

# Get Active Yarra Ranges

Your guide to free and low cost  
active recreation opportunities

Term 1, 2025

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



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Use this handy guide to find out what's on in Term 1, 2025 in the Urban, Hills, Valley and Upper Yarra regions.

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The Get Active Recreation in the Yarra Ranges Resource 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

## Walking and Running

### Step and Connect Women's Social Walking Groups

In 2025, the Step and Connect Women's Social Walking groups will be extending to more Community Houses across the Yarra Ranges. Enjoy a casual walk around the neighbourhood and then pop into the house for a cuppa and a chat after the walk. Walks are **free**.

#### Starting Term 1:

Mooroolbark Community House. 125 Brice St Mooroolbark. Tuesday 9.30am - 10.30am

Lilydale Community House. Hardy St Lilydale. Thursday 9.30am - 10.30am

Step and Connect women's walk after hrs. Thursday 5.30pm - 6.30pm. Lillydale Lake.

#### Starting Term 2

- Mt Evelyn Community House - More info [here](#)
- Selby Community House - More info [here](#)
- Olinda Community House - More info [here](#)

Register your interest or sign up to the Step and Connect newsletter for more information via the links above.

### Other Walk and Run clubs/events in your community

#### 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.

#### Collaborative Running Event FREE (Hosted by Lilydale Running Company)

- Sunday 23rd Feb
- 7.30am - 11.30am
- Running course options - mixture of road, single trails, rail trail. Beginner to advanced.
- Free samples and goodie bags. Warburton Recreation Oval.

#### The Mother Runner Club Mt Evelyn

- Social walk/run for mums. Wednesday 9.30am. Mt Evelyn
- Details: <https://www.instagram.com/themother.runnerclub/>
- **SPECIAL EVENT: Thursday 6th Feb**. 5.30pm education session with The Running Company Lilydale. Snacks provided. Shoe fittings and 30% off apparel.

#### Warburton Trail Fest

- 8 - 10 March
- 50km ultra event through to a 4.5km event
- More info or registration [here](#)

# Current Campaigns

## Summer Activation Program

### Summer Activation Program.

Hosted by Yarra Ranges Council and Belgravia Leisure.

Activities will run every week of Term 1, starting **Monday 3 February and ending Friday 4 April.**

All activities are **free** and don't require bookings. Just turn up!

Participants taking part in the yoga and mindfulness sessions are encouraged to bring their own mat

Program link [here](#)

### Monday

Shine Dance @ Queens Park, Healesville

10:30am - 11.30am

Meet in the performance rotunda.

### Tuesday

Yoga @ Yarra Centre, Yarra Junction

10am - 11am

Meet in the carpark closest to the bowling club

### Wednesday

Beginner's Yoga @ Monbulk Living & Learning Centre, Monbulk

11:30am - 12.30pm

### Thursday

Mindfulness and Journaling Wellness Session @ Borthwick Park

9:30am - 10.30am

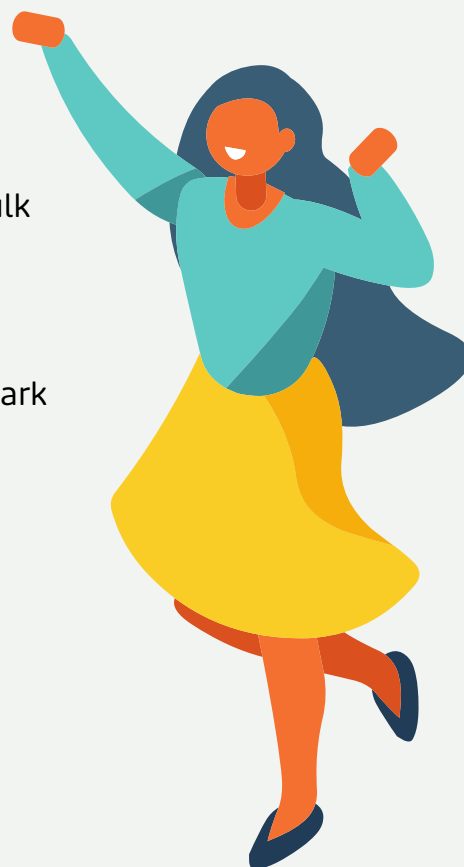
Enter via pathway from Belgrave Outdoor Pool

### Friday

Boot Camp @ Melba Park, Lilydale

6.30am - 7.30am

Meet in the main car park (near the playground).



**COMING SOON**

**ACTIVE APRIL. Free events across the Yarra Ranges**

# Current Campaigns

## Family friendly events

### 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).

### Teddy Bear Picnic. Japara House

- Saturday 5th April
- 11.30 - 2pm

## Accessible events

### Dance Party. Inclusive Disco

Open to adults 18+ with disability, parents, carers, siblings and friends. Support workers and carers attend free.

- Day: Saturdays from 7pm - 8.30pm
- Dates: Feb 8th to April 12th
- Location: Japara House. 54 Durham Rd. Kilsyth
- Cost: \$15 gives you access for the whole year or pay as you go \$5 per session
- Info: Robyn: [engagement@japarahouse.com.au](mailto:engagement@japarahouse.com.au)

### Montrose Football Club FIDA clinics

Opportunity for adults with a disability to participate in AFL

- April 13th, 27th
- \$10 per head (includes lunch)
- email: [fida@montrosefc.org.au](mailto:fida@montrosefc.org.au)

### Ferntree Gully Tennis Club

- Thursday 5.30pm - 6.30pm. 30th Jan - 3rd April
- \$20 per session or \$150 for 10 week term
- Contact Rebecca : [secretary.ftgtc@gmail.com](mailto:secretary.ftgtc@gmail.com)

## Mums of the Hills

### Women's Self Defence

- Wednesday 5th Feb. 10am
- Monday 10th Feb. 7pm
- \$5.30 per person
- Facilitated by David from Rhee Tae Kwon-Do, Upwey
- 1st Scout Hall Belgrave
- Register via link: [here](#)

# Summer Fun

## Local Playgrounds

### Urban

#### [Belsay Reserve Chirnside Park.](#)

A flight-themed playspace, with a wetland, walking paths and barbecue facilities. Check out the hot air balloon play equipment, flying fox, sensory play, and trampolines.

#### [Morrison Reserve. Mt Evelyn](#)

Come and check out the newly updated playground, featuring a Flying Fox, Bird Nest Swing, Accessible toilet and more.

#### [Montrose Recreation Reserve Playspace](#)

A wooden playground with swings and a huge climbing, all net surrounded by shady trees. Explore the sensory garden and animal sculptures. Public toilets, picnic facilities and BBQs.

Also: [Lillydale Lake Playspace and Splash Pad](#)

### Hills

#### [Olinda Playspace](#)

Play area featuring a sandpit, water play areas, slides, flying foxes, rope courses and views of Silvan Dam. There are trampolines and cubby houses, and you'll often find a coffee van on site.

#### [Seville Water Play Park](#)

An excellent spot to cool off on a warm day. It includes water activities for all ages, with water jets activated daily from September to April. There's ample space to play and picnic and BBQ.

### Upper Yarra

#### [Yarra Junction Community Playground](#)

Enjoy the flying foxes, monkey bars, see-saws, slides. Plenty of picnic space, toilets and access to the [Lillydale to Warburton Rail Trail](#)

#### [Wesburn Park Playground](#)

This bright playground offers a huge climbing tower with twisty tunnels, swings, spinners and a half basketball court for older children. Kids also enjoy the on-site scooter track.

### Valley

#### [Queens Park Healesville](#)

Plenty of play zones to explore, including a wooden boardwalk with in-built bells, a slide and swing set, climbing frames, a sand pit, a double flying fox and more. Close to the bike track is and all within walking distance of [Healesville's](#) main strip of cafes and shops.

# Urban

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



## Park Run

Parkrun is a **free** community 5-kilometre event for walkers, runners and volunteers that takes place every Saturday morning. 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. 3 March -31 March. Mon 6.30pm - 8pm. \$15 pay on the night.
- Table Tennis. 14 January-1 April. Tuesdays 1-3pm. Gold coin donation
- Beginners Line dancing . 28 January-1 April. Tuesdays 4.30-5.30pm \$10 a session.
- Meditation Wednesdays. 29 January-26 March. 6.30-7.30pm. Cost: \$45 for term (9 weeks).
- Step and Connect Women's Social Walks. Every Thurs .9.30am Free
- Yin Yoga & Meditation. 31 January-4 April. 9.30-10.30am. \$12 a session or \$100 for 10 wks
- Exercise for Older Adults. 31 Jan-4 April .Frid 11am - 11.45am. \$100 for 10 wks or \$10 a session.

### Mt Evelyn Community House

- **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
- Movers and Groovers. Mon 3rd Feb - 31st March. Ages 2.5yrs - 5yrs. 10am - 10.45am. \$104 for 8 sessions.
- Little Moovers and Groovers. Mon 3rd Feb - 31st March. Ages 6mths to 2.5yrs. 11.15am - 11.45am. \$80 for 8 sessions.
- Carers Chair Yoga Sessions. Free. Mon 17th & 24th February. 12:30pm - 1:45pm. Bookings required.

### Chirnside Park Cire

- Physio Balance Class Mon 11.30-12.30 & W 1.30 - 2.30pm Ph: Achini 0488 244 528
- Martial Arts. Monday and Wed. 4.30pm - 7.15pm. \$10 , Ph: Ryan 0419 942 227
- No lights No lycra. Tues 6.45pm - 7.45pm. \$10/week \$8 conc. Ph: Kim 0488 999 147
- AYB Fitness for older adults. Wed 9.30 - 10.15am. Ph: Abi 0437 500 077. \$10 per class
- Dance. Kids 18months - 3yrs. Thurs 10.30 - 11am. \$130/term. Ph Beth: 0412 055 376
- Dance. Kids 3yrs - 5 yrs. Thurs 11.15am - 12noon. \$160/term. Ph Beth: 0412 055 376
- Fit 4 Life 55+. Friday 10am - 10.30am Ph 1300 835 235. \$7 per session

### Mooroolbark Community House

- Step and Connect Women's social walk. Every Tuesday from 4th Feb. 9.30am



# Urban

## Kilsyth Japara Neighbourhood House

- Japara Bridge Social Walking Group. Wed 10am - 11am.
  - Meet at Japara Bridge sign. Gold coin donation
- Dru Yoga. Monday 9.15 - 10.30am. 3rd Feb - 31st March \$124 .
- Hatha Yoga. Monday 6pm - 7pm. 13th Jan - 24th March. 10 sessions. \$176 or \$22/session
- Hatha Yoga. Wed 6pm - 7pm. 15th Jan - 19th March. 10 sessions. \$176 or \$22/session
- Tai Chi Beginners. Thursday 12noon - 1pm. 30th Jan - 3rd April. 10 sessions. \$150
- Tai Chi Intermediate. Thursday 11am - 12noon. 30th Jan - 3rd April. 10 sessions. \$150
- Tai Chi. Advanced. Tuesday 2.30pm - 3.30pm. 28th Jan - 1st April. 10 sessions. \$150
- Gardening Club. Wednesdays and Saturdays

## 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/](http://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 Lillydale 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

# 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](mailto:montrosenetballclub@gmail.com)
- All Abilities Tennis. Kingswood Drive. Chirnside Park. [sport@chirnsideparkcc.com.au](mailto:sport@chirnsideparkcc.com.au)
- COTA Living Longer Stronger. 446 Maroondah Hwy. Lilydale. [lilydalereception@genesissfitness.com.au](mailto:lilydalereception@genesissfitness.com.au)
- Croydon Tennis Table Association. Liverpool Rd. Kilsyth. [kara@tabletennis.org.au](mailto:kara@tabletennis.org.au)
- All Abilities Golf. Liverpool Rd. Kilsyth Sth. [lukebower@gmail.com](mailto: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
  - Pilates Flow. 9.15am - 10.30am . Annex. Contact Helen 0405 063 839
  - Intermediate Ballet. 9.30am - 10.30am. Montrose Hall. Annette: 0415 940 665
  - Beginner Ballet 10.30am - 11.30am. Montrose Hall. Annette: 0415 940 665
  - Ballroom Dance: 2pm - 3pm Japara House.
- Wednesday:
  - Table Tennis. 9am - 11.30am. Kilsyth Sports Centre. Kilsth
  - Walking Group. 9am - 3pm. Various locations. John 0403 490 308
- Thursday
  - Walking Group. 9.15am - 12noon. Various locations.
  - Gentle Yoga. 1pm - 2pm. Japara Hub. Contact Avril: 0416 101 593
- Friday
  - Table Tennis. 9am - 11.30am. Kilsyth Sports Centre. Kilsth
  - Chair exercise 10am - 11am. Lilydale Old Court. 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 \$8 and afternoon tea
- Senior Spin Class: Thurs - 9:30am. \$12.50 Con. \$18 Adult
- Wonder Woman: Wed/Fri - 7.30am, Thurs 8.30am. \$12.50 Con. \$18 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 \$6.55 members and casual
- Take Charge Program - Referrals from medical and allied health professionals.
  - Free 60 day mental health and wellbeing program.

## Neighbourhood House Physical Activities

### Olinda Community House

- Acro Dance. Monday 1.30pm - 2pm. 3rd Feb - 31st March. 9 weeks. \$90 or \$15 casual
- Junior Dance Club. Mon 2pm - 2.45pm. 3rd Feb - 31st March. 9 weeks. \$153 or \$15 casual
  - Dance for kids. Enrol: [www.fortheloveofdance.com.au](http://www.fortheloveofdance.com.au)
- Yoga. Monday 7.15pm - 8.15pm. 3 Feb - 24 March 9 weeks. \$144
- Mixed Badminton. Mon 7pm - 9pm. Lee 0413 098 359
- Kids Karate. Tuesday 5.20pm - 5.55. Ph. Kristian. 0478415763
- Teen Karate. Tues 6pm - 6.40pm. Ph. Kristian. 0478415763
- Tai Chi. Beginners 5pm - 6pm. Advanced 6pm - 7pm. Wed 5th Feb - 2nd April. 9 weeks. \$126
- Yoga. Monday 7.15pm - 8.15pm. 7th Oct - 2nd Dec (no class 4th Nov) 8 weeks. \$14
- Ballroom & Latin Beginners. Thur 7pm - 7.45pm. 6 Feb - 3 April. 9 wks. \$153 or \$20 casual.
- Burlesque Beginners. Thurs 8pm - 8.45pm. 6 Feb - 3 April. 9 wks. \$153 or \$20 casual
- Fencing. Thurs 6pm-8pm. Chris 0408 533 456

### Selby Community House

- Hatha Yoga. Monday 7pm - 8.15pm. 3rd Feb - 31 March. 8 weeks. \$120 Bookings essential
- Hatha Yoga. Thurs 7pm - 8pm. 6th Feb - 3rd April. 9 weeks. \$135. Bookings essential
- Stretch and Strengthen. Wed 10am - 11am. 29th Jan - 2nd April. 10 weeks. \$150. Booking req.

## 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.

# Hills

## Community Pilates Classes. Over 50s

Cost: Donation

- Monday 10.30am - 11.15am. **Monbulk** Living and Learning Centre
- Tuesday 12.30pm - 1.15pm. **Tecoma** Uniting Church
- Friday 10am - 10.45am. **Cockatoo** Seniors Hall.
- Contact Jeanette. Mountain Pilates. 0411 477 850

## U3A Sherbrooke

Note: Membership required to participate in events. Website link: [here](#)

Monday

- Line Dancing Intermediate. 10am - 11am. Sherbrooke Hall. 1/6 Mahoney St Upwey
- Line Dancing Beginner. 11.15am - 12.15pm
- Chi Gong and Tai Chi. 1.30pm - 3pm. Tecoma Uniting Church. 1566 Burwood Hwy Tecoma

Wednesday

- Short Bushwalks. 9am. 1-2hrs (3-4km) various locations
- Exercise Class with Harry. 12.30pm - 1.30pm. Sherbrooke Hall. 1/6 Mahoney St Upwey

Thursday

- Line Dancing 2pm - 3pm. Sherbrooke Hall. 1/6 Mahoney St Upwey

Friday

- Bushwalk 2- 3hrs (7-10km) Various locations
- Line Dancing Absolute Beginner. 10am - 11am. Sherbrooke Hall. 1/6 Mahoney St Upwey

## U3A Mt Dandenong

Note: Membership required to participate in events. Website link: [here](#)

- Monthly Tuesday Walking group. 10am - 12pm. (3km)

## U3A Emerald

Note. Membership required to participate in events. Website link: [here](#)

Monday

- Bushwalks with Dot. 9am - 12pm. (6 - 8km) Various locations.
- Introduction to Lawn Bowls. 1pm - 4pm. Cockatoo Bowls Club. Contact: Robert

Tuesday

- Table Tennis with Ray. 9.30am - 12noon. The Hills Hub
- Pickleball with Robert. 1.30pm - 3.30pm. Cockatoo Indoor Sports.

Wednesday

- Bushwalks with Dot. 9am - 12pm. (6 - 8km) Various locations.

Thursday

- Yoga with Ray. 9.30am - 11.30am. The Hills Hub

Friday.

- Table Tennis with Ray. 9.30am - 12noon. The Hills Hub

# 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.

## Belgrave Library

Yoga every Friday during the term. 9.30am - 10.30am. Donation basis. Starting Friday 31st Jan.

## Community Pilates Classes. Over 50s

Cost: Donation

- Monday 10.30am - 11.15am. **Monbulk** Living and Learning Centre
- Tuesday 12.30pm - 1.15pm. **Tecoma** Uniting Church
- Friday 10am - 10.45am. **Cockatoo** Seniors Hall.
- Contact Jeanette. Mountain Pilates. 0411 477 850

## 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



# 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: Weekly. Sunday 10am - 12.30pm (5.5km walk)
  - 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

# Upper Yarra

Explore your local area from Seville to Warburton



## Neighbourhood House Physical Activities

### Woori Community House

- Dru Yoga. Thursday 1pm - 2.30pm. 23 Jan - 27th March. 9 wks. \$198. \$178.20 members
- Dru Yoga. Thursday 6pm - 7.30pm. 23 Jan - 27th March. 9 wks. \$198. \$178.20 members

### Seville Community House

- Gentle Walkers. Monday 10am - 11am. Meet at the Carriage Cafe carpark . Free. Book at the community house. Commences 20th Jan
- Dru Yoga. Thurs 10.30am - 12pm. Commences 6 Feb. \$180 9 weeks. \$25 casual
- Community Walkers. Thursday 10am - 11am. Meet at the Carriage Cafe carpark . Free. Book at the Community House. Commences 6 Feb

### Cire - Yarra Junction

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

## Yarra Centre low cost activities

All activities are free of charge for Yarra Centre/Yarra Ranges Health Club members

- Heart Foundation Group Walking: Weds 9am Yarra Centre - Free of charge
- Pickleball: Weds 5.45pm to 8.30pm. Casual fee \$7.20/Casual entry concession \$5.40
- Keenagers Table Tennis: Tues/Fri 8am to 11am. Casual entry \$3.70
- Active Adults (older adults group exercise class with a qualified PT) Mon/Weds/Fri 11am. \$8
- Grooving Chair exercise to music: 12.15pm Thursday. Casual entry \$8
- Tai Chi 12.15pm Tuesday. Casual entry \$8
- Casual stadium hoops: (basketball stadium) Casual entry \$2
- Teen gym: Mon to Fri 4pm to 5pm. Casual entry \$11.55
- Dance: Tuesdays 4.30pm to 5pm - 5 to 8 years. \$15 weekly membership
- Feel Good Friday's: Free of charge entry all Friday activities for Yarra Ranges carers
- Childcare: Mon to Friday. 9am to 12pm. Casual entry \$5 per hour/Members \$4.50 per hour

For GoRide Mountain Bike Coaching and Ausbike classes click the links below for more details.

- GoRide Mini GoRiders 4 to 7 years. Wesburn Pump Track
- GoRide 7 to 16 years: Wesburn Pump Track/Lilydale. \$20 weekly membership  
<https://www.yarracentre.com.au/play/goride-lp>
- Ausbike Learn to Ride Yarra Ranges: 5 to 12 years Lilydale  
<https://www.yarracentre.com.au/play/ausbike-learn-to-ride> \$15 weekly membership

## ADRA Community Centre. Redwood. Warburton

- Pilates for Beginners. Thursday 9am. Starting 6th Feb. \$100 per term. 10 weeks. Contact Rhiannon. 0400 324 207

# Upper Yarra

## Popular walking, bike and hiking 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

## 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

## Community Gardens

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

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

## U3A Yarra Junction

Please note, an annual membership fee is required for participation.

Monday

- Yoga. 10.30am - 11.45am. Weekly. Yarra Junction Family Centre.

Tuesday

- Tai Chi. 10.30am - 11.30am. Weekly. St Mary's Church Hall. Warburton

Wednesday

- Walk. 9am - 9.45am. Weekly. Various locations

Thursday

- Ballet for fun. 9am - 10am. Weekly. St Mary's Church Hall. Warburton
- Dance and tap. 10.15am - 11.15am. Weekly. St Mary's Church Hall. Warburton



# 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.

- Community Garden. 1st Monday of each month. 9.30am. 3/2, 3/3, 4/4, 5/5, 2/6
- Qigong. Tues 10am - 11am. Tues 4th Feb - 25th March. \$104 plus AM. 8 weeks
- Vinyasa Yoga. Tues 11.15am - 12.15pm. Tues 28th Jan - 1 April. \$150 + AM. 10 weeks
- Pilates. Tue 8.30am - 9.30am. Tues 28th Jan - 1st April \$150+ AM. 10 weeks
- Pilates. Thurs 8.30am - 9.30am. Thurs 30 Jan - 3 April. \$135 +AM. 9 Weeks.
- Meditation. Wed 10.15 - 11am. Wed 5th March - 26th March \$52 +AM. 4 sessions.
- Strength and Balance. Wed 9am - 10am. 29th Jan - 2 April. \$150 + AM. 10weeks
- Strength and Balance. Thurs 9.45am - 10.45am. Thurs 30 Jan - 3 April. \$145 + AM. 9 weeks
- Fitness Friday. Frid 9.30am - 10.30am. Frid 31st Jan - 4th April. \$150 + AM. 10 weeks
- Music, Movement and Mirth. Frid 9.30am - 10.30am. Fri 31st Jan - 28 March. \$90 +AM. 9 wks

Healesville Living & Learning Centre

- Pathways for Carers walk. Meet at the Beechworth Bakery Healesville. 4th Wed of the month. 9.45am. Morning tea provided.
- Chair Yoga. Tuesday
- Yoga. Monday and Wednesday

## Healesville Library

- Chair Yoga with Healesville Connect. Monday: 12 - 1pm. Contact Anne 0417 634 093. Free
  - 17 March, 14 April, 12 May
- Gardening Club. Healesville Plant Lovers @ Healesville Community Garden. Free
  - Wed 2pm - 3pm. Monthly on the second Wed of the month
  - Feb 12, March 12, April 9, May 14

## 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)

## Oonah Aboriginal Health and Community Services

- Deadly Young Leaders program. Thursday 4pm - 5pm.
  - For all Aboriginal and/or Torres Strait Islander Secondary School-aged kids to participate in physical activities and improve their health, as well as develop new skills and interests in sports.

## 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

# Valley

## 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.

## U3A Healesville

Please note, an annual fee is required to participate in activities.

### Monday

- Pickleball. HHighBB Court. 3.15pm - 4.45pm. Weekly.

### Tuesday

- Gymnastics. HHigh Gym. 2pm - 3pm. Weekly

### Wednesday

- Pickleball. HHighBB Court. 3.15pm - 4.45pm. Weekly.

### Thursday

- Partner Dance (no partner required). Lions Club Hall. 1.30pm - 3pm. Weekly
- Linedancing. Senior Citizens Hall. 10.30am - 12pm weekly
- Bike riding. Various Locations. 9.30am - 1pm

### Friday

- Bushwalks. Various Locations. 8.30am. Monthly
- Fitness Walks. Various Locations. 9am - 12noon. Weekly.



# 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](http://www.getactive.vic.gov.au)
- Reclink Connect
  - [www.reclink.org](http://www.reclink.org)
- Access for All Abilities
  - [www.aaaplay.org.au](http://www.aaaplay.org.au)
- Heart Foundation Walks
  - [www.walking.heartfoundation.org.au](http://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.
  - Wednesday:
    - 2pm - 3pm. Monty's Cafe. Lilydale Marketplace shopping centre. Lilydale
  - Thursday:
    - 11.30am - 12.30pm. Whistle Stop Cafe. Yarra Centre. Warburton Hwy, Yarra Junction.
  - Contact Gary at [gary@chaosnetwork.org.au](mailto:gary@chaosnetwork.org.au) or [livingourbestlifeproject@gmail.com](mailto:livingourbestlifeproject@gmail.com)
- Care Connect
  - Contact Gianna on 0439 269 936 [www.careconnect.org.au](http://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?