

Get Active **OUTDOORS**

A guide to free outdoor exercise opportunities in the City of Armadale, City of Gosnells and the Shire of Serpentine Jarrahdale





Disclaimer

Whilst every effort has been made to ensure that all information contained within this publication is correct at the time of publishing it is intended as a general guide only.

The City of Armadale, City of Gosnells and Shire of Serpentine Jarrahdale accept no responsibility, as far as permitted by law, for any loss, damage, accidents, injuries or deaths that may occur as a result of any alterations, modifications, deterioration or any unforeseen event or activity outside of the control of the City of Armadale, City of Gosnells and Shire of Serpentine Jarrahdale that affect the layout, terrain, direction or general condition of the opportunities listed.

Participants are responsible for maintaining their own safety and welfare (or that of children under their supervision or control) and should always check weather and fire conditions and ensure they carry all appropriate navigation, communication, safety or other equipment and supplies including medication, food, water, etc. as may be required and that is appropriate for the journey and their safe return.

July 2017.

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Welcome to your guide to getting active outdoors...

Being physically active and limiting your sitting time every day is essential for your health and wellbeing.

Being physically active has many benefits to our bodies and minds. Regular physical activity can:

- Reduce your risk of, or help manage, chronic diseases
- Prevent unhealthy weight gain and assist with weight loss
- Build strong muscles and bones
- Create opportunities for socialising and meeting new people
- Help to prevent and manage mental health problems
- Help to develop and maintain overall physical and mental well-being

Recommended physical activity for adults:

- Be active on most, preferably all, days every week
- Aim to be physically active for 30 minutes each day of the week
 - Try to accumulate 2½ - 5 hours of physical activity each week
 - Break it up into smaller blocks, be active for 15 minutes twice a day
- Do muscle strengthening activities on at least 2 days each week
- Break up long period of sitting as often as possible – even if you do more than the recommended amount of physical activity every week, you will still benefit from minimising time spent sitting each day

REMEMBER:

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up.

(Australian Physical Activity and Sedentary Behaviour Guidelines for Adults, 18 - 64 years)

Get Active OUTDOORS



Outdoor Exercise Equipment

Outdoor exercise equipment is installed at a number of parks and reserves in your local area, best of all it is FREE and available all year round!

Armadale

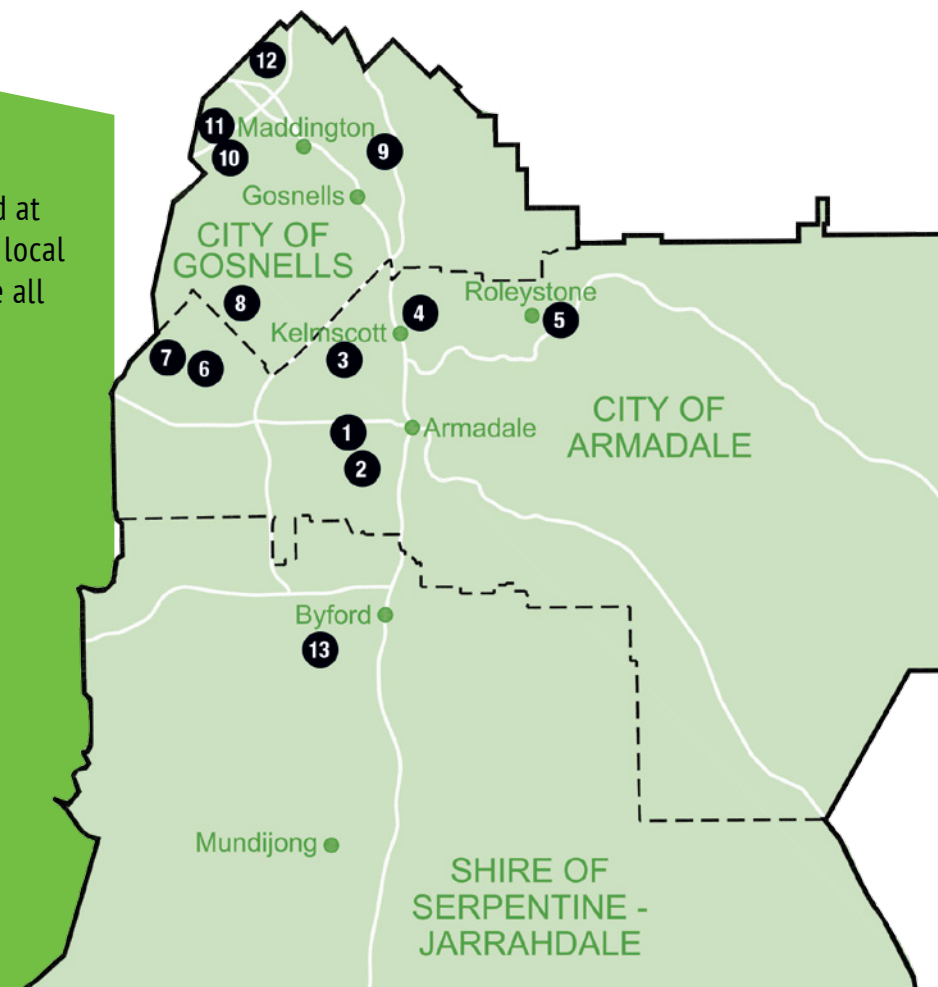
- 1 **Armadale** Reg Williams Reserve, Numlugi Street
- 2 **Brookdale** Don Simmons Reserve, Tijuana Road
- 3 **Camillo** Kuhl Park, Westfield Road
- 4 **Kelmscott** Fancote Park, Page Road
- 5 **Roleystone** Lina Hart Memorial Park, Westborne Road
- 6 **Harrisdale** Harrisdale Playing Field, Gracefield Boulevard
- 7 **Piara Waters** Rosette Park, Broadway Boulevard

Gosnells

- 8 **Southern River** Castlewood Parkway Reserve, Castlewood Parkway
- 9 **Maddington** Harmony Fields Reserve, Alcock Street
- 10 **Thornlie** Partridge Way Reserve, Partridge Way
- 11 **Langford** 17 Langford Avenue Reserve, Southgate Road
- 12 **Beckenham** Mills Park, Brixton Street

Byford

- 13 **Byford** Cnr Kokoda Boulevard & Christonia Terrace



Remember:

- Warm up before starting and stretch after your workout
- Wear appropriate clothing and footwear
- Drink plenty of water
- Be sun smart
- Go at your own pace and build up to higher intensity exercise
- If you have any health concerns seek medical advice before commencing
- Read the instructions of each piece of equipment and use accordingly
- Involve your friends and family and most importantly;
- Have fun!



Playground equipment makes great exercise equipment!

Get active down at your local playground whilst the kids are playing. Playground equipment can be used in place of exercise equipment.

Platforms and park benches are perfect for step ups, push ups, dips, squats and box jumps.

Why not take the family down to a local park and kick the footy or play tag? These are also great ways to get in your daily exercise whilst spending valuable time with your family, plus its loads of fun!

Just remember to be safe and give way to children on the playground equipment.

Each Council's parks and playgrounds are continuously being improved and upgraded, so get out and explore your local area!

Free Exercise in the Park sessions

Armadale

The City of Armadale runs free Yoga in the Park sessions during the warmer months. Sessions are run early morning and are available to anyone aged 16 and up.

Contact City of Armadale, Armadale Arena, (08) 9394 5840 or visit www.armadale.wa.gov.au

Gosnells

The City of Gosnells runs free Tai Chi sessions during the spring and summer months. Sessions are run in the afternoon/evening and are available to anyone aged 16 and up.

Contact City of Gosnells, Leisure Services (08) 9397 3107 or visit www.gosnells.wa.gov.au



U Fit – Park Edition



PARK EDITION

U Fit – Park Edition provides workouts that can be done in most local parks, utilising existing infrastructure. There are three different workouts in the series and with beginner, intermediate and advanced options, there is a workout to suit everyone.


For more information on U Fit – Park Edition and workout locations visit www.armadale.wa.gov.au/u-fit-park-edition

Walking Groups

Armadale Shopping Centre Mall Walking Group When Every Tuesday and Friday, 7.30 - 8.30am Where Armadale Shopping City Jull Street, Armadale Meet at the front of Target (enter through Australia Post entrance) Contact COTA (WA) (08) 9321 2133	Canning Vale Walking Group When Every Monday, 8.30 - 9.30am Where Meet at Canning Vale Dome Café Warton Road, Canning Vale Contact City of Gosnells, Leisure Services (08) 9397 3111
Centro Maddington Shopping Centre Walking Group When Every Thursday, 8.15 - 9am Where Centro Maddington. Cnr Burslem Drive and Attfield Street, Maddington (meet at the front of Specsavers) Contact City of Gosnells, Leisure Services (08) 9397 3111	Gosnells Walking Group When Every Friday, 9 - 9.45am Where Meet at Pioneer Park Amphitheatre Federation Parade, Gosnells Contact City of Gosnells, Leisure Services (08) 9397 3111
Jarrahdale Guided Walks When 4th Sunday of every month Where Old Post Office Museum, 631 Jarrahdale Road Contact Jarrahdale Heritage Society, 0429 801 617	Mundijong Walk & Talk When Tuesday & Thursday mornings. 8am in summer 9am in winter Where Opposite the Post Office on Paterson St Contact Pippa, 0419 040 350
Rainbow Walkers When Every Monday, Wednesday and Friday 8 - 9am Where Greendale Centre Coombe Avenue, Armadale Contact Stacey, Greendale Centre (08) 9399 5393	Roley Roamers When Every Monday, 8 - 9am Where Roleystone Recreation Centre 8 Wygonda Road, Roleystone (meet in the car park) Contact Pam Bailey, 0409 989 260
Yahoo Over 55s bushwalking club (any age welcome to participate in walks) When Every Thursday, times vary Where Various locations Contact Preston, (08) 9537 8209	Why not start your own walking group? Contact your local Council for support on how to start your own walking group.

Pole Walking

Pole walking is walking with a set of specially designed poles to assist and enhance every day walking. Suitable for everyone, regardless of age or fitness level.



Armadale Pole Walking

When Monday, Wednesday and Thursday times vary
Where Departs from Armadale Visitors Centre
Jull Street, Armadale
Contact City of Armadale, Armadale Visitors Centre
(08) 9394 5410

Gosnells Pole Walking

When Every Tuesday 9am
Where Departs from Addie Mills Centre
Pioneer Park Amphitheatre
Federation Parade, Gosnells
Contact City of Gosnells, Seniors Services
(08) 9391 6030



Remember

- Wear appropriate clothing and footwear
- Drink plenty of water
- Be sun smart
- Tell someone where you are going and when you will return
- Stick to the designated trails
- Don't pick wild native flowers or native flora
- Take all your rubbish away with you



Bushwalking

There are a number of walking trails among the beautiful local scenery located right on your doorstep across the Cities of Armadale, Gosnells and Shire of Serpentine Jarrahdale. Below is some information on just a few in the local area.

Trails vary in length, surface and difficulty ensure you choose a trail appropriate to your physical abilities.

- Bickley Brook Walk**
Bickley Brook Reservoir Walk
Distance: 10.5km / Difficulty: Easy
Lions Lookout – Bickley Reservoir Walk
Distance: 18 - 19km / Difficulty: Moderate
- Bungendore Park – Wungong Gorge Walk**
Distance: 17km (can do shorter 10 - 13km)
Difficulty: Moderate / Difficult
- Byford Hills Walk Trail**
Distance: 1.6km / Difficulty: Moderate
- Canning River Interpretive Trail & Roley Pool**
Distance: 2.4km return
- Ellis Brook Valley**
Blue Wren Ramble
Distance: 2.6km return / Difficulty: Easy
Eagle View Trail
Distance: 430m return / Difficulty: Moderate
Easy Walk Trail
Distance: 500m loop
Difficulty: Easy (wheelchair accessible)
Sixty-foot Falls
Distance: 2km loop / Difficulty: Difficult
- Jarrahdale Heritage Railway Walk**
Distance: 7km / Difficulty: Easy
- Kitty's Gorge Walk Trail**
Distance: 14km return / Difficulty: Moderate
- Mundlimup Trail and Loop**
Distance: 2.5 - 3.5km / Difficulty: Easy
- Settlers Common Walk Trails**
Distance: Various / Difficulty: Various



parkrun

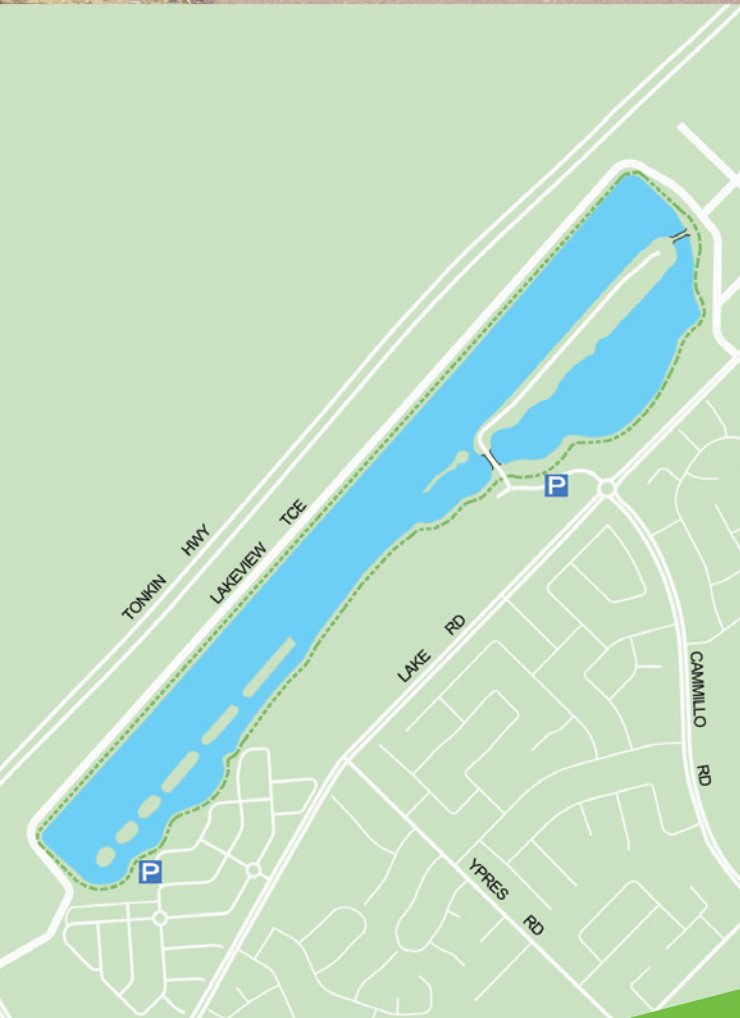
parkrun is a free 5km run that occurs at designated locations around Australia.

Pioneer parkrun

When Every Saturday, 8am start
Where Pioneer Park
 Albany Highway, Gosnells
Contact To register and for further detail visit www.parkrun.com.au/pioneer

Champion Lakes parkrun

When Every Saturday, 8am start
Where Henley Drive, Champion Lakes
Contact To register and for further detail visit www.parkrun.com.au/championlakes



Spring Eco Walks

Experience nature at its best with City of Gosnells guided Eco Walks. Each Spring, City of Gosnells and the local Friends of groups run guided bushwalk tours throughout Ellis Brook Valley, Mary Carroll Park and Brixton Street Wetlands. These walks are a great introduction to bushwalking and opportunity to meet others from the local community.

For information about the Spring Eco Walks schedule contact City of Gosnells Leisure services on (08) 9397 3111 or visit www.gosnells.wa.gov.au.

Champion Lakes Regatta Centre Pedestrian & Cycle Path

The path that surrounds Champion Lakes Regatta Centre is a 5km loop. Take your family and friends down and enjoy a 5km walk, run or ride.

Remember to stick to the outer pedestrian path. The internal path is used for events and regatta training.



Dog walking

Why not visit a local reserve and go for a walk with man's best friend? It is a great way to get active and your dog will thank you for it.

Be a responsible dog owner, keep your dog under control, clean up after your dog and ensure they are registered with your local Council.

Please note that dogs may not be permitted in national park areas in the Darling Scarp so please check signage in the area for any restrictions.

The City of Gosnells also has dedicated exercise areas where dogs may be exercised 'off leash' but they must remain under effective control of the owner or person exercising the dog. For more information please visit www.gosnells.wa.gov.au.





Mountain Bike Riding

There are a number of mountain bike riding opportunities across our region, to suit those starting out through to the most experienced rider. Below are just a few.

Langford Park Jarrahdale Mountain Bike Park

- Distance** Various - 22km of mountain bike trails all clearly signposted
- Difficulty** Various – the trails are a mix of gradual hills and fast flowing single-track, popular with beginners through to advanced riders.
- Where** The access point is located off Nettleton Road, just 2km north of the Jarrahdale town site.
- Highlights** Picnic facilities, toilets, and several popular races are held here each year including the 6 Hour Enduro and the Dusk 'til Dawn (12 hour event).

Carinyah Trail

- Distance** 15km – consisting of a 3km ride in/out, and a further 9km loop. This loop can be ridden in either direction. The Carinyah Circuit is clearly signposted. For around half its length, it is shared with the Munda Biddi Trail.
- Difficulty** Easy
- Where** The access point to the Carinyah Mountain Bike Trail is located on the Brookton Highway, approximately a 5 minute drive from Karragullen town centre.
- Highlights** Stay overnight at the Carinyah Campsite on the Munda Biddi Trail.

Munda Biddi Trail

The Munda Biddi Trail ('path through the forest' in the local Indigenous Nyoongar language) is a world class nature based off-road cycling trail and is approximately 1,000km between the towns of Mundaring and Albany.

This beautiful trail meanders its way from Mundaring to Albany, with a number of access points within our local area. Great for a day ride or if you're feeling adventurous there are free shelters along the trail allowing you to stay overnight.

For further information visit the Munda Biddi Trail Foundation website www.mundabiddi.org.au

Cycling Groups

Have you considered cycling into work rather than taking the car? Or perhaps you could cycle to meet your friends for lunch?

There are a number of shared paths and roads with bike lanes/sealed shoulders around the Cities of Gosnells, Armadale and Shire of Serpentine Jarrahdale.

The Department of Transport provides maps to make your cycling experience an enjoyable and safe one. **Visit the Department of Transport website to download maps.**

www.transport.wa.gov.au/activetransport

Gosnells Bicycle Users Group (GoBUG)

Social bike rides exploring local pathways and cycle friendly roads.

- When** Saturdays 7.30am
- Where** Meet at the Agonis Clock Tower
2232 Albany Hwy, Gosnells
- Details** Ride is suitable for all levels of cyclists from beginners to advanced. Each ride is followed by a cuppa and a chat at the Agonis Clock Tower.

For more information call City of Gosnells, Leisure Services on 9397 3111.

Armadale Cycling Group

This semi competitive cycling group is for those looking for a little more of a challenge.

- When** Saturdays, 6am for faster riders, or 6.30am for a more leisurely pace
- Where** Meet at Pioneer Village, Armadale
- Details** Each week the ride alternates between hills and flats. The distance covered ranges from 50 - 80km.

For more information contact armadalecyclinggroup@gmail.com

Remember to bring water, and nourishment to cover the ride distance, a flashing tail light is recommended and helmets are a must.



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www.armadale.wa.gov.au



2120 Albany Highway, Gosnells WA 6110
08 **9397 3000**
council@gosnells.wa.gov.au
www.gosnells.wa.gov.au



6 Paterson Street, Mundijong WA 6123
08 **9526 1111**
info@sjshire.wa.gov.au
www.sjshire.wa.gov.au