

**Walking** is a great way to keep fit and healthy.

Just 30 minutes every day can **increase heart fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance.**

It's free and doesn't require any special equipment or training - we should all be walking every day!

This map has been designed to help and encourage all students, both Primary and Secondary, **to walk safely to school.** With more students walking to school this will **reduce the amount of cars on the road** and traffic jams during the busy drop off and pick up times.

And by using one of the marked routes, students will be walking with other students.

**There are 7 drop-off points marked on the map.** These drop-off points have been chosen as a good place for parents driving students to school to drop them off so they can walk the rest of the way with other students.

The routes on the map **are also suitable for cyclists.** The map clearly marks school crossings, main street names and public toilets and can be used by anyone.

**Happy walking!**

This map has been developed by **Mansfield Shire Council** in conjunction with **VicHealth's** program "Walk to School" with the purpose of increasing the number of children walking.

Map can be obtained in alternative format from Mansfield Shire Council.



MANSFIELD SHIRE



VicHealth



Front cover photograph © Mansfield Courier.

Wouldn't it be **GREAT** to see

**more people walking**

and **less people driving?**



# WALK TO SCHOOL MAP

- DROP-OFF AREA 1** ■■ Links Estate • Maroondah Hwy
- DROP-OFF AREA 2** ■■ Cambridge Dr • Botanic Park • Midland Hwy • Highett St
- DROP-OFF AREA 3** ■■ Showgrounds • Mount Battery Rd • Botanic Park • Collopy St
- DROP-OFF AREA 4** ■■ Rowe St • Hunter St
- DROP-OFF AREA 5** ■■ Highton Lane • Malcolm St
- DROP-OFF AREA 6** ■■ Monkey Gully Rd • Highett St
- DROP-OFF AREA 7** ■■ Lords Ground • Malcolm St

- Sealed footpath
- Gravel footpath
- Manned school crossing
- Unmanned school crossing
- Public toilets



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**MORE** people walking  
 and **LESS** people driving?

