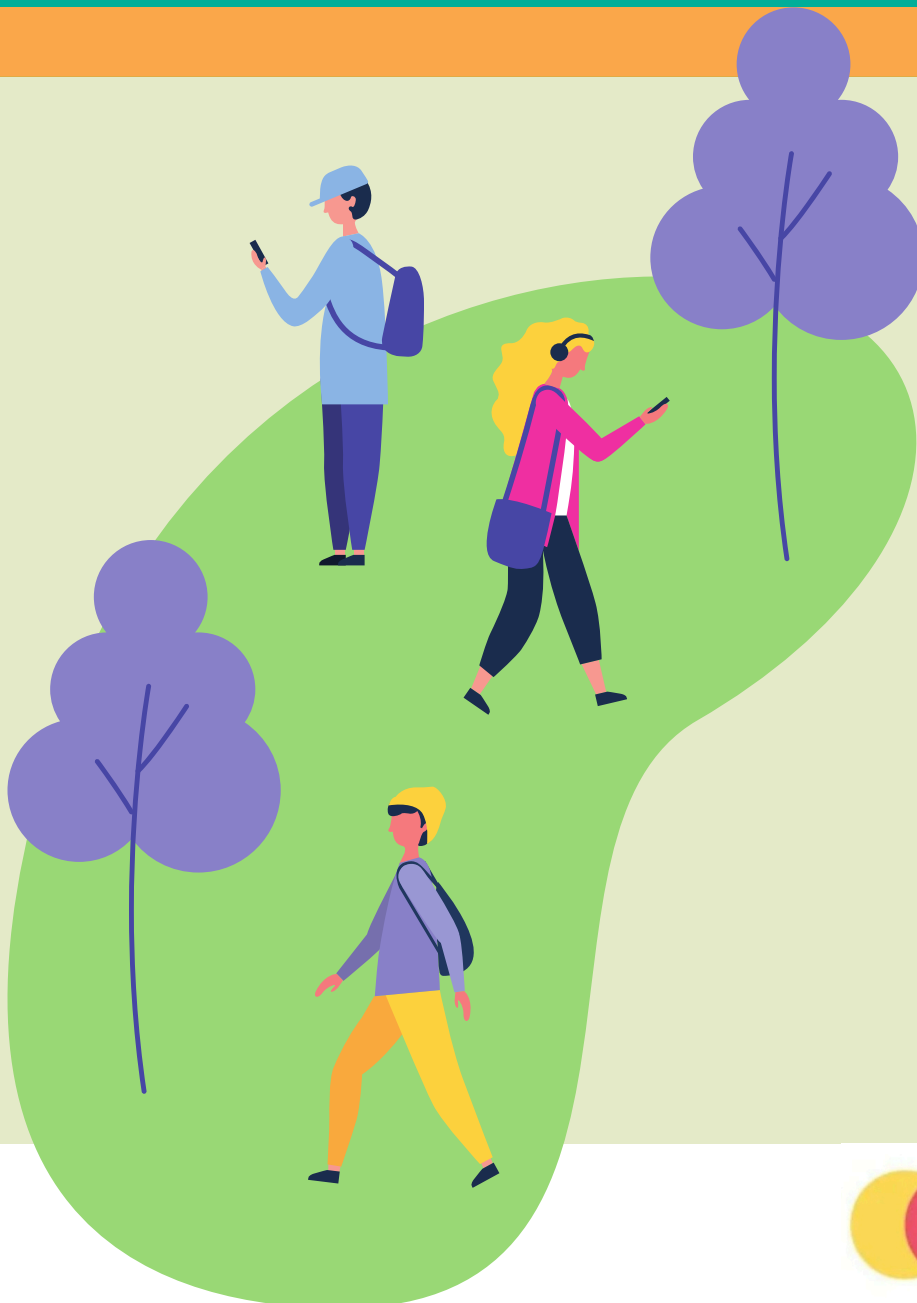


Get Active Yarra Ranges

Your guide to free and low cost
active recreation opportunities

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 places and spaces to be active 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 the AccessHC 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.



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.

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

Choose from a range of free and low-cost activities, including walking group, Tai Chi, Table Tennis, Meditation, Yoga and Exercise for Older Adults.

Mt Evelyn Community House

Pathways for Carers Walk. Mount Evelyn. 1st Thursday of the month. Time: 9.30am. Free
Other activities include: Step and Connect Women's walking group, Movers and Groovers, Chair Yoga and Falls and Balance sessions.

Chirnside Park Cire

Activities include; Physio Balance class, Martial Arts, Dance and Fitness for older adults.

Mooroolbark Community House

Step and Connect Women's social walk.

Kilsyth Japara Neighbourhood House

Choose from: Japara Bridge Social Walking Group, Dru and Hatha Yoga, Meditation, Tai Chi and the Gardening Club.

Community Gardens

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

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

Outdoor fitness equipment

- 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.

Urban

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.
- Belsay Reserve in Chirnside Park has a playground, complete with a wetland, walking trails, flying fox, sensory play areas and trampolines.

Accessible Active Recreation

- Join in the Pathways for Carer's Walk in Mt Evelyn.
- 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@chirnsideparkccc.com.au
- Croydon Tennis Table Association. Liverpool Rd. Kilsyth. kara@tabletennis.org.au
- All Abilities Golf. Liverpool Rd. Kilsyth Sth. lukebower@gmail.com

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 including: Walking Group, Move to Improve, Wonder Woman, Carer's Friday and Splish Splash for babies.

Neighbourhood House Physical Activities

Olinda Community House

Choose from a range of low cost activities including: Step and Connect Women's Social Walks, Dance, Yoga, Stretch and Strengthen, Karate, Fencing and Tai-Chi.

Selby Community House

Choose from activities including: Step and Connect Women's Social Walks, Yoga and Stretch and Strengthen classes.

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.

U3A Sherbrooke

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

Try out: Line Dancing, Chi Gong, Tai Chi, Bushwalks and Bowls.

U3A Emerald

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

Try out Bushwalking, Lawn Bowls, Table Tennis, Pickleball, and Yoga.

Accessible Activities

- Birdsland Lake Circuit, Tecoma.
- 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.

Hills

ngurrak barring Ridgewalk

ngurrak barring spans 39-kilometres of walking trails connecting local townships through the Dandenong Ranges. Discover artworks and experiences connecting a rich creative heritage to a thriving contemporary culture.

Parks Victoria Guided Walks

Enjoy a walk through Sherbrook Forest with a [Fitness Walk](#)

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

- 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.
- Mathias Track and Old Olinda Golf Course.
- Sherbrooke Falls Lookout Belgrave.
- Dandenong Ranges Botanic Garden Walk.
- Doongalla Homestead Walk. The Basin.
- 1000 Steps Kokoda Memorial Walk. Upper Ferntree Gully.

Check out the link from Walking Maps for more details on walks in the Dandenongs [here](#).

Parks, Playgrounds and Family Friendly

- Olinda Playspace. Olinda Golf course playground. More info: [here](#)
- Belgrave Lake Park.
- Sherbrooke Forest and 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

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.



Upper Yarra

Explore your local area from Seville to Warburton



Neighbourhood House Physical Activities

Woori Community House

Choose from activities such as Chair Exercise, Dance Fitness and Dru Yoga.

Seville Community House

Choose from activities including Dru Yoga and a walking group.

Cire – Yarra Junction

Includes activities such as a walking group and Mature Movers.

Yarra Centre low cost activities

All activities are free of charge for Yarra Centre/Yarra Ranges Health Club members. Try out activities including: Walking Group, Pickleball, Keenagers, Active Adults, Groving Chair exercise, Casual hoops, Teen Gym, Dance and Feel Good Fridays.

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.

Upper Yarra

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. Try activities such as Yoga, Tai Chi, Walking Group and Ballet.

Outdoor Fitness equipment

You can also find two outdoor fitness stations:

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

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.



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 is \$15. Try activities including: Community Garden, Qigong, Yoga. Pilates, Strength and Balance and Fitness Friday.

Healesville Living & Learning Centre

Pathways for Carers walk. 4th Wed of the month.

Activities also include: Move it Or Lose it, Gentle walk Queens Park and Yoga.

Healesville Library

- Chair Yoga with Healesville Connect. Contact Anne 0417 634 093.
- Gardening Club. Healesville Plant Lovers @ 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.

Accessible Trails

- 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.

Pump Track

Coldstream Pumptrack: 1A Coldstream West Road, Coldstream.

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).

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.
Try out activities including: Dance, Bike Riding and Bushwalking.

Rock and Roll Dancing

- In the Senior Citizens Hall corner of Green and River St, Healesville.
shinedancingaustralia@gmail.com or Audrey 0423 590 588.

More ideas

Other free ideas to help you move more

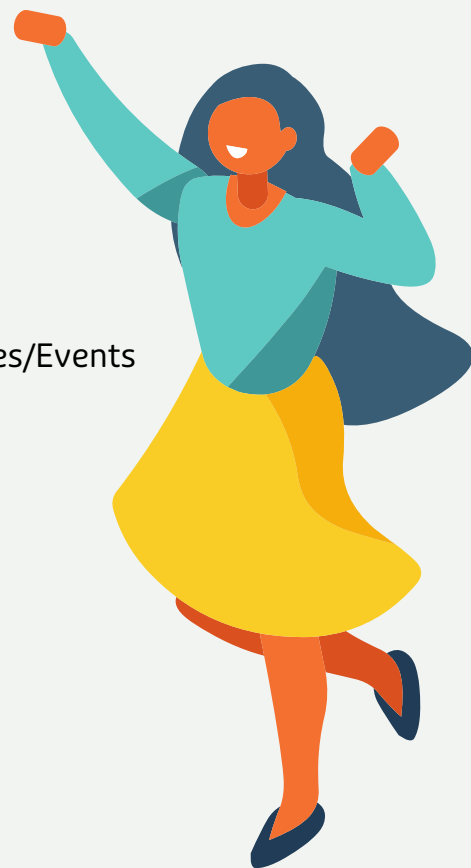
Physical Activity

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
- Yarra Ranges Council Events Page
 - <https://www.yarraranges.vic.gov.au/Explore-Yarra-Ranges/Events>

Seasonal Activities and Campaigns

- Active April (April)
- Over 50s Festival (October)
- This Girl Can/She Moves (November)



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?