

# Walk to School

Walk, ride or scoot and build healthy habits for life.



## WORKSHEET

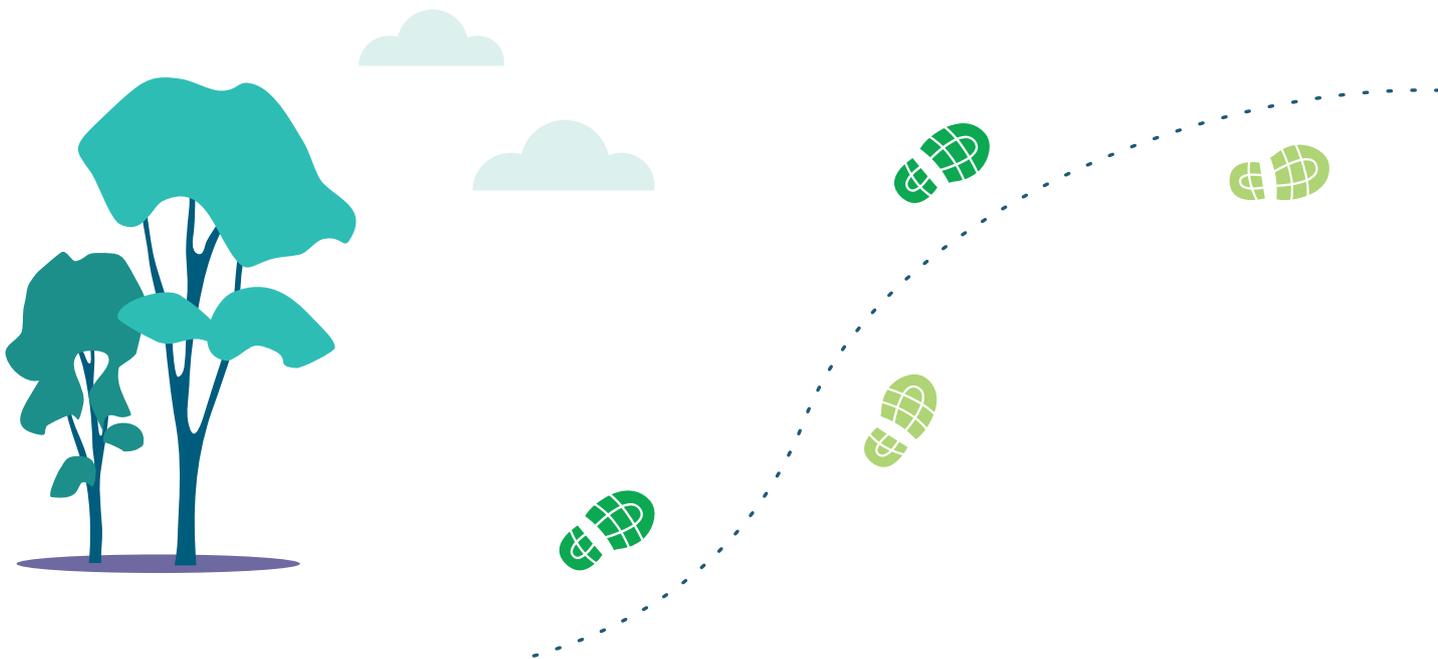
### Map your own Adventure Trails

#### Get creative while you get active!

You can keep it simple by walking, riding, scooting or skating to and from school or around your local streets. Or you can get adventurous by mapping out an adventure trail that takes in more of the sights and sounds of your local neighbourhood! Here's how to do it.

1. Start by putting together a list of places you want to see. We've given you some ideas in the *make your list* section below, but your list could include anything at all.
2. Use Google Maps to locate the places on your list and decide on which ones you want to cover in each of your Adventure Trails.
3. Print or save this chart and fill it out, including the name of your adventure trail, the stops you're going to make along the way, the distance between them, and the overall distance you've travelled.

There's no limit to the number of Adventure Trails you can put together. Create one for every day of the week – or every day of the month! If you run out of ideas, check out some of the Famous Victorian Walks below, or swap your Adventure Trails with your friends.



# Your Adventure Trails

What's your Adventure Trail called?	What's your Adventure Trail called?	What's your Adventure Trail called?
What will you see?	What will you see?	What will you see?
How far will you travel?	How far will you travel?	How far will you travel?
When did you go?	When did you go?	When did you go?
Who came along?	Who came along?	Who came along?

## Make your list

- **The History Adventure.** What are the historic landmarks in your neighbourhood? They could be big things that are still in use like a 19th-century post office or a heritage-protected house. They could be small, forgotten things, like some old stone footpaths or a painted advertisement on the side of a building. Or they could be things that tell the story of your neighbourhood, like memorials and statues. Find out about local places of significance for Aboriginal people, including Aboriginal artwork, murals or organisations by contacting your local council or Aboriginal organisation. Put together a list by talking with friends and family, or by checking with history and heritage groups in your area.
- **The Nature Adventure.** What are the beautiful outdoor spaces in your neighbourhood? List your local parks but also think about other natural beauties, like local tree-lined streets, fabulous gardens, big hills you like to run or roll down or even a local creek. Or try looking to the skies where you might spot Bunjil (Eagle) or Wah (Crow) flying around.
- **The Streets Of Your Town Adventure.** What are the stories behind the street names in your neighbourhood? Sometimes they're named after an important building or a natural attraction. Sometimes they're named after local heroes. Sometimes they give a clue to the kind of work that used to be done in the area. Ask neighbours or contact local history and heritage groups to put together your list.
- **The Magic Holiday Adventure.** What's a place you'd like to visit? Even if you can't travel to the holiday destination of your dreams, you can still imagine what it's like to walk around it. Make a list of all the things you'd like to see there and use Google Maps to work out the distance between them. Then you can match a walk through your own neighbourhood with a walk through the city you'd like to visit, imagining what it's like to pass those famous sites as you go.

# Famous Victorian Walks

Get in your daily exercise and explore Victoria at the same time by following a few of these well-known trails. Just remember to follow local requirements for travel and wearing masks, wash your hands well and often and maintain at least 1.5m from other people.

## City Wilderness Walk

**4.9km**

**Map:** <https://walkingmaps.com.au/walk/480>

The popular Dights Falls Loop Trail follows the bends in the Yarra River. At times it's hard to believe you're in the city as you pass by native plants, ancient volcanic rock and the waters of the Yarra River and Merri Creek. The Falls themselves are on Wurundjeri Country; watch the [Wurundjeri Welcome To Country](#) by Elder Colin Hunter Jr on YouTube before you go.

## City Bridges Walk

**7.8km**

**Map:** <https://walkingmaps.com.au/walk/4360>

Cut a path through the city of Melbourne along either side of the Yarra River and you'll encounter many photo-worthy sites. To get the most of the journey, criss-cross from riverbank to riverbank over up to five of Melbourne's most famous bridges, including Morrell Bridge and Sandbridge, both of which are for walkers and cyclists only!

## City Sculptures Walk

**3.8km**

**Map:** <https://walkingmaps.com.au/walk/2020>

If you follow this trail from end to end you'll see a total of 19 sculptures. Some are well known, like The Public Purse in Bourke Street Mall. Others may be new to you, like the bronze and copper The Phoenix in Queen Victoria Gardens that still bears the traces of its original feathered wings. You can find out more about Melbourne's public art at [citycollection.melbourne.vic.gov.au](http://citycollection.melbourne.vic.gov.au).

## First Peoples Walk Through Melbourne

**11.9km**

**Map:** <https://whatson.melbourne.vic.gov.au/static/pdf/walk-aboriginal-melbourne.pdf>

The City of Melbourne has put together this walk that takes in 14 sites of significance to Australia's First Peoples. It includes the scarred trees of Fitzroy Gardens; the sculpture of Bunjil, the creator spirit of the Kulin Nation; and a number of historic monuments and meeting places.

## Great Ocean Walk – Blanket Bay to Cape Otway lighthouse

**9.53km**

**Map:** <https://walkingmaps.com.au/walk/3969>

This is the third stage (and one of the more spectacular) sections of Victoria's stunning Great Ocean Walk, a 10km trek from Blanket Bay to the Cape Otway lighthouse. This walk takes you through coastal bushland where you can enjoy wildlife-spotting, and then continues right along the coastline to enjoy ocean views from the cliff tops.

## Mallacoota Walk

**4.7km**

**Map:** <https://walkingmaps.com.au/walk/476>

Walk around Mallacoota from the Lakeside Drive fishing platforms to the wharf, Captain Stevensen's Point, Devlins Inlet to the Beach and onto Bastion Point. In the Bastion Point rock pools you might find crabs, molluscs, urchins and other intertidal life. "...This area provided a rich source of food to resident Aboriginal people who left behind an abundance of artefacts and middens." (quote from 'Mallacoota Inlet and Surrounds' Parks Victoria).

## Welcome Walk at Jordan's Bend, Shepparton

**3.12km**

**Map:** <https://walkingmaps.com.au/walk/4177>

Follow the path through the River Red Gum forest of Shepparton Regional Park and see a variety of habitats this floodplain environment has to offer. The Goulburn River is the longest river in Victoria and has the highest annual flow in Victoria.

