

Get Active Yarra Ranges

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

Term 4, 2024

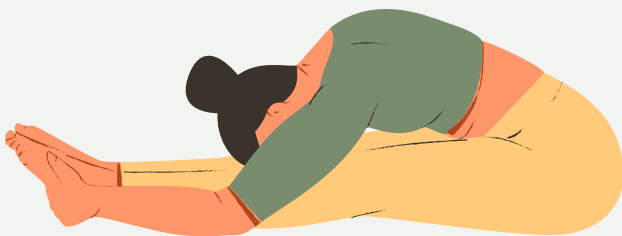
Where to find:
walking groups,
popular trails, public
art, gardens, gym,
neighbourhood house
activities, green spaces
and more!



Contents

Use this handy guide to find out what's on in Term 4, 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 Promotion team.

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.
- Take 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.

Current Campaigns

Yarra Ranges Over 50s Festival activities

- **Check out all the fun activities planned for October: [here](#)**
- Walks, Chair pilates, Active Adults on the Move classes, Ballroom lessons, Lawn Bowls, Yoga at the Library, Move it or lose it, Chair Cardio, Bushland walks, Build Strength, Better Balance, Therapeutic Movement, Yin Yoga and Meditation.

This Girl Can in the Yarra Ranges

Keep an eye on the Inspiro Facebook and webpage for more details.

Hills

- Sherbrooke Forest Twilight walks. Grants picnic ground: Friday 15/11, 22/11, 29/11 @5.30pm.
- Heart Foundation Walks: Monbulk Aquatic Centre
- ChairYoga

Urban

- Lillydale Lake Twilight walks: Thursday 14/11, 21/11, 28/11 @5.30pm
- Heart Foundation Walks
 - Lilydale Community House. 9.30am Thursday 14/11, 21/11, 28/11
 - Mooroolbark Shop 16 Walk. 9.30am Tuesday 12/11, 19/11, 26/11
- No Lights No Lycra. Monday 11/11, 18/11, 25/11. 6.45pm. Brushy Creek Hall Chirnside Park.
- Chair Yoga
- Japara House
 - Tools for Women. \$60. Sat 2nd Nov, Monday 4th Nov, Mon 11th Nov
 - Women's Walk Wed 10am - 11am. Meet at Japara Bridge sign. Gold coin donation

Valley

- Heart Foundation Walk
- Chair Yoga

Upper Yarra

- Heart Foundation Walk
- Yarra Centre
 - This Girl Can free 12 visit pass.
 - Pilates. Mondays 11/11, 18/11, 25/11 & 02/12 at 12.30pm. Free.
 - Twilight Heart Foundation Walk. Tuesdays 12/11, 19/11, 26/11 & 03/12 at 5pm. Child & pram friendly. Free.
 - Aqua class. Wednesdays 13/11, 20/11, 27/11 & 04/12 at 2pm. Free.

Current Campaigns

Yarra Ranges Council Family and Children School Holiday program

- Sign up to the Family and Children's newsletter to find out about school holiday physical play and activities for kids aged 0 - 6 years.
- Subscription link: [Yarra Ranges Council \(list-manage.com\)](https://list-manage.com).

Go Ride Yarra Ranges:

- Mountain Bike skills based lessons. Ages 8-16 years
- Mondays 4pm - 5pm @ Lillydale Lake (near the Community Room)
- Wednesdays 4pm - 5pm @ Wesburn Park
- To register <https://bit.ly/44nEXgz>

AusBike

- Monday 4pm - 4.45pm. Lillydale Lake. Biking fundamentals for beginners 5 - 12 years.
- Contact Yarra Centre for more info: 5967 1675

Dance Party. All Abilities Disco

- Dates: 5th October. 23rd Nov Time: 7pm - 8.30pm
- Location: Japara House. 54 Durham Rd. Kilsyth
- Cost: \$15 admission for 1 - 5 dates. Support workers/carers free
- Info: Robyn: engagement@japarahouse.com.au

Montrose Netball Club All Abilities Program

- Fun and Friendly activity session. Fridays 4pm - 4.45 (activity) 4.45 - 5.30pm (game)
- Friday: 4/10, 18/10, 1/11, 15/11, 29/11
- Kilsyth Basketball Stadium. Liverpool Rd. Kilsyth. Free
- Contact Julie 0407 056 024. montrosenetballclub@gmail.com

Lillydale Community House - NEW PROGRAMS

- **Table Tennis** - Tuesdays 1-3pm Gold coin donation
- **Beginners Line dancing** - Tuesdays 4.30-5.30pm. \$10 a session

Woori Community House

- Teen Self-Defence workshop. Tues 29th Oct. 7pm - 8.30pm. Gold coin donation

Current Campaigns continued

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.

Sunday Run Club (with the Lilydale Running Company)

- Sunday sessions 60-90mins. No registration. Walkers welcome (and dogs)
- 7.30am start time. Various locations across the Yarra Ranges
- Fortnightly: 13/10, 27/10, 10/11, 24/11, 8/12.
- Details: https://www.instagram.com/trclilydale_runclub/

Social Run & Walk Club - Woori Yallock.

- Free walking group with Carly or run with Bec from [The Running Company Lilydale](#).
- Monthly, starting Sunday October 20th at 10am at Impact Pilates in Woori Yallock.
- Contact Carly at carly@impactpilates.com.au for more dates and information.

The Mother Runner Club Mt Evelyn

- Social walk/run for mums. Wednesday 9.30am
- Details: <https://www.instagram.com/themother.runnerclub/>

Roller Coaster Run

- Sat 19th October
- Kalorama Memorial Oval. Various distances: Kids 2km to 46km event
- Registrations required. Info: <https://www.rollercoasterrun.com/>

Puffing Billy Running Festival

- Belgrave to Emerald
- Sat 26th October: Kids 1.2km Dash, 5km run/walk
- Sun 27th October: 13.5km classic run. 21.1km Half Marathon
- Cost: \$20 - \$120. Info: www.puffingbillyrunningfestival.com.au

Over 50s Chair Based Pilates Classes

- Monbulk. Monday 10.30am - 11.15am. Monbulk Living and Learning Centre
- Tecoma. Tuesdays 12.30pm - 1.15pm. Tecoma Uniting Church
- Cockatoo. Fridays 10am - 10.45pm. Cockatoo Community Hall
- Cost: Donation. Contact Jeanette to book: 0411 477 850

Reiki

- Commencing Tuesday 8th Oct. 10.00 am to 11.30 am.
- Japara House. Contact Sophia 0401 578 889

Current Campaigns continued

Japara Gardening Club

- Time: 10am - 11.30
- Dates: Wed 23rd Oct, Wed 20th Nov, Wed 18th Dec
- Japara Bridge 49 Durham Road, Kilsyth
- Come along to the harvest gardening club - a free time to Connect, Learn, and Grow food that goes straight back into the community.
- More info: <https://fb.me/e/1PBWGINS8>

Japara Sustainable Gardening sessions

- Time: 12.30pm - 3pm. \$40
- Sat 19th October: Pests, Diseases and Weeds
- Sat 16th Nov: Irrigation
- Japara Bridge 49 Durham Road, Kilsyth

Citizen Science - Yellingbo

- Hosted by Friends of the Helmeted Honeyeater
- Bird and Frog survey. 18/10, 20/11
- info@fohh.org.au

Tree Planting Days

- Sunday 6th October
- 10am - 12 noon. Yarra Valley ECOSS.
- 711 Old Warburton Rd, Wesburn.

Coming Soon

Access and Inclusion Expo

- Saturday, 18th Jan 2024 10:00 AM-2:00 PM
- Kilsyth Basketball Stadium. 115 Liverpool Road, Kilsyth Victoria 3137



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
- **NEW WALK** Tuesday 9.30am from Shop 16, The Terrace, Mooroolbark. Free

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

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 parkrun 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. \$15 pay on the night.
- Exercise for Older Adults. Frid 11am - 11.45am. \$10/session.
- Table Tennis - Tuesdays 1-3pm. Gold coin donation
- Beginners Linedancing - Tuesdays 4.30-5.30pm \$10 a session.
- Meditation Wednesdays 6.30-7.30pm. \$5 a session

Mt Evelyn Community House

- Dru Yoga. Mon 6pm - 7.15pm. 7th Oct - 9th Dec. \$190 for 10 weeks.
- Dru Yoga Mon 7.30pm - 8.45pm. 7th Oct - 9th Dec. \$190 for 10 weeks.

Chirnside Park Cire

- Fit 4 Life 55+. Friday 10am - 10.30am & Wed 10.45 - 11.15am. Ph 1300 835 235. \$7 per session
- Social Line Dancing. Tuesdays 6pm - 7pm. Fortnightly \$7 per session
- Martial Arts. Monday and Wed. 4.30pm - 6.30pm. \$10, Ph: Ryan 0419 942 227
- AYB Fitness for older adults. Wed 11.45am - 12.30pm. Ph: Abi 0437 500 077. \$10 per class
- Physio Balance Class Mon 11.30-12.30 & W 1.30 - 2.30pm Ph: Achini 0488 244 528

Urban

Kilsyth Japara Neighbourhood House

- **Introduction to Tools for Women. Code 24ENGWTOOLS. 3 sessions \$60**
 - Sat 2nd Nov, 9am - 3pm, Mon 4th Nov 10 - 12, Mon 11th 10 - 12.
- Japara Bridge Social Walking Group. Wed 10am - 11am. **NEW TIME**
 - Meet at Japara Bridge sign. Gold coin donation
- Dru Yoga. Monday 9.15 - 10.30am. 7th Oct - 16th Dec \$175 . 10sessions.
- Hatha Yoga. Monday 6pm - 7pm. 7th Oct - 16th Dec. 10 sessions. \$157
- Hatha Yoga. Wed 6pm - 7pm. 9th Oct - 11th Dec. 10 sessions. \$157
- Tai Chi Beginners. Thursday 11 -12noon. 10th Oct - 12th Dec. 10 sessions. \$150
- Tai Chi Beginners. Thursday 12pm - 1pm. 10th Oct - 12th Dec. 10 sessions. \$150
- Intermediate Tai Chi. Tuesday 2.30pm - 3.30pm. 6th Feb - 26th March. \$120. 8 sessions.
- Sustainable Gardening. \$20 for 2 sessions. 12.30pm - 3pm.
 - Sat 19th Oct (Pests, diseases, weeds).
 - Sat 16th Nov (Irrigation)

Public Art and Murals

- Lilydale: Bour-deet in Poyner Reserve, the Suburban Bubble in Lions Park, Lilydale mural on Clarke St and Millkulture at the Museum
- Mooroolbark: Mooroolbark Library Mural and Street Art Trail: www.mooroolbark.vic.au/msa/

Popular walking and bike trails

- Explore the 3km accessible **Lillydale Lake**, or the longer Lillydale Lake and Hull Rd Wetlands walk.
- The 40km **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 Drive** Reserve in Chirnside Park has 2 ovals and a 1k loop around the wetlands
- **Bushy Creek Trail** in Mooroolbark extends all the way from Bellara Drive to Cambridge Rd and passes through lots of green areas and parkland.
- For more ideas on walking trails visit <https://walkingmaps.com.au>

Parks, Playgrounds and Family Friendly

- **Hookey Park** in Mooroolbark, **Morrison Reserve** in Mt Evelyn, **Lillydale Lake** and **Melba Park** in Lilydale all have great playgrounds for families.
- Lillydale Lake also has a great Splash play area for kids and Liberty Swing.

Community Gardens

Spending time in a community Garden is also great active recreation.

- Lilydale Community Garden. Outside Bunnings. Main St
- Mooroolbark Community Garden. Charles St Mooroolbark
- Japara House (see Current Campaigns for more details, or <https://fb.me/e/1PBWGINS8>)

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. 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

Outdoor fitness equipment can be found at :

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

U3A Yarra Ranges Program

For program enquiries, please contact Michele 0438 528 809

- Monday:
 - Bike Ride. 9.30 - 11.30. Various locations . Contact Paul 9726 7719
- Tuesday:
 - Walking Group. 9am - 3pm. Various locations. Contact John 0403 490 308
 - Intermediate Ballet 9.30am - 10.30am. Montrose Public Hall. Annette: 0415 940 665
 - Beginner Ballet 10.30am - 11.30am. Montrose Public Hall. Annette: 0415 940 665
 - **Dance: 2pm - 3.30pm Japara House. NEW** Contact Tina: 0421 670 588
 - **Reiki. 10am - 11.30. Japara House. NEW** Contact Sophia 0401 578 889
- Wednesday:
 - Walking Group. 9am - 3pm. Various locations. John 0403 490 308
 - Table Tennis. 9m - 11.30am. Coldstream. Contact Susan 0421 013 290
- Thursday
 - Walking Group. 9.15am - 12noon. Various locations. Paul 9726 7719
 - Yoga. 1pm - 2pm. Annexe. Contact Avril: 0416 101 593
- Friday
 - **Table Tennis. 9am - 11.30am. NEW.** Coldstream. Contact Ron: 0418 535 418
 - Chair Exercises 10.00am - 11.30am. Court House Lilydale. Moira 0409 385 465

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

- Move to Improve: Mon/Wed/Thurs - 1.30pm \$7.60 and afternoon tea
- Outdoor Tai Chi: Seasonal, Summer/Spring only - 11:30 Thursday and 10:30 Friday \$11.90 Con. \$17 Adult
- Senior Spin Class: Thurs - 9:30am. \$11.90 Con. \$17 Adult
- Wonder Woman: Wed/Fri - 7.30am, Thurs 8.30am. \$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. Mon/Tue/Wed/Fri \$6.25 members. \$7 casual

Take Charge Program

- Referrals from medical and allied health professionals.
- Free 60 day mental health and wellbeing program.

Neighbourhood House Physical Activities

Olinda Neighbourhood House

- Tai Chi. Beginners 5pm - 6pm. Advanced 6pm - 7pm. Wed 9th Oct - 11th Dec. 10 weeks. \$140
- Yoga. Monday 7.15pm - 8.15pm. 7th Oct - 2nd Dec (no class 4th Nov) 8 weeks. \$144
- Dance for kids. Enrol: www.fortheloveofdance.com.au
 - ACRO. Monday 1.30pm - 2pm. 7th Oct - 9th Dec. 10 weeks. \$100. \$15 casual.
 - Junior Dance Club. Mon 2pm - 2.45pm. 7th Oct - 9th Dec. 10 weeks. \$170. \$15 casual.
- Dance for Adults. Enrol www.fortheloveofdance.com.au
 - Ballroom & Latin Beginners. Thur 7pm - 7.45pm. 10th Oct - 12th Dec. 10 weeks. \$170. \$20 casual.
 - Burlesque Beginners. Thurs 8pm - 8.45pm. 10th Oct - 12th Dec. 10 weeks. \$170. \$20 casual.
- Mixed Badminton. Mon 7pm - 9pm. Lee 0413 098 359
- Men's Social Badminton. Wed 8pm - 10pm. Mark 0414 528 301
- Fencing. Thurs 6pm-8pm. Chris 0408 533 456

Selby Community House

- Hatha Yoga. Monday 7pm - 8.15pm. 7th Oct - 16th Dec (10 weeks). \$150 Bookings essential
- Hatha Yoga. Thurs 7pm - 8pm. 10th Oct - 19th Oct (10 weeks) \$150. Bookings essential
- Stretch and Strengthen. Wed 10am - 11am. 9th Oct - 18th Oct (10 weeks) \$150 Bookings essential.

Hills

The Hills region is spoiled for choice for beautiful trails and hikes. 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](#).

Check out our new HIKES section. Some hikes are still closed but we will update as time progresses.

Hikes

- Dandenong Ranges Loop. 12kms Starting point near Mathias Walking Track/Falls Rd.
- Sassafras to One Tree Hill. 10km. Out and back. Starting point Old Coach Rd Sassafras
- One Tree Hill to Thousand Steps. 10km. Loop. Start Kokoda Trailhead Lord Somers Rd.
- Wols and Rib Track. 11.5km. Loop. Starts on Tramway Rd Mt Evelyn and heads to Silvan.

Parks Victoria Guided Walks

- Sherbrooke Forest Park Walk: Sunday 10am 6/10, 13/10, 20/10, 27/10, 3/11, 10/11, 17/11, 24/11
 - Meet Grants Picnic Ground. Bookings essential: [here](#)

Popular walking and bike trails

A list of our favourites

- Art Gallery Trail from Belgrave to Kalorama
- Birdsland Walk
- Belgrave to Upper Ferntree Gully Rail Trail (Belgrave to Ringwood Rail Trail)
- Emerald Lake Park walk
- Olinda Falls
- Pirianda Gardens
- Mathias Track and Old Olinda Golf Course
- Sherbrooke Falls Lookout 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
- Sky High Mount Dandenong. Sit in the Giant's chair.
- Emerald Lake
- Lysterfield Lake
- Silvan Lookout Kalorama
- Puffing Billy Trestle Bridge Selby

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 parkrun in Australia.

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

Outdoor Fitness Equipment

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

Upwey. Belgrave Lake Park. **Belgrave.** Monbulk Reserve. **Monbulk**

Belgrave Library

- Love, Peace, Harmony Meditation with Bev. Thursday 10.30 -11.30am Contact 9800 6489 to confirm dates.
- Yoga with Jo. Friday 9.30am - 10.30am. Contact: 9800 6489 to confirm dates

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

Public Gardens

- Cloudehill Garden
- Alfred Nicholas Garden - Sherbrooke
- George Tindale Garden- Sherbrooke
- Pirianda Garden - Olinda
- Dandenong Ranges Botanic Garden- Olinda
- Karwarra Garden - Kalorama

Public Art

- Lessons from the Forest Floor. Belgrave
- Sassafras Art Walk
- Mandy Nicholson Water Tank Painting. Kalorama



Upper Yarra

Explore your local area from Seville to Warburton



Neighbourhood House Physical Activities

Woori Community House

- Teen Self-Defence workshop. Tues 29th Oct. 7pm - 8.30pm. Gold coin donation
- Dru Yoga. Thursday 1pm - 2.30pm. 10 weeks \$166.50 for members (no class Oct 24th)
- Dru Yoga. Thursday 6pm - 7.30pm. \$166.50 for members (no class Oct 24th)

Seville Community House

- Community Walkers. Thursday 10am - 11am. Meet at the Carriage Cafe carpark . Free. Book at the community house. Commences 10th Oct.
- Dru Yoga. Thurs 10.30am - 12pm. Commences 10th Oct. 10 weeks. \$20 casual
- New Gentle Walking Group. Tuesday 10.30am - 11.15am. Free. Book at the community house. Commences 8th October.

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
- Pickleball: Mondays 9.00am - 11.00am. Weds 6.45pm - 8.45pm. \$7.20. Members Free
- Keenagers Table Tennis: Tues/Fri 8am-11am. Cost: \$3.70
- Goldies Aqua: Mon/Tues/Wed/Fri 8am. Cost \$5.70
- Active Adults: Mon/Wed/Fri. 11 am \$7.50
- Grooving Aqua: 11.15am Tues \$7.50
- Teen Gym: Mon to Fri 4pm to 5pm \$8 (memberships options are available)
- Grooving Chair: 12.15pm Thursdays \$7.50
- Casual Shooting: (Basketball Stadium) \$2
- Childcare: Mon: Fri. 9am - 12pm. \$5/hr
- Talking Café: Mondays 11.30 am - 12.30pm
- Feel Good Friday's: Carers welcome to come in for free anytime on Fridays
- Dance: Sat 11am 5years to 8 years \$15 (weekly membership)
- **New! GORide Yarra Ranges** Mondays 4pm - 5pm @ Lillydale Lake and Wednesdays 4pm - 5pm @ Wesburn Park

Outdoor Fitness equipment

You can also find two outdoor fitness stations: Warburton Play and Recreation Precinct and 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'Shannassy Aqueduct Trail (walk, run, cycle)
- Warburton Rail Trail
- Warburton Mountain Bike Trail

Social Run & Walk Club

- Free walking group with Carly or run with Bec from The Running Company Lilydale.
- Monthly, starting Sunday October 20th at 10am at Impact Pilates in Woori Yallock.
- Contact Carly at carly@impactpilates.com.au for more dates and information.

Hikes

- Mount Donna Buang and Mt Vic Loop. 6km. Start at Mt Donna Buang summit car park.
- Mount Victoria Track. 15km (hard) Start car park off Mt Wellington Rd
- Redwood Forest via O'Shannassy Aqueduct Trail. 16km (hard) out and back. Start at Donna Buang Rd

Pump Track

- Wesburn Park Pump Track. 2804 Warburton Highway, Wesburn.
- Parking, toilets and playground

Public Art

- Water tank Indigenous art by Fiona Clarke. McMahons Creek.
- Historical Murals of Warburton: Behind the Waterwheel Visitor Info Centre
- Great steps of Warburton: Front of the Information Centre

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

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. Term October 7th - December 20th

- Community Garden. 1st Monday of each month. 9.30am. 7/10, 4/11, 2/12
- **Over 50s Festival. Mediation and Morning Tea. Wed 30th Oct.** 10.15 - 11.45. FREE
- Qigong. 6 sessions. Tuesday 22nd Oct - 3rd Dec 10am - 11am \$72 members
- Fitness Friday. 11th Oct - 13th Dec 9.30am - 10.30am. 10 sessions. \$140 + AM
- Meditation. Wed 6 - 27 Nov. 4 Sessions. \$48 members. \$60 non member
- Music, Movement and Mirth. Friday 11th Oct - 13th Dec (exc 18th Oct)
 - Friday 9.30 - 10.30am. 9 sessions \$90 + AM . **Friday 11am - 12noon.** 9 sessions. \$90 + AM
- Strength and Balance. Wed 9th Oct - 19th Dec. 9am - 10am. 11 sessions. \$154 + AM
- Strength and Balance. Thurs 10th Oct - 19th Dec. 9.45am - 10.45am 11 Sessions. \$154 + AM
- Pilates. Tuesday 8th Oct - 17th Dec (exc 5th Nov). 8.30am - 9.30am. 10 sessions. \$140+ AM
- Pilates. Thursday 10th Oct - 19th Dec. 8.30am - 9.30am. 11 sessions. \$154 + AM
- Vinyasa Yoga. Tues 8th Oct - 17th Dec (exc 5th Nov). 11.15am - 12.15pm. 10 sessions. \$140 + AM

Healesville Living & Learning Centre

- Pathways for Carers walk. Meet at the Beechworth Bakery Healesville. 4th Wed of the month. 9.45am. 23rd Oct. 27th Nov. Morning tea provided.
- Chair Yoga. Tuesday 15th Oct - 10 Dec. 10am - 11.30am. \$80 per term or \$15 per week
- Yoga. 14th Oct - 9th Dec. Monday 6pm - 7.30pm. \$100 per term or \$15/week
- Yoga. 16th Oct - 11 Dec. Wed 10am - 11.30. \$100 per term or \$15/week

Healesville Library

- Chair Yoga with Healesville Connect. Monday: 12 - 1pm. Contact Anne 0417 634 093. Free
 - <https://events.yourlibrary.com.au/event?id=55881>
- Gardening Club. Healesville Plant Lovers @ Healesville Community Garden. Free
 - Wed 2pm. Monthly on the second Wed of the month (excl Dec)
 - <https://events.yourlibrary.com.au/event?id=58877>

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

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 - Lyrebird Track. 1.1km

Hikes

- Mount Riddell. 13.5Km out and back. (hard). Start end of Mt Riddle Rd in Healesville
- Henderson Hill via Maroondah Dam. 4km loop (mod). Start Maroondah Reservoir carpark.

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)
- 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)
- Everard Park. Healesville (canoe & fishing access)

Outdoor Fitness equipment

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

Pump Track

Coldstream Pumptrack: 1A Coldstream West Road, Coldstream

Accessible Activities

- Pathways for Carers walk
 - Meet at the Beechworth Bakery Healesville. 4th Wed of the month. 9.45am
- Queens Park. Don Road, Healesville

Community Gardens

- Yarra Glen Living and Learning . Community Garden Group Monthly. 1st Monday. 9.30am
- Healesville Community Garden. 95 River St, Healesville

Public Art

- I Belong. Queens Park Healesville. Artist: Clare James
- Water Tank Art. Spadonis Reserve. Yering. Artist: Ky-ya Ward
- Water Tank Art: Leadbeater Possum. Healesville-Kinglake Rd. Toolangi. Artist Tim Bowtell.

Yarra Ranges Council Active Recreation Infrastructure upgrades

Keep an eye out for all the new upgrades to your local parks, walking trails, bike routes, dog parks and more.

Coming up in 2024

Walking and Cycling Trail Upgrades

- Brushy Creek Trail (Mooroolbark/Kilsyth)
- Yarra Valley Trail Stage 1b (Out to Yarra Glen)
- [Belgrave Rail Trail Road Crossing and Surface Improvements](#)
- [Upgrades to Mt Victoria Track Warburton](#)
- [Construction of Stage 1 Mountain Bike Trail Warburton](#)

Playspace Upgrades

- Queen Road, Lilydale
- Bluegum Drive, Badger Creek
- Wright Avenue, Upwey
- [Chirnside Urban Park Playspace - Belsay Park - NOW OPEN](#)

Bike Parks

In addition to recently constructed Pump Tracks in Coldstream and Wesburn, Yarra Ranges Council have just commenced design work for the development of a significant bike park at Morrisons Reserve in Mount Evelyn.

It is anticipated that construction will occur from late 2024 and be completed in mid-2025. Morrisons Reserve will also benefit from a playspace upgrade and the addition of a public toilet. These projects are all identified in the Morrisons Reserve Masterplan

More ideas

Other free ideas to help you move more



Physical Activity

Get Active Victoria and Reclink Connect have a range of free online activities and classes to try in the comfort of your home

- 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

Social Connection

- Living Our Best Life Talking Cafe.
 - Monday:
 - 2pm - 3pm. Ducky Cafe 579 Warburton Hwy Seville.
 - Wednesday:
 - 2pm - 3pm. Monty's Cafe. Lilydale.
 - Thursday:
 - 11.15am - 12.15pm. Whistle Stop Cafe. Yarra Centre. Warburton Hwy, Yarra Junction.
 - 2pm - 3pm. Willow and Jackson. 177 Maroondah Hwy. Healseville.
 - Contact Gary at gary@chaosnetwork.org.au or livingourbestlifeproject@gmail.com
- Care Connect
 - Contact Gianna on 0439 269 936 www.careconnect.org.au

Community Health

Inspiro Health on 9738 8801

- From \$11 per session
- Diabetes groups, Steady as you go, GLAD, Good life with osteoarthritis, Active and Independent - strategies to prevent falls and improve balance.

Contact Eastern Health on 1300 130 381 to find out more

Get Active Treasure Hunt



What can you see or hear on your walk

I spy something yellow	I spy something tiny
I spy something with wings	I spy something noisy
I spy something with numbers	I spy something with wheels
I spy something with stripes	I spy somebody wearing a hat
Count the number of roads you cross	Count how many people you see walking their dog

Get Active Nature Walk



What can you see or hear on your walk.

Can you see a rainbow or a shape in the clouds?

Can you see ants. Where are they going. Are they carrying anything?

How does the grass feel under your toes?

Can you see any bees? What flower or tree are they visiting?

Can you find a feather on the ground. What kind of bird do you think it came from?

Can you hear different bird songs?

Can you see any daisies? Can you make a daisy chain?

What people can you see on your walk?

What can you hear on your walk? A siren? A lawnmower?

Can you see any animal footprints?