

Be healthy and active in Kyneton

Walking routes



Kyneton **Walking Art Map**

The above map is an artistic impression of Kyneton created by local young people to highlight how far you can expect to walk from the town centre (starting from the Kyneton Youth Space).

Similar to the walking map overleaf, each circle represents five minutes of regular walking from the centre of town. The map also reflects young people's views of Kyneton and highlights some interesting places you can expect to see as you walk around town.



The artwork was created with the assistance of Adrian Doyle and the Blender Studios team, with support from Macedon Ranges Shire Council and the Victorian Government Transport Connections project.

The young people who participated on the project are: Dakota Pisani, Madi Nichols, Joseph Brincat, Megan Taylor, Marnie Love, Erica French, May Smith and Regan Lynch.



PO Box 151, Kyneton VIC 3444
(03) 5422 0333
mrsc@mrsc.vic.gov.au
mrsc.vic.gov.au

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The Healthy Active People Initiative encourages healthy lifestyles and supports an environment that is safe and enjoyable for active recreation.

Walking is a great form of exercise: it's easy to do and it's free. It's a low impact activity that can be done almost anywhere and has lots of benefits:

- Improves fitness, posture, muscle tone, strength and flexibility.
- Reduces risk of developing heart disease, diabetes, osteoporosis, arthritis and some cancers.
- Helps you to stay connected with friends, gets you out and about exploring the community and meeting new people.
- Improves wellbeing, reduces stress and depression.

You can walk on your own or join a local walking group. Walking groups are listed on Councils website.

We have two suggested town loop walks that take approximately 30 and 60 minutes to complete. These walks will help you meet the recommended 30 minutes of physical activity per day.

Please note: These walks may not be accessible to all and may have uneven and undulating surfaces in some areas.

