

*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.

Health and safety tips:

- If you have a chronic condition, such as heart disease or diabetes, consult your doctor before starting physical activity.
- Be prepared for all weather conditions and remember to wear sunscreen, a hat, protective clothing, sunglasses or take an umbrella.
- Be seen, safe and alert around roads.
- Take water with you.

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.



**Macedon  
Ranges**  
Shire Council

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**Macedon  
Ranges**  
Shire Council

# Be healthy and active in Woodend

## Walking routes





**Legend**

-  *Approx.* 60 min walk  
4.4 km
-  *Approx.* 30 min walk  
2.5 km
-  Open space
-  Gardens
-  Road
-  Sports ground
-  Playground
-  Picnic site
-  Public toilet
-  Tourist info
-  Police

**WOODEND**

Starting Point

Gregory St

Patterson St

Owen St

Davy St

Earnshaw St

Margery Cr

Campaspe Dve

Sturt St

Forest St

Hendley St

Powlett St

Burke Cr

Jeffreys St

Collier St

Crisp St

Duffy St

Anslow St

Nicholson St

Pyke St

Urquhart St

Burke St

Schaw St

High St

Anslow St

Templeton St

Wood St

Five Mile Creek

Corinella Rd

Urquhart St

Bowen St

Brooke St

