

"Discover the healthy rewards of walking, while taking in the beauty of the landscape of Wellington Shire"

## Discover Walking

### MAFFRA - Wetlands Walk

**Distance:** Car park to bird hut - 152m, boardwalk - 650m. 1.3km round trip

**Time:** Approx 45 minutes

**Description:** Easy - combination of boardwalks and gravel tracks

Follow the boardwalk to the bird hide where you can experience birdlife in its natural habitat. The perimeter walk around the wetlands lets you take in the tranquillity of the surrounding township.



### MAFFRA - Macalister River Walk

**Distance:** Walking track 850m. 1.3km round trip

**Time:** Approx 25 minutes

**Description:** Gravel track with a gentle to steep gradient.

Follow the bends in the Macalister River as you follow the track around the park. The playground has plenty of great activities for children, and there is a barbeque area.



### YARRAM

**Distance:** 3km round trip

**Time:** Approx 45 minutes

**Description:** Easy with a gentle grade - the tracks are grass and pavement

The Yarram walk takes in the majestic Commercial Rd, and the tranquility of the old railway track. Call at the local information centre and learn about some of Yarram's history.



### HEYFIELD

**Distance:** Approximately 800m

**Time:** Approx 25 minutes

**Description:** Easy - the track is gravel

Take a picturesque walk around the wetlands and discover more about Heyfield at the Wetlands Information Centre. Once the site of the Heyfield racecourse, this beautiful lake is now home to a number of different species of bird and animal life. The wetlands Information Centre is home of the Neville-Smith Timber Industry display and has a wide range of souvenirs.



### STRATFORD

**Distance:** Depends on how long you wish to walk.

**Time:** Approx 20-90 minutes

**Description:** Easy with steep grades around river - the track is a combination of gravel and paved

Walk along paths through the quaint streets of Stratford, or picnic at Apex Park and stroll along the banks of the Avon River. The Apex park consists of a picnic shelter, BBQ facilities and an extensive playground. The walk consists of many streets throughout the township, and takes in a number of local cafés and historic buildings.



### GOLDEN BEACH

**Distance:** 2.5km

**Time:** Approx 40-60 minutes

**Description:** Easy with a gentle gradient - the track is grass with some sand areas

Take a refreshing walk around the perimeter of the Golden Beach Golf Club. The track outlines the border of the Veronica Maybury Memorial Reserve. The surrounding parkland is home to numerous kangaroos, wombats and wallabies, not to mention the beautiful bird life.



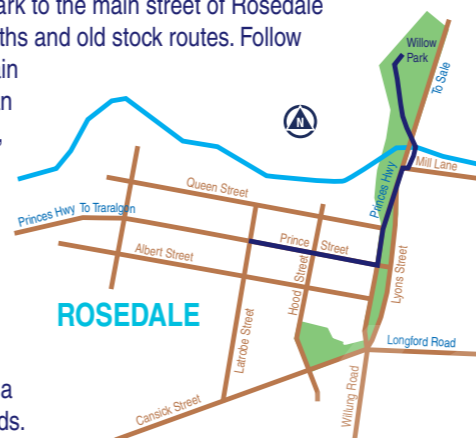
### ROSEDALE

**Distance:** Approximately 1km

**Time:** Approx 20 minutes one way

**Description:** Easy with a gentle grade - the track is a combination of grass, bitumen and gravel

Walk from Willow Park to the main street of Rosedale along tracks, footpaths and old stock routes. Follow the tracks to the main street where you can enjoy local produce, from bakeries to cafés, or continue back to Willow Park. The Prince Street Reserve contains a picnic shelter, Toilets, BBQ's, an oval and a playspace for the kids.

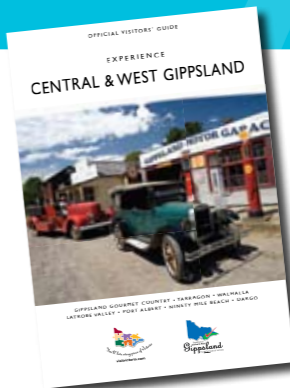


PCP

WELLINGTON



Get the **OFFICIAL VISITORS GUIDE** and discover more about the Gippsland region



The Wellington Shire is full of things to see and do and great places to stay. From cosy seaside B&Bs, Motels and family accommodation through to Camping and Caravan parks.

Wellington is a great place to base your holiday in Gippsland.

Call the Wellington Visitor Information Centre - Sale

**1800 677 520**

[www.tourismwellington.com.au](http://www.tourismwellington.com.au)

and discover Wellington

"The Heart of Gippsland"

Cover: Lake Guthridge/Guyatt walking track - Sale



The Heart of Gippsland



Health



Leisure



Lifestyle






# Discover Walking

The beautiful bushland and coastal parks of the Wellington Shire are an attractive location for walks ranging from about an hour onwards. All of the walks in this brochure are classed as short and easy. Most are accessible to people in wheelchairs

These walks are designed to create an opportunity for you to experience local townships on foot rather than through the windows of the car as you drive through.

Walking is safe and easy for just about anyone. It is also beneficial to your physical and mental health and is an opportunity to socialise and enjoy your surrounds. Walking is low impact, requires minimal equipment, can be done any time of the day, and can be done at your own pace.

## Accessibility Legend

-  Accessible
-  Accessible with assistance
-  Not Accessible

This is a General Guide only, correct at August 2005. For more information on walking and recreation groups in the Wellington Shire or more detailed information on track conditions, please contact the Wellington Visitor Information Centre - Sale on 1800 677 520.

Email: enquiries@wellington.vic.gov.au

## Around Wellington Shire



### SALE - Lake Guthridge/Guyatt

**Distance:** Lake Guthridge/Guyatt 6.2km round trip (both lakes)  
**Time:** Approx 45-60 minutes  
**Description:** Easy - the track is 1km concrete, with the majority of the walk being gravel

Surrounding Lake Guthridge there are exercise stations designed for the public to enjoy. From sit up benches to upper body workouts, they add another dimension to your workout. Visit Lake Guyatt's award winning environmental playspace and enjoy the tranquil picnic setting, abundant birdlife and public art for the public to admire and enjoy. The historic Sale Powder Magazine is nearby.



### SALE



### SALE COMMON - Flooding Ck Track

**Distance:** Flooding Creek Track 7.2km, short walk 600m, Boardwalk 780m  
**Time:** Approx 2.4 hours for Flooding Creek Track  
**Description:** Surface variable, uneven in places

Sale Common is a refuge for many species of birds and is listed as a significant wetland (RAMSAR). Options range from short walks to the 7.2km walk that can be extended to visit the historic Swing Bridge on the Latrobe River.

### SALE



### SALE COMMON - Boardwalk

**Distance:** Boardwalk 780m  
**Description:** Easy, gravel and boardwalk

The Sale Common boardwalk encompasses 400m of Boardwalk, a bird hide, lookout & information shelter. The Stevenson St car park at the eastern end of the common is the closest to the boardwalk and bird hide features.

### SALE



## HANDY TIPS FOR WALKING

- To prevent muscle soreness, warm up and cool down by starting and finishing walk at a leisurely pace. Stretch muscles gently, particularly leg muscles.
- Walk in the cooler times of the day during the summer.
- Take a drink of water with you, and drink regularly (especially in warm weather).
- Be sun smart - wear 30+ sunscreen, hat and sunglasses.
- If you feel uncomfortable or breathless, slow down. If you are ill or injured, rest.
- If you experience chest discomfort, palpitations or pain while exercising, STOP immediately and seek medical advice.
- Wear loose, comfortable clothing.
- Wear comfortable, well-fitted footwear.
- ENJOY YOURSELF

## WHY WALK?

- Physically active people live longer, have better managed weight, lower blood pressure and healthier cholesterol levels than those who do little or no physical activity.
- Physical Activity reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being.

## HOW MUCH?

Aim for 30 minutes of moderate exercise per day. Break it up into three 10 minute sessions, or two 15 minute sessions.

## WHAT ARE THE HEALTH BENEFITS?

- Some benefits of walking include:
- Increased cardiovascular fitness and reduced risk of heart attack and stroke.
  - Improved management of hypertension and diabetes
  - Stronger bones.
  - Increased muscle strength and endurance.
  - Reduced body fat

## WALKING TRACKS

Designated walking tracks are indicated by this line