



City of Nedlands



# Walking Maps

City of Nedlands

# Be Active in Nedlands

The City of Nedlands offers some of the most picturesque places to walk in the western suburbs, showcasing bushland, parkland, playgrounds, recreation precincts and stunning views.

The 6 trails featured in this guide are suitable for walkers, runners, dog-lovers and people with prams, and offer a diverse range of environments in which to get active. These trails also accommodate all fitness levels and time availability. The Department of Health and Ageing provides guidelines for physical activity to help all Australians lead healthy and active lives. Refer to the guidelines for adults below:

- Think of movement as an opportunity, not an inconvenience. It is our opportunity to improve our health.
- Be active every day in as many ways as you can. This might be walking or cycling instead of driving, taking the stairs instead of a lift, gardening, playing with children or pets for example.
- Put together at least 30 minutes of moderate intensity physical activity

on most, preferably all, days. This can be done by combining a few shorter sessions of 10–15 minutes throughout the day.

- If you can, also enjoy some regular, vigorous activity for extra health and fitness.

Medical advice is recommended if you have previously been inactive, have heart disease or a close relative with heart disease, or have any other major health problems.

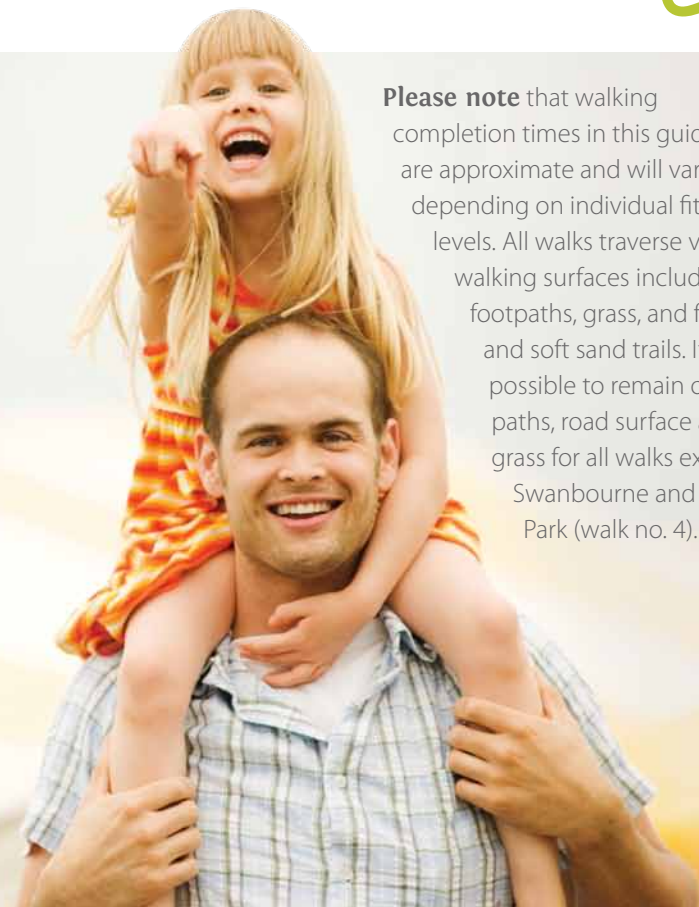
For more detailed information on the above guidelines and the guidelines for children, youth, and older Australians visit [www.healthyactive.gov.au](http://www.healthyactive.gov.au) and look under recommendations and guidelines.



## Legend

- |   |                           |   |                  |
|---|---------------------------|---|------------------|
|    | WALK                      |    | RUGBY UNION CLUB |
|    | WATER FOUNTAIN            |    | HOCKEY CLUB      |
|    | PICNIC AND BBQ            |    | TENNIS CLUB      |
|    | TOILET                    |    | FOOTBALL CLUB    |
|    | PLAYGROUND                |    | BOWLING CLUB     |
|    | OUTDOOR FITNESS EQUIPMENT |    | GOLF CLUB        |
|    | CAFE                      |    | RUGBY            |
|    | FREE PARKING              |    | TENNIS COURTS    |
|    | COMMUNITY CENTRE          |    | FOOTBALL         |
|    | PAVILION                  |    | CRICKET          |
|    | SCHOOL                    |    | BASKETBALL       |
|    | CHILD CARE CENTRE         |    | GOLF             |
|  | SKATE PARK                |  | TURTLE POND      |

Please note that walking completion times in this guide are approximate and will vary depending on individual fitness levels. All walks traverse various walking surfaces including footpaths, grass, and firm and soft sand trails. It is possible to remain on paths, road surface and grass for all walks except Swanbourne and Allen Park (walk no. 4).



# Walk 1 – Nedlands Foreshore



Walk length – 4.7 km  
Walking time approx. 50 mins

# Walk 2 – Dalkeith and Parks

Walk length – 3.7 km  
Walking time approx. 40 mins



## Walk 3 – Point Resolution



Walk length – 3.1 km  
 Walking time approx. 35 mins  
 Walk length taking alternative route – 3.4 km  
 Walking time approx. 40 mins

## Walk 4 – Swanbourne and Allen Park



Walk length – 3.67 km  
 Walking time approx. 40 mins



# Walk 5 – Mount Claremont



Walk length - 4.31 km  
Walking time approx. 45 mins



# Walk 6 – Hollywood

Walk length - 2.77 km  
Walking time approx. 35 mins





## Be Active in Nedlands project

This guide was funded by the City of Nedlands and a Local Activity Grant from the Physical Activity Taskforce, the WA Local Government Association and Lotterywest.

The project is credited with the installation of four new outdoor exercise units at Charles Court Reserve (as seen

in walk 1), and the formation of new walking groups in the City with the support of the Heart Foundation.

The City publishes a Be Active in Nedlands Newsletter twice per year and the Be Active section of the City's website, both of which are a great source of local 'be active' information.

For more information on getting active in the City of Nedlands contact 9273 3500 or visit [nedlands.wa.gov.au](http://nedlands.wa.gov.au)

This brochure is available to people with a disability upon request in alternative formats.

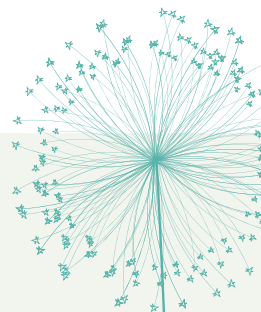


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## Useful websites for further physical activity information

Physical Activity Taskforce	<a href="http://www.beactive.wa.gov.au">www.beactive.wa.gov.au</a>
Department of Health and Ageing (Australian Government)	<a href="http://www.healthyactive.gov.au">www.healthyactive.gov.au</a>
Find Thirty	<a href="http://www.findthirtyeveryday.com.au">www.findthirtyeveryday.com.au</a>
Stay on Your Feet WA	<a href="http://www.health.wa.gov.au/stayonyourfeet/home/">www.health.wa.gov.au/stayonyourfeet/home/</a>
Heart Foundation (look under Healthy Living)	<a href="http://www.heartfoundation.org.au">www.heartfoundation.org.au</a>
Department of Sport and Recreation	<a href="http://www.dsr.wa.gov.au">www.dsr.wa.gov.au</a>
Department of Transport – Walking	<a href="http://www.transport.wa.gov.au/walking/">www.transport.wa.gov.au/walking/</a>
Main Roads WA (look under pedestrians and cyclists)	<a href="http://www.mainroads.wa.gov.au">www.mainroads.wa.gov.au</a>
Botanic Gardens and Parks Authority (look under Kings Park, Bold Park – Walks)	<a href="http://www.bgpa.wa.gov.au">www.bgpa.wa.gov.au</a>
Bibbulmun Track	<a href="http://www.bibbulmuntrack.org.au">www.bibbulmuntrack.org.au</a>
Munda Biddi Trail (Cycling trail)	<a href="http://www.mundabiddi.org.au">www.mundabiddi.org.au</a>
Karrakatta Cemetery Walks (under Our Cemeteries, Karrakatta Cemetery – Historical Walk Trails & Map)	<a href="http://www.mcb.wa.gov.au">www.mcb.wa.gov.au</a>
WA Local Government Association	<a href="http://www.walga.asn.au">www.walga.asn.au</a>
Lotterywest	<a href="http://www.lotterywest.wa.gov.au">www.lotterywest.wa.gov.au</a>





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