

Handy walking hints

- warm up, gently stretch and cool down to prevent muscle soreness
- in summer, walk in the cooler times of the day
- drink lots of water, especially in warm weather
- rest when ill or injured
- wear 30+ SPF sunscreen, a hat and sunglasses
- slow down if you become breathless or feel uncomfortable
- if you have chest discomfort, palpitations or pain while exercising, STOP immediately and seek medical advice
- wear comfortable shoes that provide sufficient cushioning for your feet
- when walking on shared paths, keep to the left to let cyclists pass. If cycling, please ring your bell when approaching walkers

Be active safely - ask your doctor

People with chronic health conditions (eg. heart disease, diabetes) are encouraged to consult their doctor before starting any form of physical activity. Discuss the type of activity that best suits your needs with your doctor.



walk-it bunbury

Find thirty

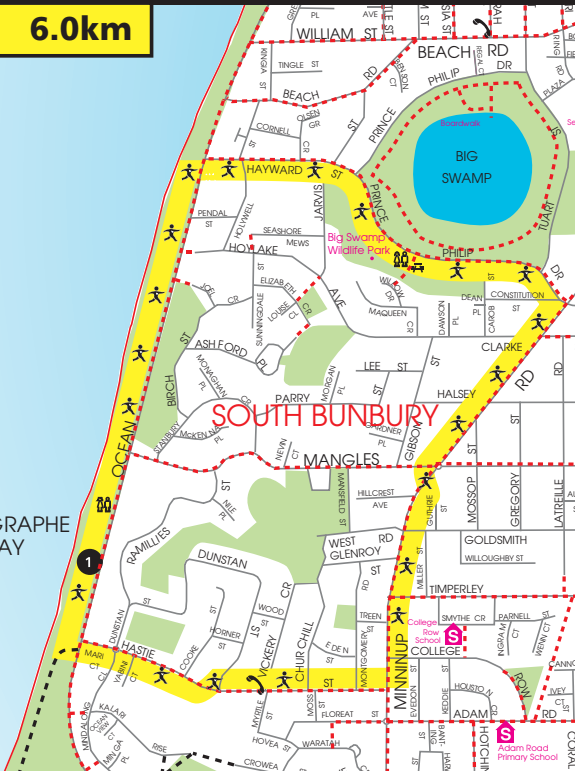
Discovering Bunbury by Foot



Make it part of your day
Go with a friend
Set yourself goals

1. MANGLES WALK

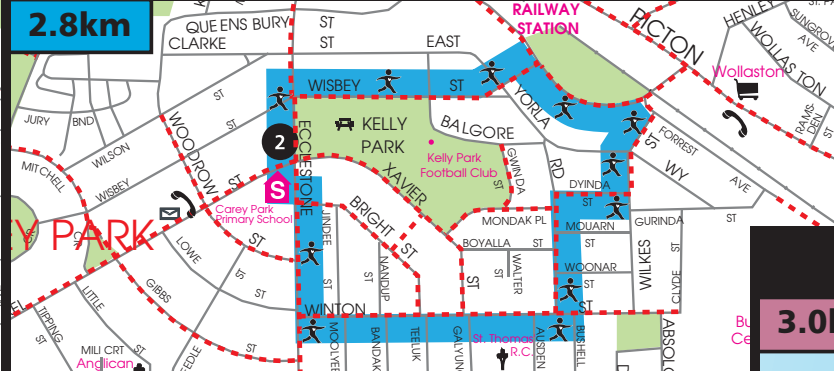
6.0km



Walking provides a huge range of benefits for our community, environment, transport system, physical and mental health and wellbeing. The Heart Foundation recommends walking at a speed that is energetic enough to increase your heart rate slightly but at which you can still talk.

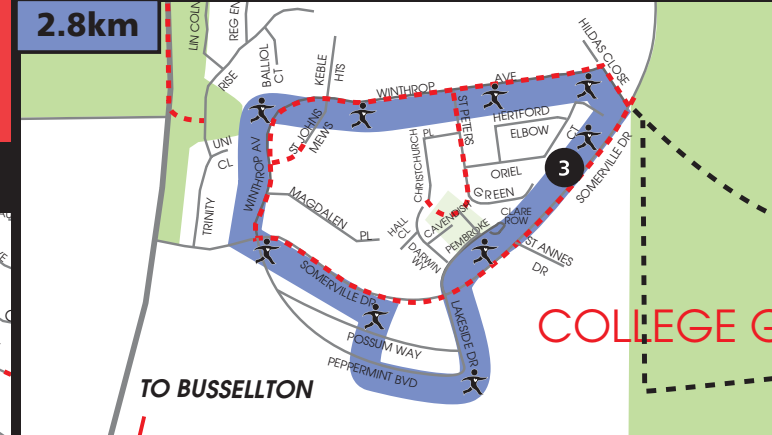
2. CAREY PARK WALK

2.8km



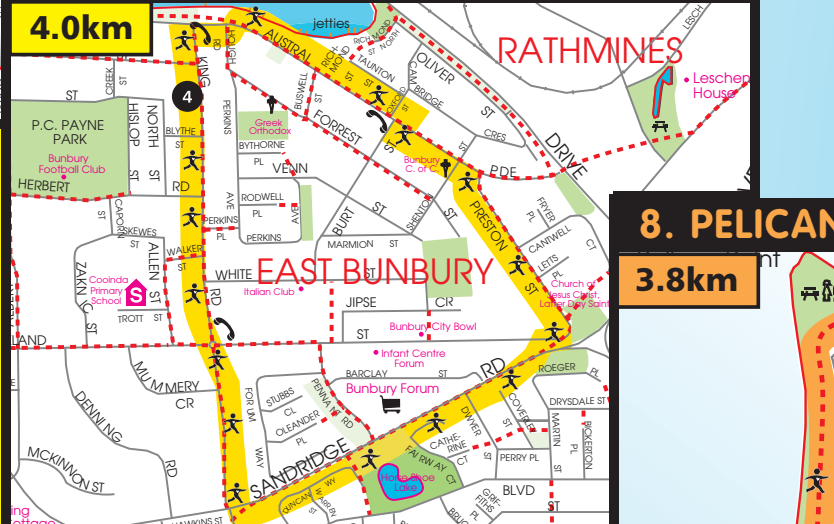
3. COLLEGE GROVE WALK

2.8km



4. EAST BUNBURY WALK

4.0km



5. BEACH ROAD WALK

3.0km



How are you travelling?

Walking Distance Calculator

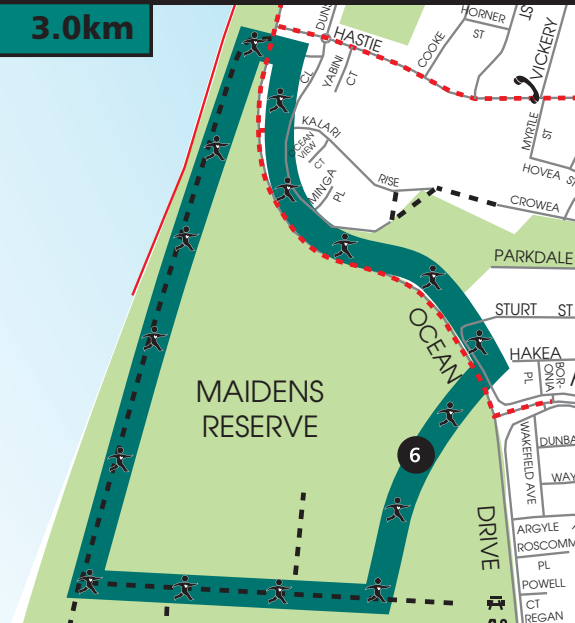
Walking Speed	Time Walked	Distance	
	10 min	20 min	30 min
STROLL	0.6 km	1.2 km	1.8 km
MEDIUM	0.9 km	1.8 km	2.7 km
BRISK	1.1 km	2.2 km	3.3 km

Look out for signs at 250m intervals.

Shaded paths indicate which side of the road to walk on and the safest crossing points.

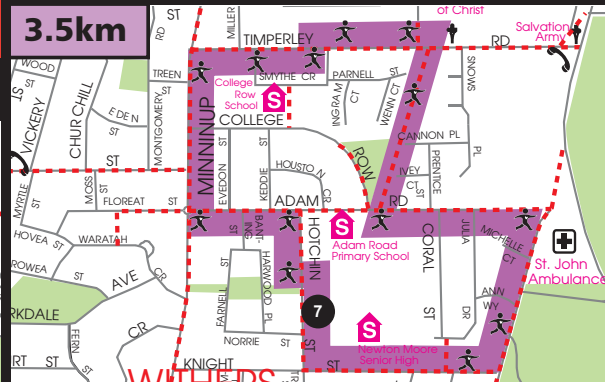
6. MAIDENS WALK

3.0km



7. BELLEMORE PARK WALK

3.5km



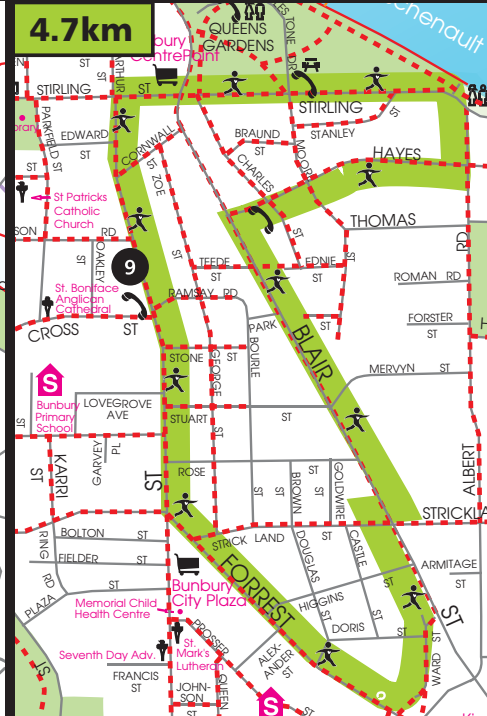
8. PELICAN POINT WALK

3.8km



9. PLAZA WALK

4.7km



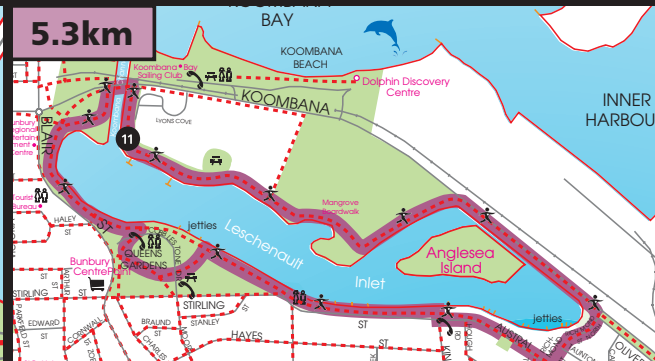
10. MARLSTON HILL WALK

2.4km



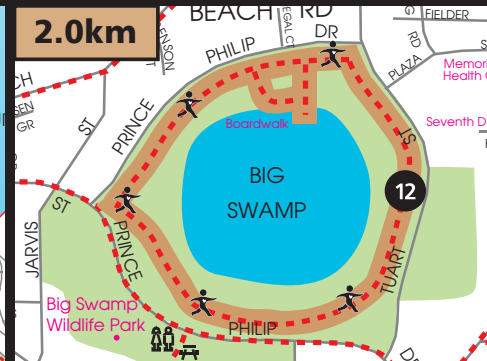
11. KOOMBANA BAY WALK

5.3km



12. BIG SWAMP WALK

2.0km



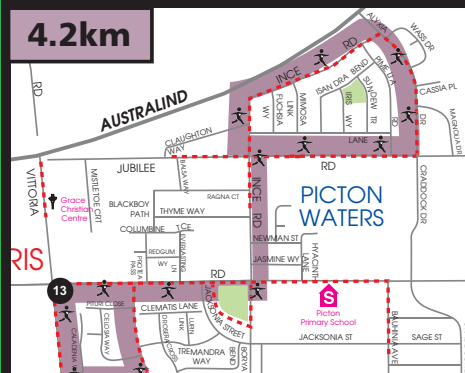
Just look at the benefits!

Finding 30 minutes of walking in your day can:

- be enjoyable and make you feel great
- give you time to think
- get you out in the fresh air
- cut car induced air pollution
- improve fitness
- reduce stress
- control weight
- reduce blood pressure
- control blood cholesterol
- reduce your risk of heart disease, stroke, obesity, diabetes and other serious diseases

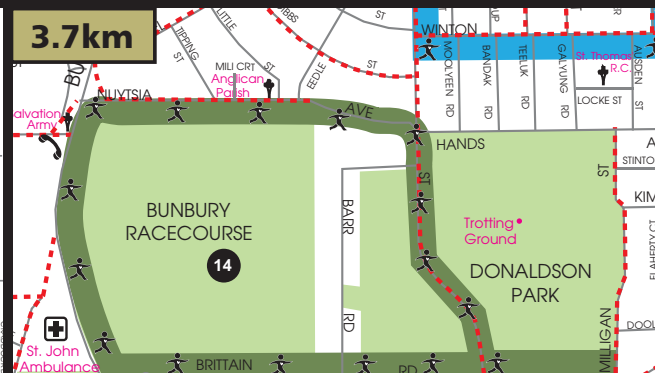
13. VITTORIA HEIGHTS WALK

4.2km



14. CROSSLANDS WALK

3.7km



15. WITHERS WALK

3km

