framework, teacher training, parent education and support.

RoadWise

15 Altona St, WEST PERTH WA 6005

Phone: 9213 2058

E-mail: tforeman@walga.asn.au

Website: www.walga.asn.au

The Safe Routes to School project assists schools, local governments and other agencies to develop safe routes around schools, encourage parents and students to walk as an alternative to car use and develop strategies to improve traffic management and road safety.

Transperth

Public Transport Centre, West Pde, PERTH WA 6000

InfoLine: 13 62 13

(for bus, train and ferry information, advice)

Hearing Disabilities: TTY 9428 1999

Website: www.transperth.wa.gov.au

Providing the best passenger transport service for Western Australians.

Non government

Bibbulmun Track Foundation

1st Floor, Mountain Designs Adventure Building
862 Hay St, PERTH WA 6000
PO Box 7605, Cloisters Sq, PERTH WA 6850
Phone: 9481 0551 or 9321 0649
E-mail: friends@bibbulmuntrack.org.au
Website: www.bibbulmuntrack.org.au

A not-for-profit community-based organisation established to provide support for the management, maintenance and marketing of the Bibbulmun Track, a world-class, 1,000km walk trail stretching from Perth hills to Albany.

Year-round events calendar and self-guided walking and accommodation packages cater for all ages and fitness levels. Corporate 'team building' and social group walks, an education manual, video, workshops and achievement certificates are also available.

Conservation Council of Western Australia

City West Lotteries House, 2 Delhi St, WEST PERTH WA 6005
Phone: 9420 7266
E-mail: conswa@conservationwa.asn.au
Website: www.conservationwa.asn.au

Sustainable Transport Officers support community awareness and action for transport policy reform working, on a range of environmental issues, including transport, land use and sustainability policy.

Federation of Western Australian Bushwalkers Inc

299 Marmion Street, COTTESLOE WA 6011
Phone: 9384 5505
Website: www.bushwalkingaustralia.org

The Federation is the peak body representing the seven organised bushwalking clubs and their 800 members in Western Australia and is affiliated with Bushwalking Australia Inc. The Federation looks after matters that affect all bushwalking clubs and lobbies land managers over bushwalking access issues.

HBF

Ground Floor, 125 Murray St, PERTH WA 6000
Phone: 9265 8670
E-mail: healthatwork@hbf.com.au

Worksite health programs including walking, health checks, workshops and fitness classes.

National Heart Foundation of Australia (WA Division)

Level 1, 334 Rokeby Rd, SUBIACO WA 6008
Phone: 9388 3343
E-mail: wa@heartfoundation.com.au
Website: www.heartfoundation.com.au

The National Heart Foundation is Australia's leading heart health charity, saving lives through heart health research, community education programs and services to patients. Physical activity is a priority program area for the Heart Foundation.

We promote and advocate for physical activity, conduct programs in partnership with other agencies and provide educational resources.

Seniors Recreation Council

PO Box 329, LEEDERVILLE 6007

246 Vincent St Leederville

Phone: 9492 9773

E-mail: info@srcwa.asn.au

Website: www.srcwa.asn.au

A non-governmental organisation that aims to develop and implement innovative programs to foster the participation of people over fifty in sport and physical activity through a range of activities.

Sports Medicine Australia (WA Branch)

Postal address: PO Box 57, CLAREMONT WA 6910

Office address: Suite 17, Sports Lotteries House, Stephenson Ave, Mt Claremont 6010. (adjacent Challenge Stadium)

Phone: 9285 8033

E-mail: info@smawa.asn.au

Website: www.sportsmedicine.com.au

Ensuring safer participation through injury prevention. Courses and printed resources are available.

StateWest Corporate Challenge

Phone: 9402 5303

E-mail: corpchal@iinet.net.au

Website: www.statewest.com

Lunchtime walking groups and corporate games in the Perth Central Business District.

Sustainable Transport Coalition

C/- Conservation Council, 2 Delhi St, WEST PERTH WA 6005

Phone: 9420 7268

Website: www.stcwa.org.au

The Coalition brings together community stakeholders to seek sustainable transport in Perth and throughout WA. It develops policy, lobbies on issues, shares information and promotes awareness. Priorities include seeking a better deal for walking and bicycle transport.

Websites

The following are a list of websites that can provide additional information about walking and physical activity opportunities.

Bibbulmun Track Foundation: www.bibbulmuntrack.org.au

Conservation Council of WA: www.conservationwa.asn.au

Department for Planning and Infrastructure:

www.dpi.wa.gov.au/walking

Department of Conservation and Land Management:

www.naturebase.net

Department of Education and Training:

<http://www.eddept.wa.edu.au/physicalactivity/>

Department of Health: www.health.wa.gov.au

Department of Sport and Recreation: www.dsr.wa.gov.au

Disability Services Commission: www.dsc.wa.gov.au

Find thirty: www.findthirty.com.au

Main Roads WA: www.mrwa.wa.gov.au

National Heart Foundation: www.heartfoundation.com.au

Office of Road Safety: www.officeofroadsafety.wa.gov.au

Premier's Physical Activity Taskforce:

www.patf.dpc.wa.gov.au

Road Aware Program: www.roadaware.wa.edu.au

RoadWise: www.walga.asn.au

Sports Medicine Australia: www.smawa.asn.au

StateWest Corporate Challenge: www.statewest.com

Transperth: www.transperth.wa.gov.au

WA Local Government Association: www.walga.asn.au

Finding Thirty in Your Day

Cut out this sheet and photocopy it to allow you to keep track of how much you walk. Set yourself a goal of the number of steps, minutes or distance to walk each week.

Name: _____ Date: _____

GOAL	Steps _____	Meters _____	Minutes _____
Day of Week	Number of Steps	Distance	Number of Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Keep motivated by:

- Setting a personal or family goal to walk the equivalent distance between two favoured locations, such as Perth to Broome, over a number of weeks.
- Challenging friend to see who walks the most each week.
- Aiming for a family target each month and organising a fun reward once you reach your goal.
- Recording the amount of walking you do with your dog to show how effective they are as an 'exercise machine'.
- Aiming to walk part of the way to work at least one day a week by catching public transport and getting off one stop earlier.
- Banning the use of your car on the weekend for short walkable trips in your neighbourhood.

Walking Guide Information Update

Have you got some information about a walking group or event that would be useful to include in the next edition of the Walk There Today to Find thirty™ Walking Guide?

Do you need to update any information provided in this guide?

If so, please complete this form and fax it to the Heart Foundation on 9388 3383, or complete the online update form at www.dpi.wa.gov.au/walking.

The information provided below is:

- ☐ A new entry.
- ☐ An update of information for the next edition of the walking guide.

Organisation: _____

Contact Person: _____

Contact Position: _____

Phone: _____

E-mail: _____

Website: _____

Address: _____

Suburb/Town: _____

Postcode: _____

Area(s) that you service: _____

Brief description of walking group/event/resource/information:

Please submit for inclusion in the next edition of the walking guide.