

Get Active Yarra Ranges

**Your guide to free and low cost
active recreation opportunities**

Term 1, 2024

Where to find:
walking groups,
popular trails, parkrun,
swim, gym,
neighbourhood house
activities, green spaces
and more!



Contents

Use this handy guide to find out what's on in Term 1, 2024 in the Urban, Hills, Valley and Upper Yarra regions.

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The Active Recreation resource in the Yarra Ranges has been created by Inspiro Health and Eastern Health Health Promotion teams.

We respectfully acknowledge the traditional custodians of the land across the Yarra Ranges, the Wurundjeri People of the Kulin Nation. We pay respects to Wurundjeri Elders past, present and emerging.

Active Recreation

Staying active is important for our physical and mental health. Read more about the benefits of exercise and some simple tips to get more movement into your day.



What is Active Recreation

Active Recreation includes participating in non-structured, flexible physical activity such as walking, jogging, bike riding or visiting the park rather than playing traditional sports.

The great thing about Active Recreation is that it can be done whenever and wherever someone chooses. It doesn't require a specific uniform and generally doesn't involve a fee, helping more people be active in ways and times that suit them.

Benefits

Participating in Active Recreation has a wide range of benefits. Along with the physical benefits like increased cardiovascular (heart) fitness, increased balance and better control over diabetes, taking part in active recreation is great for mental health and social connection and can also help reduce our carbon footprint.

Tips to get more activity into your day

Some suggestions to include walking into your daily routine include:

- Walk or ride rather than drive to the local shops.
- Walk, ride or scooter with the kids to school.
- Walk to catch public transport or when using public transport, get off at the stop before your regular destination and walk the remainder.
- Have a 'dance off' with friends.
- Make a family outing and explore a new park, playground or different neighbourhood.
- Take the stairs instead of the lift/escalator.
- Schedule a walking meeting with colleagues.
- Join a club: walking group, run club, bird watching, community garden group.
- Find your local outdoor gym and try the exercise routine.

Seasonal Campaigns



Over 50's Active Living Sessions. Free

Session details: Workshop discussing being active and increasing confidence to be active . Stay for a cuppa and chat.

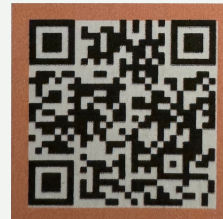
Yarra Junction Library. 1A Hoddle St. Yarra Junction

- 9am - 11am Tuesday 12th March
- 1pm - 3pm Thursday 14th March
- 5pm - 7pm Thursday 14th March
- Workshop and an low intensity Tai Chi session
- **Registration via the QR code**



Healesville Library. 110 River St. Healesville

- 9am - 11am Monday 18th March
- 1pm - 3pm Monday 18th March
- 5pm - 7pm Tuesday 19th March
- Workshop and an low intensity chair pilates session
- **Registration via the QR code**



- For more information, contact Casey at Casey.Dykes@easternhealth.org.au
- Program by Eastern Health. Supported by Inspiro Health, Yarra Ranges Council and Belgravia Leisure.

Active April

A month dedicated to helping you find more ways to be active in the Yarra Ranges. Stand by for:

- Walking events, pop-up volleyball, dance story time at the library, run club, bushwalks, access passes to a gym session/activity, treasure hunt activities and loads more.
- Keep your eye on the Inspiro webpage for more information or contact Megan at megan.mcinerney@inspiro.org.au
- Program delivered by Inspiro, Eastern Health, Belgravia Leisure, Yarra Ranges Council and Reclink.

Urban

Explore your local area from Chirnside Park to Lilydale and Mount Evelyn



Local programs

Inspiro Heart Foundation Step and Connect Walking Groups.

- Thursday 9.30am from the Lilydale Neighbourhood House. Free
- Thursday 5.30pm from Lillydale Lake. Free
- Time/Date. TBC Mooroolbark. Contact Megan at megan.mcinerney@inspiro.org.au

Pathways for Carers Walk. Mount Evelyn

- Meet at the Mt Evelyn Community House. 50 Wray Cres. Mt Evelyn.
- 1st Thursday of the month. Time: 9.30am. Free

The Running Company Lilydale Run Club

- Meet at The Running Company Lilydale. 242 Main St Lilydale. 6pm Start. EVERY WEDNESDAY.
- Free. Fully coached session. Designed for all ages and abilities.

Yarra Ranges Council Event Page

- <https://www.yarraranges.vic.gov.au/Experience/Events>

Park Run

Parkrun is a **free** community 5-kilometre event for walkers, runners and volunteers that takes place every Saturday morning. You only need to register once and you can join any Park Run in Australia.

- Join the Lillydale Lake Parkrun on Saturday mornings at 8am.
- Register: <https://www.parkrun.com.au/lillydalelake/>

Neighbourhood House Physical Activities

Lilydale Community House

- Qi Gong and Tai Chi. Mon 6.30pm - 8pm. 29th Jan - 25th March. \$15 pay on the night.
- Exercise for Older Adults. Frid 11am - 11.45am. 2nd Feb - 22 March. \$80 for 8 weeks. \$10/session

Mt Evelyn Community House

- Chair Yoga. Thurs 2.15 pm- 3.15pm. 7th March - 28th March. \$76 for 4 sessions.
- Movers and Groovers. Mon 10am - 10.45am. 5th Feb - 25th March. \$91 for 7 sessions.
- Dru Yoga. Mon 6pm - 7.15pm. 29th Jan - 25th March. \$152 for 8 weeks.
- Dru Yoga Mon 7.30pm - 8.45pm. 29th Jan - 25th March. \$152 for 8 weeks.
- Tai Chi. Wed 9.15am - 10.15am. \$140 for 10 weeks.
- Baby Yoga. Frid 12.30pm - 1.30pm. \$108 for 6 weeks.

Urban

Chirnside Park Cire

- Wellbeing Walkers. All ages abilities. Walk then a cuppa. Thursday 9.30 - 11am. Gold coin donation.
- Fit 4 Life 55+. Friday 9.45 - 10.15am. Phone 1300 835 235. Fee \$7 per session
- Social Line Dancing. Friday 6pm - 7pm. Fortnightly from 6th Feb. \$7 per session
- Martial Arts. Monday and Wed. 4.30pm - 6.30pm. Contact Ryan 0419 942 227

Kilsyth Japara Neighbourhood House

- Japara Walking Group. Friday 9am - 1pm. Gold coin donation.
- Dru Yoga. Monday 9.15 - 10.30am. 5th Feb - 26th March. \$123. 7 sessions.
- Dru Yoga. Tuesday 7pm - 8.15pm. 6th Feb - 26th March. \$140. 8 sessions.
- Tai Chi Beginners. Thursday 11am - 12pm. 8th Feb - 28th March. \$120. 8 sessions.
- Intermediate Tai Chi. Tuesday 2.30pm - 3.30pm. 6th Feb - 26th March. \$120. 8 sessions.

Mooroolbark Library

Free. Parents and Kids Tai Chi. Thursday 25th Jan. 11am - 12pm. Registration required.

<https://www.yourlibrary.com.au> search for Japara in the Events section. Contact 9800 6480.

Popular walking and bike trails

There are so many beautiful trails around the urban area.

- Explore the 3km accessible Lillydale Lake, or the longer Lillydale Lake and Hull Rd Wetlands walk.
- The Warburton Rail Trail and Yarra Valley Rail Trail also start from Lilydale and are perfect to explore on foot or bike. While the Carrum to Warburton Bike Trail cuts through Lilydale via the Lillydale Lake.
- Kimberly Reserve in Chirnside Park is also a nice little trail.
- For more ideas on walking trails visit <https://walkingmaps.com.au>

Parks, Playgrounds and Family Friendly

Both Lillydale Lake and Melba Park have a great playground for kids with Splash play and a Liberty Swing also available at Lillydale Lake.

Outdoor Pool. Visit the [Lillydale outdoor pool](#) open from November through to March.

Outdoor fitness equipment can be found at :

- Lillydale Lake,
- Gateway Reserve,
- Kimberly Reserve,
- Wandana Reserve,
- Elizabeth Bridge in Mooroolbark.

Urban

Accessible Active Recreation

- Join in the Pathways for Carer's Walk in Mt Evelyn. Details under Local Programs.
- Lillydale Lake hosts a Liberty swing and Changing Places toilet facility. MLAK required.
- Local accessible trails include:
 - Lillydale Lake
 - Brushy Creek Trail. Mooroolbark to Ringwood
 - Cambridge Road Trail. Mooroolbark
 - Green Spine Shared Path. Chirnside Park
 - Lilydale to Warburton Rail Trail. Lilydale
 - Swansea Rd Shared Path. York Rd to Leith Rd Montrose

Accessible sports

- All Abilities Netball. Pinks Reserve. Kilsyth
 - montrosenetballclub@gmail.com
- All Abilities Tennis. Kingswood Drive. Chirnside Park.
 - sport@chirnsideparkcc.com.au
- COTA Living Longer Stronger. 76 Croydon Hills Dr. Croydon Hills
 - 9722 8942
- COTA Living Longer Stronger. 446 Maroondah Hwy. Lilydale.
 - lilydalereception@genesisfitness.com.au
- Croydon Tennis Table Association. Liverpool Rd. Kilsyth.
 - kara@tabletennis.org.au
- All Abilities Golf. Liverpool Rd. Kilsyth Sth.
 - lukebower@gmail.com

Community Gardens

Spending time in a community Garden is also great active recreation. Find your local urban gardens here:

- Lilydale Community Garden. Outside Bunnings. Main St
- Mooroolbark Community Garden. Charles St Mooroolbark



Hills

Explore your local area across the Dandenong Ranges to Monbulk.



Monbulk Aquatic and Leisure Centre low cost activities

Check out some of the low cost or free physical activity opportunities at MAC

- Heart Foundation Walking. Tuesday 11. Free but registration required.
- Move to Improve Mon/Tue/Thurs 1.30pm \$7.60 and afternoon tea
- Outdoor Tai Chi. Mon 5pm. Friday 10.45am. \$11.90 Con. \$17 Adult
- Senior Spin Class. Fri 10.50am. \$11.90 Con. \$17 Adult
- Wonder Woman. Wed/Fri 7.30am. \$11.90 Con. \$17 Adult
- Mums and Bubs. Mon 8am. Wed/Thur 12.30pm. \$11.90 Con. \$17 Adult
- Carers Friday: Carers welcome to come in for free anytime on Fridays
- Childcare: Session 1: 9-10.20am. Session 2: 10.10- 11.20am. \$6.25 members. \$7 casual

Take Charge Program

- Referrals from medical and allied health professionals.
- Free 60 day mental health and wellbeing program. Contact Ruby for more details: rsoutham@belgravialeisure.com.au

Neighbourhood House Physical Activities

Olinda Neighbourhood House

- Tai Chi. Beginners 5pm - 6pm. Advanced 6pm - 7pm. Wed 7th Feb - 27 March. 8 weeks. \$112
- Yoga. Monday 7.15pm - 8.15pm. 5th Feb - 25th March. 8 weeks. \$144
- Dance for kids. Enrol: www.fortheloveofdance.com.au
 - ACRO. Monday 1.30pm - 2pm. 5th Feb - 25th March. 8 weeks. \$80. \$15 casual.
 - Junior Dance Club. Mon 2pm - 2.45pm. 5th Feb - 25th March. 8 weeks. \$136. \$15 casual
- Dance for Adults. Enrol www.fortheloveofdance.com.au
 - Ballroom & Latin Beginners. Thurs 7pm - 7.45pm. 8th Feb - 28th March. \$136. \$20 casual
 - Burlesque Beginners. Thurs 8pm - 8.45pm. 8th Feb - 28th March. \$136. \$20 casual
- Mixed Badminton. Mon 7pm - 9pm. Lee 0413 098 359
- Men's Social Badminton. Wed 8pm - 10pm. Mark 0414 528 301
- Fencing. Thursday 6pm - 8pm. Chris 0408 533 456

Selby Community House

- Hatha Yoga. Monday 7pm - 8.15pm. 29th Jan - 25th March. Exc 11th March. \$120. Bookings essential
- Hatha Yoga. Thurs 7pm - 8pm. Feb 1 - 28th March \$135. Bookings essential
- Stretch and Stengthen. Wed 10am - 11am. 31st Jan - 27th March. \$135. Bookings essential.

Hills

Parkrun

Parkrun is a free community 5-kilometre event for walkers, runners and volunteers that takes place every Saturday morning. You only need to register once and you can join any Park Run in Australia.

- Join the Parkrun at Birdsland Reserve every Sat at 8am.

Belgrave Library

- Yoga. Friday 9.30am - 10.30am. Contact Jo: 98006489

Popular walking and bike trails

The Hills region is spoiled for choice for beautiful trails. With so many, it's hard to narrow down to a handful, so please check out the link from Walking Maps for more details on walks in the Dandenongs here.

A list of our favourites

- Ridgewalk: Find out more at <https://shaping.yarraranges.vic.gov.au/ridgewalk>
- Birdslands Walk
- Belgrave to Upper Ferntree Gully Rail Trail
- Emerald Lake Park walk
- Olinda Falls
- Pirianda Gardens
- Mathias Track and Old Olinda Golf Course
- Sherbrooke Falls Look Belgrave
- Dandenong Ranges Botanic Garden Walk
- Alfred Nicholas Memorial Garden Walk
- Doongalla Homestead Walk. The Basin
- 1000 Steps Kokoda Memorial Walk. Upper Ferntree Gully

Parks, Playgrounds and Family Friendly

So many great green places and spaces to enjoy. If we've missed your favourite, let us know.

- Olinda Playspace. Olinda Golf course playground. More info: here
- Belgrave Lake Park
- Sherbrooke Forest
- Grants Picnic Grounds
- Alfred Nicholas Memorial Gardens (take a trip to the bottom to the lake, it's worth it!)
- Sky High Mount Dandenong. Sit in the Giant's chair.
- Emerald Lake
- Lysterfield Lake

Hills

Outdoor Pools and Outdoor Fitness Equipment

There are two outdoor pools in the hills to keep you cool in summer.

- Belgrave Outdoor Pool: Open from November to March. Heated.
- Olinda Community Pool: Open November to March. Heated

You can find your Outdoor Fitness Equipment in the following Reserves:

- Thompson Reserve. Upwey
- Belgrave Lake Park. Belgrave
- Monbulk Reserve. Monbulk

Accessible Activities

For an accessible trail try:

- Birdsland Lake Circuit, Tecoma
- Track type: gravel. Length: 2.6km. Rating: easy

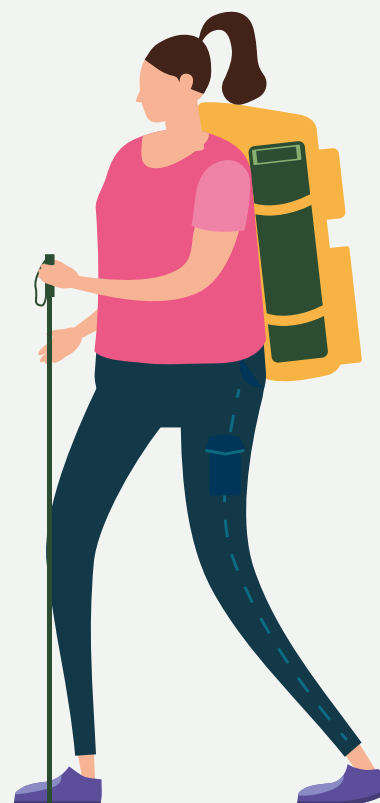
TrailRider wheelchair: The TrailRider allows visitors to access more rugged walking trails not otherwise accessible with conventional wheelchairs. Available to hire from:

- Grants Picnic Area. Sherbrooke. Dandenong Ranges on (03) 9755 2888

Community Gardens

Come and spend some time in the garden and meet some new people at:

- Belgrave Community Garden. 1624 Burwood Hwy. Belgrave
- Flame Community Garden. Tecoma Church. Burwood Hwy.
- Tecoma Community Garden. 5 Campbell St. Tecoma.
- Selby Community Garden. Selby Community House



Upper Yarra

Explore your local area from Seville to Warburton



Neighbourhood House Physical Activities

Woori Community House

- Dru Yoga. Thursday 1pm - 2.30pm. 1st Feb - 21st March. \$144. 8 weeks. \$129.60 members.
- Dru Yoga. Thursday 6pm - 7.30pm. 1st Feb - 21st March. \$144. 8 weeks. \$129.60 members.

Seville Community House

- Happy Feet Walking Group. Tues 10am. Meet Seville Train Station. Bookings required. Free
- Pilates. Wed 6.30pm - 7.30pm. Start 7th Feb. \$20 per class
- Yoga. Mon 6pm - 7pm. Starting Feb. 5 weeks. \$180

Cire - Yarra Junction

- Wellbeing Walkers. Tuesdays 2pm - 3.30pm. Gold coin donation.

Yarra Centre low cost activities

Try a range of free or low cost activities at Yarra Centre

- Heart Foundation Walking. Wed 9am. Yarra Centre Walking Group. Free
- Keenagers Table Tennis. Tues/Fri 8am-11am. Cost: \$3.70
- Pickleball. Wed 9.30-11.30. Cost \$7.20
- Goldies Aqua. Mon/Wed/Fri 8am. Cost \$5.70
- Active Adults Strong. Mon/Wed/Fri. \$7.50
- Grooving Aqua. 11.15am Tues \$7.50
- Grooving Chair. 12.15pm Thursdays \$7.50
- Tai Chi. 1pm Wed. \$7.50
- Casual Shooting (Basketball Stadium) \$2
- Childcare. Mon - Fri. 9am - 12pm. \$5/hr
- Talking Cafe. Thursday 11.15am - 12.15pm

Outdoor Pools and Outdoor Fitness equipment

The Upper Yarra has Warburton Water World to keep you cool over the summer. You can also find two outdoor fitness stations:

- Warburton Play and Recreation Precinct
- Yarra Glen Showgrounds.

Upper Yarra

Popular walking and bike trails

Explore the beauty of the Upper Yarra with the Warburton Rail Trail and the California Redwood Forest walk. Now those trees are giants.

- California Redwood Forest. Warburton
- Ada Tree Rainforest Walk
- LaLa Falls (walking)
- O'Shannessy Aqueduct Trail (walk, run, cycle)
- Warburton Rail Trail
- Warburton Mountain Bike Trail
- Wesburn Park Pump Track. 2804 Warburton Highway, Wesburn

Parks, Playgrounds and Family Friendly

Pack your picnic blanket and enjoy some glorious local parks

- Seville Recreation Reserve (water play park, ovals etc.)
- Warburton Recreation Reserve (organised sport, walking track)
- Wesburn Park (trails, dog park, play space, basketball court etc.)
- Yarra Junction Community Playground & Skate Park

Community Gardens

There are two community gardens to enjoy in the Upper Yarra.

- Warburton Community Garden. 3392 Warburton Hwy, Warburton
- Yarra Valley ECOSS Community Garden: 711 Old Warburton Rd, Wesburn



Valley

Explore your local area from
Coldstream to Healesville



Local programs

Pathways for Carers walk

- Meet at the Beechworth Bakery Healesville. 4th Wed of the month. 9.45am

Yarra Glen Community Walking Group

- Meet at the Yarra Glen Memorial Hall car park. Friday 8.15 for an 8.30 start.

Neighbourhood House Physical Activities

Yarra Glen & District Living & Learning Centre

Annual membership (AM) \$15

- Fitness Friday. 2nd Feb - 22 March. 9.30am - 10.30am. 8 sessions. \$112 + AM
- Meditation. 14 Feb - 6 March. 10.15am - 11am. 4 Session. \$48 members. \$60 non member
- Moove and Groove. 1st Feb - 28 March. Thurs. 9.30am - 10.30am. 8 sessions. \$112 + AM
- Music, Movement and Mirth. 2nd Feb - 22nd March. Friday 9.30 - 10.30am. 8 sessions. \$80 + AM
- Strength and Balance. 1st Feb - 28th March. Thurs 9.45 - 10.45am. 9 sessions. \$126 + AM
- Pilates. 30 Jan - 26th March. Tuesday 8.30am - 9.30am. 9 sessions. \$126+ AM
- Pilates. 1 Feb - 28th March. Thurs 8.30am - 9.30am. 9 sessions. \$126 + AM
- Vinyasa Yoga. 30th Jan - 26th March. Tues 9.45am - 10.45am. 9 sessions. \$126 + AM

Healesville Living & Learning Centre

- Pathways for Carers walk. Meet at the Beechworth Bakery Healesville. 4th Wed of the month. 9.45am

Popular walking and bike trails

Grab your sneakers and your drink bottle and head out for a walk on one of the Valley's picturesque walks.

- Maroondah Park Reservoir. Healesville
- Maroondah Dam
- Wirrawilla Rainforest Walk. Toolangi
- Badger Weir Walk. Badger Creek

Parkrun

Parkrun is a free community 5-kilometre event for walkers, runners and volunteers that takes place every Saturday morning. Join the brand new Parkrun at Maroondah Dam every Sat at 8am

Valley

Parks, Playgrounds and Family Friendly

Enjoy some of the beautiful public parks in the Valley. Take a footy for a kick, or just enjoy the greenery. There's something for everyone.

- Queens Park (playground, BMX track, oval and skate park)
- Coronation Park (walking)
- Roma Reserve (play space and half basketball court)
- Upper Yarra Reservoir (play, walking trails and basketball court)
- Don Road Sporting Complex (bike paths, outdoor fitness equipment, tennis courts and more)
- Toolangi Sculpture Trail. Toolangi
- Everard Park. Healesville (canoe & fishing access)

Outdoor Pools and Outdoor Fitness equipment

The Valley hosts two **outdoor pools**. These are:

- Jack Hort Memorial Pool
- Healesville Outdoor pool.
- As a general rule, the pools are open from Nov - March if the temperature is over 23 degrees.

There is one **outdoor fitness equipment** location at Don Road in Healesville

Pump Track

Coldstream Pumptrack: 1A Coldstream West Road, Coldstream

Accessible Activities

- Queens Park. Don Road, Healesville

Community Gardens

- Healesville Community Garden. 95 River St, Healesville

Contact Ethne for more information or with questions at ethnepfeiffer@bigpond.com



More ideas

Other free ideas to help you move more



Physical Activity

- Get Active Victoria
 - www.getactive.vic.gov.au
- Reclink Connect
 - www.reclink.org
- Access for All Abilities
 - www.aaaplay.org.au
- Heart Foundation Walks
 - www.walking.heartfoundation.org.au
 - Find a walking group in your area
 - Free 6 week personal walking plan
- Ladybird walks
 - Facebook: <https://www.facebook.com/groups/1847046435586115/>

Social Connection

- Talking Cafe.
 - Seville, Lilydale and Yarra Centre
 - Coming to Belgrave soon.
 - Contact Maureen on 0457 646 384 or livingourbestlifeproject@gmail.com
- Care Connect
 - Contact Gianna on 0439 269 936 or glucchinelli@careconnect.org.au
www.careconnect.org.au

