

Get Active Yarra Ranges

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

Term 2, 2025

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 2, 2025 in the Urban, Hills, Valley and Upper Yarra regions.

What is Active Recreation	2
Benefits of Exercise	2
Tips to get more activity into your day	2
Current Campaigns: Step and Connect	3
Current Campaigns: Family friendly. Accessible	4
Current Campaigns: Mums of the Hills	5
Special events and Activities for teens	6
Urban	7 - 9
Hills	10 - 13
Upper Yarra	14 - 16
Valley	17 - 19
More ideas to be active	20
Kids Nature Walk sheets	21 - 22

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



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**.

To find out more go to: [Step and Connect Yarra Ranges](#)

Tuesday

- 9.30am: Mooroolbark Community House. WEEKLY
- 11am: Mt Evelyn Community House. WEEKLY

Wednesday

- 11am. Olinda Community House. 4th Wed of the month
- 11.15am Selby Community House. WEEKLY

Thursday

- 9.30am: Lilydale Community House
- 5.30pm: Lillydale Lake walk. After Hrs.



Current Campaigns

Family friendly events

City Nature Challenge. Lillydale Lake

Search for insects, birds and other wildlife around Lillydale Lake or hear a talk about frogs of the Yarra Ranges. More info: [here](#)

- Sunday 27th April. 10am - 1pm. FREE

Bird Walk and Talk. Lillydale Lake

Learn about the birds who live at, and pass through, Lillydale Lake.

- Sunday 27th April. 10.15am - 11.30am. FREE

More info: [here](#)

NEW: Baby Swim Classes

Baby Splish Splash Playgroup.

Tuesday and Thursday

11.15am - 11.45am at Monbulk Aquatic Centre.

\$8 adults. Kids free. Ages 12 weeks - 6months

More info: <https://www.monbulkaquatic.com.au/>



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: 10th May, 14th June
- 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

Montrose Football Club FIDA clinics

Opportunity for adults with a disability to participate in AFL

- \$10 per head (includes lunch)
- April 27th, May 11th, May 25th, June 15th, July 6th, July 20th
- email: fida@montrosefc.org.au

Ferntree Gully Tennis Club. All abilities

- Thursday 5.30pm - 6.30pm. 24th April to 3rd July
- \$165 for the term
- Contact Rebecca : secretary.ftgtc@gmail.com

Current Campaigns

Mums of the Hills

Prenatal and Postnatal Yoga.

- Ananda Yoga, Belgrave
- **Date:** Every Thursday beginning April 17th
- **Time:** 11:15am - 12:15pm
- **Price:** \$25

More info: <https://www.mumsofthehills.com.au/events/prenatalandpostnatallyoga>

Mindful Moves

A beginner-friendly, floor-based class rooted in non-linear and mana movement practices. Bring your yoga mat. 6 Hayes Place. Belgrave.

- Sunday 27 April 2025
- 09:30 11:30am

More info: <https://www.mumsofthehills.com.au/events/mindful-moves-april>

Kids Yoga Creative Movement and Dance

Join Melbourne Kids Yoga for 9 weeks of kids yoga. Ananda Yoga. Belgrave.

- **Date:** Begins 30th April
 - Wednesdays 4:00pm - 4:50pm: High School Age (12 - 18 yrs) -
 - Wednesdays 5:00 - 5:50pm: Primary age (9-12 yrs)
 - Fridays 3:00pm - 3:50pm: Kinder (3-6 yrs)
 - Fridays 4:00pm - 4:55pm: Kinder (6-9 yrs)

More info: <https://www.mumsofthehills.com.au/events/kidsyoga>

Women's Self Defence

Join us for a **women's self-defence class**, designed to empower, educate, and build confidence.

Date: Monday, 5th May

Time: 7pm-9pm

Location: **Montrose Hall** - 1/1B Leith Road Montrose

Price: \$5.30

More info: <https://www.mumsofthehills.com.au/events/womens-self-defence-class-may5>

Date: Monday, 12th May

Time: 7pm-9pm

Location: **Lilydale Lake Community Room** - 435 Swansea Road, Lilydale

Price: \$5.30

More info: <https://www.mumsofthehills.com.au/events/womens-self-defence-class-may12>

Date: Monday, 2nd June and Monday 16th June

Time: 7pm-9pm

Location: **Wandin East Hall**, 5/2 Old Baker Rd Wandin East

Price: \$5.30

More info: <https://www.mumsofthehills.com.au/events/womens-self-defence-class-june2>

Special events and Teen activities

Lilydale Walk Back in Time

Learn about significant buildings, events and landmarks in Lilydale on a walk around town.

- Tuesday 6th May. Meet at the Lilydale Community House and have a cuppa afterwards.
- 10am - 12pm. \$10 (all proceeds go to the Lilydale Historical Society).

Autumn Art Walk.

Selby Community House

Workshop involves intro to drawing and painting, short drive and walk and light refreshments.

Bring your own journal/paper and pen

- Sat 17th May. 9.30am - 1pm. \$60 or \$50 conc.

Yoga with Stel from Kindred Warrior Lilydale

- Free yoga pass: [Here](#)
- Self Care Toolkit: [Here](#)

Activities for Teens

Bridge Art Project.

Japara Bridge.

- Creative sketching, spray painting.
- Ages 12 - 17 years. 2nd Friday of the Month
- Resumes 11th April. 6pm - 9pm. Free

Youth Group

Selby Community House

- For kids 10 - 14 years
- A place to meet up and hang out.
- First they need a name for the group. SURVEY LINK: [HERE](#)



Oohah Youth Club

For local Indigenous people who are school age.

- Monday 3.45 - 5pm. Kilsyth Primary School
- Wednesday 3.30pm - 5.30pm. Oonah Healesville.
- Thursday 4pm - 5pm. Oonah Healesville. Deadly Young Leaders.

Local pump tracks

Mount Evelyn Pump track

- 2 Gardner Parade, Mount Evelyn

Coldstream Pump track

- 1A Coldstream West Rd, Coldstream

Wesburn Pump track

- 680 Old Warburton Rd, Wesburn

Belgrave South Reserve

- 10/12 Mt Morton Road, Belgrave South

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

Lillydale Community House

- Qi Gong and Tai Chi. 28th April - 30 June. Mon 6.30pm - 8pm. \$15 pay on the night.
- Table Tennis. 22nd April - 1st July Tuesdays 1-3pm. Gold coin donation
- Beginners Line dancing . 22nd April - 1st July. Tuesdays 4.30-5.30pm \$10 a session.
- Meditation Wednesdays. 30th April - 2nd July. 6.30-7.30pm. Cost: \$50 for term (10 weeks).
- Step and Connect Women's Social Walks. Every Thurs .9.30am Free
- Yin Yoga & Meditation. 2nd May - 4th July. 9.30-10.30am. \$12 a session or \$100 for 10 wks
- Exercise for Older Adults. 2nd May - 4th July .Frid 11am - 11.45am. \$80 for 8wks or \$10 a session.

Mt Evelyn Community House

- **Pathways for Carers Walk.** Mount Evelyn
 - Meet at the Mt Evelyn Community House. 1st Thursday of the month. Time: 9.30am. Free
- Movers and Groovers. Mon 28th April - 30th June. Ages 2.5yrs - 5yrs. 10am - 10.45am. \$112 for 8 sessions.
- Little Moovers and Groovers. Mon 28th April - 30th Jun. Ages 6mths to 2.5yrs. 11.15am - 11.45am. \$88 for 8 sessions.
- Dru Chair Yoga with Angie. Tuesday 3rd June - 24th June. 4pm - 4.50pm. \$76 for 4 sessions
- Step and Connect Women's Social Walks. Tuesday 22nd April - 1st July. 11am - 12noon. Free

Chirnside Park Cire

- Physio Balance Class. Mon 11.30-12.30 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. 9.30am. Free.

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. 28th April - 30th June. 9 sessions. \$159
- Hatha Yoga. Monday 6pm - 7pm. 28th April - 30th June. 10 sessions. \$176 or \$22/session
- Hatha Yoga. Wed 6pm - 7pm. 23rd April - 2nd July. 10 sessions. \$176 or \$22/session
- Tai Chi Beginners. Thursday 12noon - 1pm. 24th April - 3rd July. 11 sessions. \$165
- Tai Chi Intermediate. Thursday 11am - 12noon. 24th April - 3rd July. 11 sessions. \$160
- Stillness Meditation. Tues. 11am - 12 noon. 6th May - 24th June. 8 sessions. \$120
- Gardening Club. Wednesdays 9.30am - 11am. 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/

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
- 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 and fees, 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. Tina: 0421 670 588
- Wednesday:
 - Introduction to Lawn Bowls. 1pm -2.30pm. Eastwood Golf/Bowls Club
 - Table Tennis. 9am - 11.30am. Coldstream Community Room. Contact: 0421 013 290
 - Walking Group. 9am - 3pm. Various locations. Contact: Paul 9726 7719
 - Circle Dancing. 10am - 12pm Japara House. Contact: Robyn 9736 3145
- Thursday
 - Walking Group. 9.15am - 12noon. Various locations. Contact: John 0403 490 308
 - Gentle Yoga. 1pm - 2.15pm. Japara Hub. Contact Avril: 0416 101 593
- Friday
 - Table Tennis. 9am - 11.30am. Coldstream Community Centre. Contact: Ron 0418 535 418
 - Chair exercise 10am - 11am. Lilydale Old Court. Contact: 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
- 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.
- Splish Splash: Tue/Thurs 11:15am-11:45am \$8 per adult, Children FREE

Neighbourhood House Physical Activities

Olinda Community House

- Step and Connect Women's Social Walks. 4th Wed of the month starting 23rd April. FREE
- Preschool Dance. Mon 2pm - 2.40pm. 28th April - 23rd June. 10 weeks. \$155 or \$19 casual
- Yoga. Monday 7.15pm - 8.15pm. 28th April - 30th June. 9 weeks. \$162
- Yin Yang Yoga. Mon. 9.30am - 10.30am. 28th April and May 12th. \$20 per class
- Yolanda Gold. Stretch/strengthen. Tues 11.30 - 12.30pm. 22nd April - 1st July. \$132 (\$15 casual)
- Mixed Badminton. Mon 7pm - 9pm. Lee 0413 098 359
- Kids Karate. Tuesday 5.20pm - 5.55pm. Ph. Kristian. 0478415763
- Teen Karate. Tues 6pm - 6.40pm. Ph. Kristian. 0478415763
- Tai Chi. Beginners Wed. 5pm - 6pm. Advanced 6pm - 7pm. 23rd April - 2nd July. 11 weeks. \$154
- Ballroom & Latin Beginners. Thur 7pm - 7.45pm. 1st May - 3rd July. 10 wks. \$155 or \$19 casual.
- Burlesque Beginners. Thurs 7.45pm - 8.30pm. 1st May - 3rd July. 10 wks. \$155 or \$19 casual
- Fencing. Thurs 6pm-8pm. Ages 9+ Chris 0408 533 456

Selby Community House

- Step and Connect Women's Social Walks. Every Tuesday 11.15am. Free
- Hatha Yoga. Monday 7pm - 8.15pm. 28th April - 30th June. 9 weeks. \$135 Bookings essential
- Hatha Yoga. Thurs 7pm - 8.15pm. 24th April - 30th June. 11 weeks. \$165. Bookings essential
- Stretch and Strengthen. Wed 10am - 11am. 23rd April - 2nd July. 11 weeks. \$165. 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.

Community Pilates Classes. Over 50s. Chair pilates (nothing on the ground)

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 or mountainpilatesmonbulk@gmail.com

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. 11.00am - 12.00pm
- 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

- Bowls. 10 -12. Upwey Tecoma Bowls Club
- 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 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.

Parks Victoria Guided Walks

- Women's Fitness Walks. Parks Vic. Thursday. 10am. Fortnightly
 - Sherbrooke Forest. [Click here](#)
- Sherbrooke Forest Park Walk: Weekly. Sunday 10am - 12.30pm (5.5km walk)
 - Meet Grants Picnic Ground. Bookings essential: [here](#)

Belgrave Library

Yoga every Friday during the term. 9.30am - 10.30am. Donation basis. Starting Friday 2nd May.

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.

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

- Sit2Fit Chair Based Exercise. Mon. 5pm- 6pm. 5th May - 30th June. \$132 8 weeks.
- Dru Yoga. Thursday 1pm - 2.30pm. 24th April - 26th June. 10 wks. \$220. \$198 members
- Dru Yoga. Thursday 6pm - 7.30pm. 24th April - 26th June. 10 wks. \$220. \$198 members
- Dance Fitness. Friday. 9.30am - 10.30am. 2nd May - 27th June. 9 weeks. \$148.50

Seville Community House

- Dru Yoga. Thurs 10.30am - 12pm. Commences May 1. \$180 9 weeks. \$25 casual
- Community Walkers. Thursday 10am - 11am. Meet at the Carriage Cafe carpark . Free. Book at the Community House. Commences April 24. No walking in the rain.

Cire - Yarra Junction

- Wellbeing Walkers. Tuesdays 2pm - 3.30pm. Gold coin donation.
- Mature Movers 50+. Fridays 11.15am - 12. \$10

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

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

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 ECOS Community Garden: 711 Old Warburton Rd, Wesburn

Yarra Junction Library

- Chair pilates with Rhiannon. Friday. 5 weeks starting 25th July.

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

Upper Yarra

Singing in the Valley

- 4th Saturday of the month. 11.30am - 1pm
- Love to sing with others. Come and sing with Santha and other welcoming locals in a judgement free space. No experience necessary . Every session unique.
- Sydney Halbish Hall Don Valley
- \$20 or \$15 concession per class.
- Bookings via WhatsApp. Call Santha 0412 199 874 or santhapress@icloud.com

Move IT or Lose IT! Dance, Fitness, Fun & Funky Music!!

- 9.30 - 10.30am Saturdays with Santha (qualified Nia Blue Belt dance teacher)
- Designed to get your brain and body working together. Come and have fun getting fit to fabulous music. Judgement free zone. All ages, abilities and levels of fitness welcome.
- Sydney Halbish Hall Don Valley
- \$20 or \$15 concession per class.
- Bookings via WhatsApp. Call Santha 0412 199 874 or santhapress@icloud.com

Outdoor Fitness equipment

You can also find two outdoor fitness stations:

- Warburton Play and Recreation Precinct and
- Yarra Glen Showgrounds.



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. 5th May, 2nd June
- Qigong. Tues 10am - 11am. Tuesday. 6th May - 24th June. \$104 plus AM. 8 weeks
- Vinyasa Yoga. Tues 11.15am - 12.15pm. Tues. 29th April - 1st July. \$150 + AM. 10 weeks
- Pilates. Tue 8.30am - 9.30am. Tues. 22nd April - 1st July \$165+ AM. 11 weeks
- Pilates. Thurs 8.30am - 9.30am. Thurs. 24th April - 3rd July \$165 +AM. 11 Weeks.
- Meditation. Wed 10.15 - 11am. Wed. 4th June - 25th June \$52 +AM. 4 sessions.
- Strength and Balance. Wed 9am - 10am. 23rd April - 2nd July \$165 + AM. 11 weeks
- Strength and Balance. Thurs 9.45am - 10.45am. 24th April - 3rd July \$165 + AM. 11 weeks
- Fitness Friday. Frid 9.30am - 10.30am. Frid 2nd May - 4th July. \$150 + AM. 10 weeks
- Music, Movement & Mirth. Frid 9.30am - 10.30am. Fri. 2nd May - 4th July. \$100 +AM. 10 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.
- Move it Or Lose it. Tues. 10am - 11am. 28th April - 24th June. Free. Gentle walk Queens Park
- Yoga. Tuesday. 9.30am - 10.30am. 29th April - 24th June. \$90 per term. Casual \$15
- Family Yoga. Thursday. 11.30am - 12.30pm. 1st May - 26th June. \$90 per term. Casual \$15
- Chair Yoga. Thursday 12.30 - 1.30pm. 1st May - 26th June. \$90 per term. Casual \$15

Healesville Library

- Chair Yoga with Healesville Connect. Monday: 12 - 1pm. Contact Anne 0417 634 093. Free
 - 12 May, 23rd June, 21st July
- Gardening Club. Healesville Plant Lovers @ Healesville Community Garden. Free
 - Wed 2pm - 3pm. Monthly on the second Wed of the month
 - Bio-char information and demo. Healesville Community Garden

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 8

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.

Wednesday

- Dance moves - Weekly 9:30 - 10:30am
- Tap dancing - Weekly 6 - 7pm

Thursday

- Line dancing - Weekly 9:30 - 10:30am (beginners), 10:30 - 12:00pm (Intermediate/advanced)
- Partner dancing - Weekly 1:30-3:00pm
- Bike riding - 15th of May, 5th & 19th of June, 3rd of July 9:30 - 1pm

Friday

- Fitness walk - 9th of May & 13th of June 9:00 - 12:00pm
- Bushwalk - 23rd of May & 27th of June 8:30 - 2pm

Rock and Roll Dancing

- Tuesday in the Senior Citizens hall crn of Green and River st Healesville.
- 7.00pm- 8.30pm beginners to advanced all welcome.
- shinedancingaustralia@gmail.com or Audrey 0423 590 588



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.
 - 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 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?