

Walking in the City of Cockburn
Helping residents become more physically active





Walking is a great way for people of all ages and abilities to be physically active. Children, adults and seniors can all get involved in walking as it is an enjoyable and low impact activity. A simple brisk 30 minute walk on most days can have significant health benefits. Make walking a part of your day, go with a friend and set yourself goals to get started.

Be Active Cockburn has produced the following walking routes which can be used for recreation, but also connect with places of interest in the City, including parks, shops, schools and leisure centres. To help you find your way, the Be Active Cockburn footprint is displayed on the paths of many of the walking routes. Most walks are on sealed footpaths, which means they are accessible to people using wheelchairs and prams.

This booklet is also available online at:
www.beactivecockburn.com.au.

Thank you to all City of Cockburn partners and volunteers who helped to produce the walking routes in the City of Cockburn:

- Lotterywest
- WALGA
- Premier's Physical Activity Taskforce
- South Metropolitan Public Health Unit
- Heart Foundation Walking
- The Bush Ramblers Walking Group
- City of Cockburn Volunteers
- Lakelands Senior High School

There are many physical, mental, social and environmental benefits of physical activity. Regular physical activity is essential for maintaining good health, reducing your risk of many lifestyle diseases and helping to achieve and maintain healthy weight. For more information on physical activity head to the Be Active Cockburn website: www.beactivecockburn.com.au



Use this guide to calculate your walking time:

Speed	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

Most people walk approx. 100 steps per minute.



Health & Safety Tips

- If you have a chronic condition, such as heart disease or diabetes, consult with your doctor before starting a physical activity program
- Warm-up, gently stretch and cool down
- Slow down if you feel breathless or experience chest pain
- Wear sunscreen, hat, protective clothing and sunglasses
- Choose well fitting shoes
- Walk during the cooler times of the day
- Take water with you
- Walk with others or in areas where there are other people
- Take a mobile phone, or know the locations of the nearest public phones
- Be cautious of wildlife, including snakes, magpies, birds and insects
- Take care when crossing busy intersections

Australia's Physical Activity Guidelines

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-intensity activity for extra health and fitness

Children

- 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



Symbols

Information in this booklet are current at the time of going to press. The latest news about physical activity and health is available at www.beactivecockburn.com.au. Comments and input for updates can be emailed to beactive@cockburn.wa.gov.au.



Drinking fountain



Parking



Playground



BBQ



Toilets



Rest stop



Bus/train stop



Place of interest



Picnic area



Exercise equipment



Start here

Lyon Rd

Chivalry Wy

Cherub Tce

Solace Gdn

Aurora Dr

Entente Tce

Fellowship Lk

Dionysus Tce

Atwell

Length: 3.2km
Time: 36 mins
Steps: 3,600

Affinity Wy

Harmony Primary School

Unity Way

Windchime Tce

Serena Bnd

Kinship Wy

Lakes Bvd

Optima Bnd

Gilt La

Euphony Wy

Haven Wy

Tacit La

Harvest

Goodwill Ave



Aubin Grove

Length: 2.1km
Time: 23 mins
Steps: 2,300

Banksia/Eucalypt
Woodland Park

Tangle
Park

Pearl
Flower
Park

Cape Range Cr

Kinglake Wy

Cape Range Cr

Cct

Blue Mountain

Ln

Springbrook Ch

Blue
Mountain

Av

Blue Boy Park

Tathra Ln

Le Grand

Aubin

Grove Lk



Bibra Lake

Length: 6km
Time: 60+ mins
Steps: 6,700

Hope Rd

Bassett Reserve

Meller Park

Ferres Reserve

Progress Dr

Pioneers Reserve

Adventure World

Bibra Lake Reserve

Bibra Lake Golf Course

Eliza Cave Park

Bibra Dr

Some unsealed paths





Coogee

Length: 3.5km
Time: 39 mins
Steps: 3,900

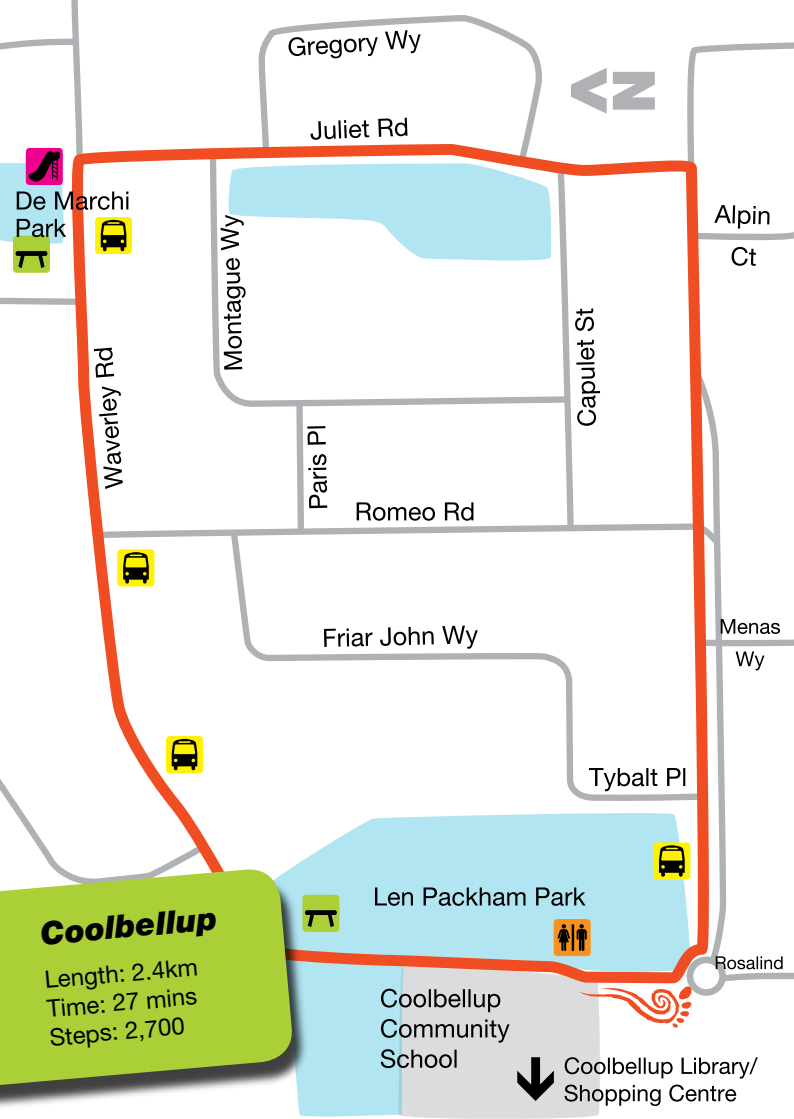
Coogee Beach

Coogee/Munster

Length: 2.4km
Time: 27 mins
Steps: 2,700

Market Garden Swamp #2





Gregory Wy

Juliet Rd



De Marchi Park



Alpin Ct

Montague Wy

Capulet St

Waverley Rd

Paris PI

Romeo Rd



Menas Wy

Friar John Wy



Tybalt PI

Coolbellup

Length: 2.4km
Time: 27 mins
Steps: 2,700



Len Packham Park



Coolbellup Community School



Coolbellup Library/
Shopping Centre

Rosalind

Cockburn Rd

Hamilton Hill

Length: 2.5km
Time: 28 mins
Steps: 2,800



Warning: rough paths.
Worth the view if you are able.





Hammond Park

Length: 2km
Time: 22 mins
Steps: 2,200

Henderson

Length: 2.4km
Time: 27 mins
Steps: 2,700

Mount Brown
Lookout



Some unsealed paths
Poor lighting



Cockburn Rd

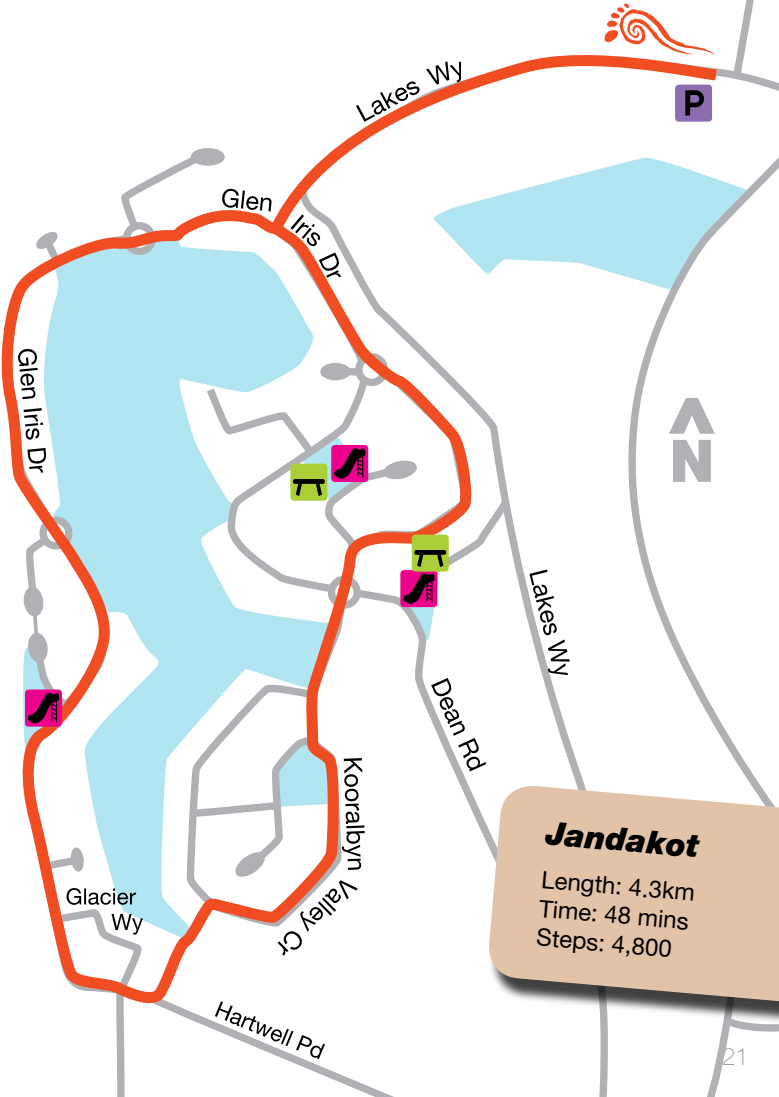
Sutton Rd



Boat ramp

20





Jandakot

Length: 4.3km

Time: 48 mins

Steps: 4,800



Farrington Rd

Norm Godfrey Reserve

Farrington Rd

Some unsealed paths
Poor lighting

P

Progress Dr

North Lake

Mosefield Av

Bassett Reserve

North Lake

Length: 2.4km
Time: 27 mins
Steps: 2,700



Elderberry Dr

Meadowbank Tce

Tarndale Wy

South Lake Dr

South Lake

Length: 2.4km
Time: 27 mins
Steps: 2,700

Broadwater Gdn

Plumridge Wy

South Lake Dr



Ottey Family Centre



South Lake Shopping Centre

Berigan Dr

Falstaff Cr



P

Joe Cooper
Recreation Centre

Falstaff Cr

Gower St

Pomfret Rd

MacFaul
Park



Mellun St



Gerald St



Spearwood - MacFaul Park

Length: 2km
Time: 22 mins
Steps: 2,200

P

Travers St

Goffe St

Coleville Cr



Mell Rd



Pennlake Dr

Zlinya Ct

Garden Rd



Brenzi Ct

Grljusich Pl

Orsulich Lp

Fallow Cr

Milos Lp



Rd

Anise Ct

Pennlake Dr

Spearwood - Market Garden Swamp

Length: 1.5km
Time: 17 mins
Steps: 1,700

Gerovich Wy

Evelyn Massey Park

Success

Length: 3km
Time: 33 mins
Steps: 3,300



Yangebup

Length: 3km
Time: 33 mins
Steps: 3,300



This guide forms part of the Be Active Cockburn Walking Groups program, which is supported by Heart Foundation Walking. Heart Foundation Walking is Australia's largest network of free community based walking groups coordinated locally by the City of Cockburn. Contact the City of Cockburn if you are interested in participating in or forming your own walking group.

If you have a favourite walk, suggestions for improvement or feedback regarding walking maps and active environments, we'd love to hear from you. Email beactive@cockburn.wa.gov.au or phone 9411 3444.

Visit Be Active Cockburn at www.beactivecockburn.com.au for instructions on reporting any hazards or traffic light problems on walking trails.

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Government of **Western Australia**
Department of **Health**
South Metropolitan Area Health Service

