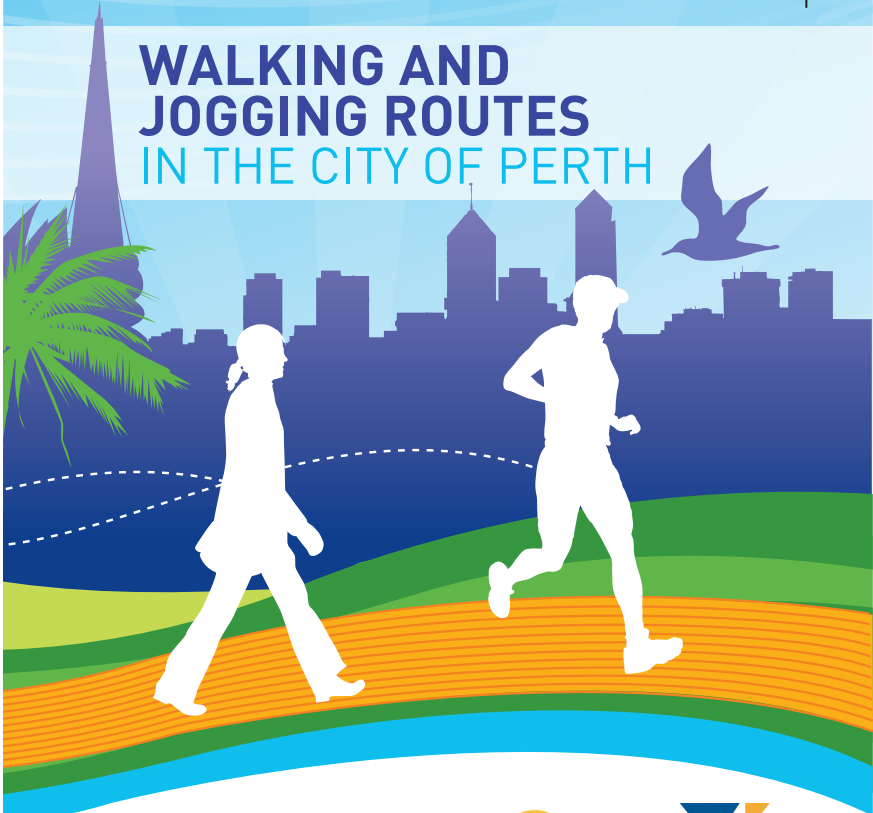




CITY of PERTH

WALKING AND JOGGING ROUTES IN THE CITY OF PERTH



be active wa
Physical Activity Taskforce

lotterywest
supported


WALGA

■ ■ ■ **GET ACTIVE IN THE CITY**

This pocket guide has been developed with the entire community in mind and provides all the information you need to know about the best walking and jogging routes in the City of Perth.

Whether it's a brisk lunchtime walk or a weekend jog along the riverside, you can use this guide to explore the city's parks and gardens or even treat yourself to the spectacular views of the Swan River and the city skyline from Jacob's Ladder lookout.

Why not take a break from your day and find thirty amongst the beautiful backdrop that is the City of Perth....

■ ■ ■ **AUSTRALIAN PHYSICAL ACTIVITY GUIDELINES**

Guidelines for Adults











- Think of movement as an opportunity, not an inconvenience
- Be active every day in as many ways as you can
- Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days
- If you can, also enjoy some regular, vigorous activity for extra health and fitness

Guidelines for Children (those under the age of 18)

- Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

To help you gauge how much activity you do, use a pedometer and aim for at least 10, 000 steps a day.

LEGEND

- | | |
|---|--|
|  CAR PARK |  EXERCISE EQUIPMENT |
|  CAT BUS STOP - BLUE |  PICNIC FACILITIES |
|  CAT BUS STOP - RED |  PLAYGROUND |
|  CAT BUS STOP - YELLOW |  TOILETS |
|  DRINK FOUNTAIN | • PLACE OF INTEREST |
-  WALKING AND JOGGING TRACK



Please note that walking and jogging route completion times in this guide are approximate and will vary depending on individual fitness levels. All routes (with the exception of route 10), have a footpath along every part of the route. As some central city routes experience heavy traffic please allow extra time for completion.

WALKING AND JOGGING LOCALITY MAP



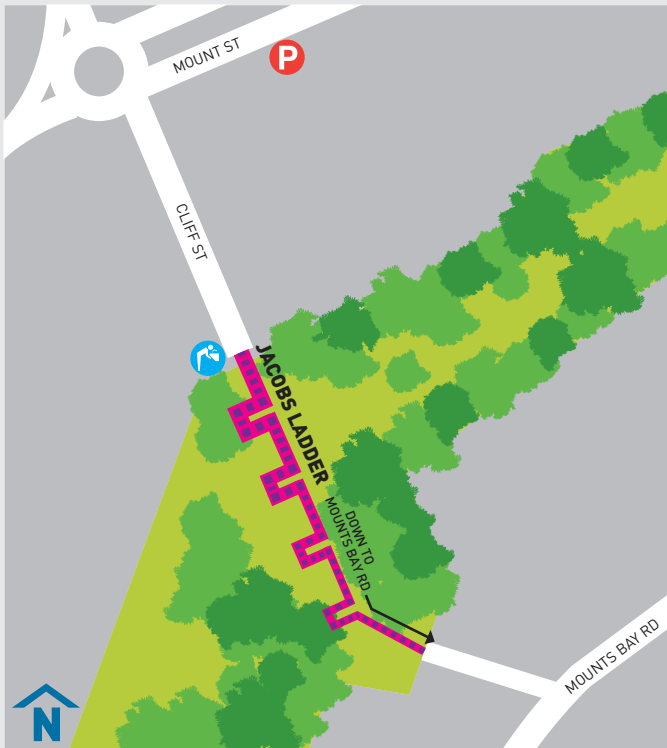
1. Jacob's Ladder
2. West Perth (Parliament Route)
3. West Perth (Mount Street Route)
4. The Esplanade
5. City
6. Riverside

WALKING AND JOGGING LOCALITY MAP



- 7. The Swan River
- 8. Northbridge
- 9. Wellington Square
- 10. Claisebrook Cove
- 11. East Perth
- 12. Queens Gardens

1. JACOB'S LADDER



242 Steps

With 242 steps Jacob's Ladder is a fantastic challenge to include in your physical activity program

Walk, jog or run Jacob's Ladder – it's up to you! The spectacular views of the city skyline and the Swan River are well worth the effort once you reach the top.

2. WEST PERTH (PARLIAMENT ROUTE)

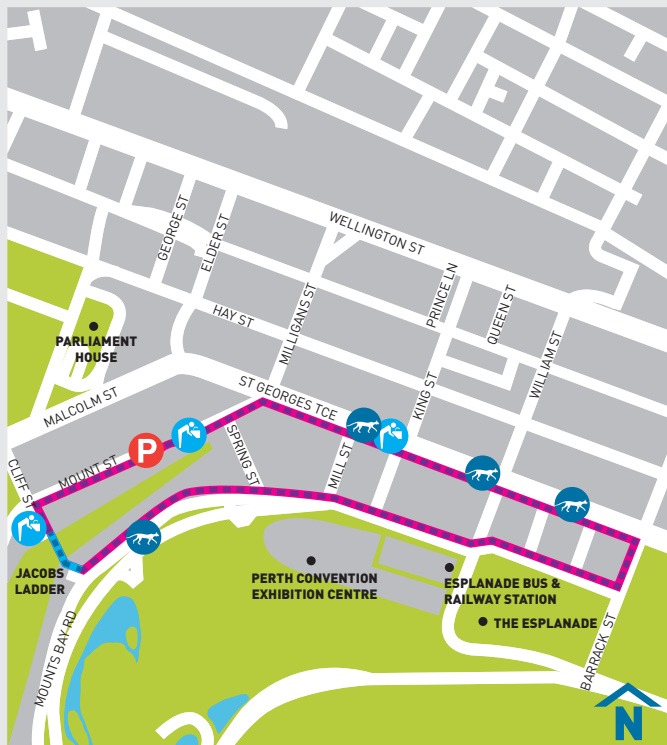


2.5km

A steady walk past Parliament House through the leafy streets of West Perth

Distance: 2.5 km
Number of steps: 3012
Walking time: 28 minutes

4. THE ESPLANADE



3.1km

Jog or walk this central route which combines the challenge of Jacob's Ladder and Mount Street

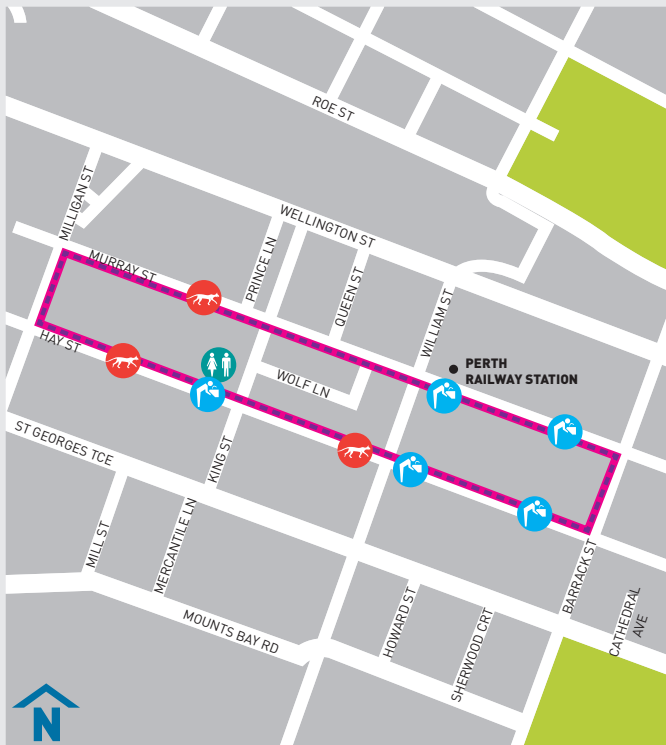
Distance: 3.1 km

Number of steps: 3720

Walking time: 40 minutes

Jogging time: 20 minutes (allow a few extra minutes for Jacob's Ladder – depending on which way you are going!)

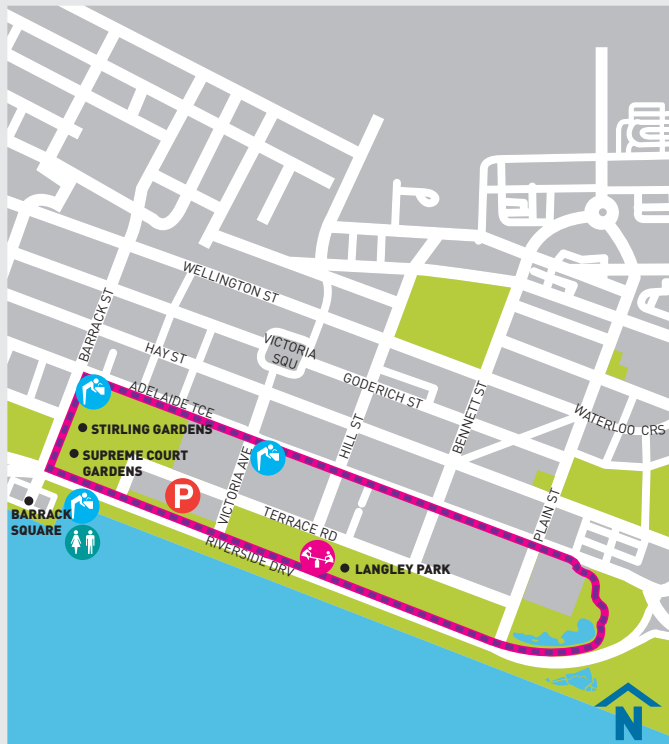
5. CITY



 2km

Take this perfect lunchtime walk through the Murray and Hay street malls

Distance: 2 km
Number of steps: 2400
Walking time: 22 minutes



4.35km

Step outside your office and walk or jog this scenic city route

Distance:	4.35 km
Number of steps:	5220
Walking time:	48 minutes
Jogging time:	29 minutes

7. THE SWAN RIVER



CRAWLEY INSET



8.2km

Walk or jog - it is up to you how far you want to go!
Break off and challenge yourself with the Kokoda Track leading up through Kings Park or take a loop around one of the parks and gardens lining this route

7. THE SWAN RIVER



	ROUTE	DIST (KM)	NO. OF STEPS	WALK TIME	JOG TIME
1	Claisebrook Cove - Causeway	1.6 km	1920	18 mins	11 mins
2	Causeway - Swan Bells	2.3 km	2760	25 mins	15 mins
3	Swan Bells - The Old Swan Brewery	2.1 km	2520	23 mins	14 mins
4	The Old Swan Brewery - UWA Boat Club Jetty	2.2 km	2640	24 mins	14.5 mins
	TOTAL Riverside Distance	8.2 km	9840	90 mins	54.5 mins

8. NORTHBRIDGE



2.1km

Take a quick and easy walk through Northbridge

Distance:	2.1 km
Number of steps:	2520
Walking time:	23 minutes

9. WELLINGTON SQUARE



 1km

Endure a loop or two around Wellington Square

Distance: 1 km
Number of steps: 1200
Walking time: 11 minutes

10. CLAUSEBROOK COVE



 **2.3km**

Take a walk around Clausebrook Cove and enjoy the wonderful array of public art that lines this route

Distance: 2.3 km
Number of steps: 2760
Walking time: 25 minutes

RECORD OF ACTIVITY

Make copies of this chart and record your activity for each week.

Starting Date:

DAY	DISTANCE	TIME	NUMBER OF STEPS
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Further copies are available on the City of Perth website:
www.perth.wa.gov.au

INTERESTING LINKS TO FURTHER PHYSICAL ACTIVITY INFORMATION

Bibbulmun Track Foundation	www.bibbulmuntrack.org.au
Claisebrook Cove - Public Art Walk	www.claisebrookcove.com.au
Department of Conservation and Land Management	www.dec.wa.gov.au
Department of Health	www.health.wa.gov.au
Department of Transport	www.transport.wa.gov.au/walking
Department of Sport and Recreation:	www.dsr.wa.gov.au
Find thirty	www.findthirtyeveryday.com.au
Bank of Queensland Corporate Challenge	www.boqcorporatechallenge.com.au
Kings Park and Botanic Garden	www.bgpa.wa.gov.au
Main Roads WA	www.mrwa.wa.gov.au
National Heart Foundation	www.heartfoundation.org.au
Physical Activity Taskforce	www.beactive.wa.gov.au
WA Local Government Association	www.walga.asn.au



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