

The City of Whittlesea is committed to developing and supporting a culture and environment for walking as a safe and enjoyable experience for health and recreation. Walking can become a mode of transport for people wanting to get to local shops, services, jobs, visit friends and access public transport.

To help residents get active, Council has created six walking track maps that are accessible for all ages and abilities. There are maps for walking tracks in the suburbs of Bundoora, Epping/Lalor, South Morang, Thomastown, Mernda Villages and Mill Park.

#### Benefits of walking regularly for 30 minutes each time:

- Improves fitness, posture, muscle tone, strength and flexibility
- Reduces risk of developing heart diseases, diabetes, osteoporosis, arthritis and some cancers
- Opportunity to meet your neighbours and get to know your neighbourhood
- Opportunity to have fun with family and friends
- Feel confident and enjoy a greater sense of wellbeing
- Sleep better at night
- Lowers blood pressure and cholesterol
- Reduces risk of falls and other injuries
- It's free!

#### Health and safety tips:

- If you have a chronic condition, such as heart disease or diabetes, consult your doctor before starting physical activity
- Warm-up, gently stretch and cool down
- Slow down if you feel breathless or experience chest pain
- Wear sunscreen, a hat, protective clothing and sunglasses
- Choose well fitting shoes
- Walk during the cooler times of the day
- Take water with you
- Walk with others or in areas where there are other people
- Take a mobile phone, or know the location of the nearest public phones

The walking routes in this map have been designed with the entire community in mind. They can be used for recreational purposes, and also link up key sites of interest in each suburb, such as shops, schools and parks.

Council has also endeavoured to make each walking route accessible to people using wheelchairs or prams. Most walking routes have a footpath. So grab your dog, family and friends, bikes or trikes and try some of the walking tracks the City of Whittlesea has to offer.

#### Contact Details:

Health Promotion Officer  
 t (03) 9217 2249 | f (03) 9409 9872  
 e HealthPromotion@whittlesea.vic.gov.au  
 TTY 9217 2420

All walking maps and access notes are available on the Council website:

[www.whittlesea.vic.gov.au](http://www.whittlesea.vic.gov.au)



Free Telephone Interpreter Service

عربي	9679 9871	Hrvatski	96799872
廣東話	9679 9857	Ελληνικά	9679 9873







Italiano	9679 9874	Türkçe	9679 9877
Македонски	9679 9875	Việt-ngữ	9679 9878
普通话	9679 9876	Other	9679 9879

# MERENDA WALKING TRACK

# MERNDA WALKING TRACK



## LEGEND

-  Walking Track 1  
1.2 km: 15 mins
-  Seat
-  Playground
-  Pedestrian Crossing
-  Optional Shortcut
-  Mernda Villages  
Sustainability Centre