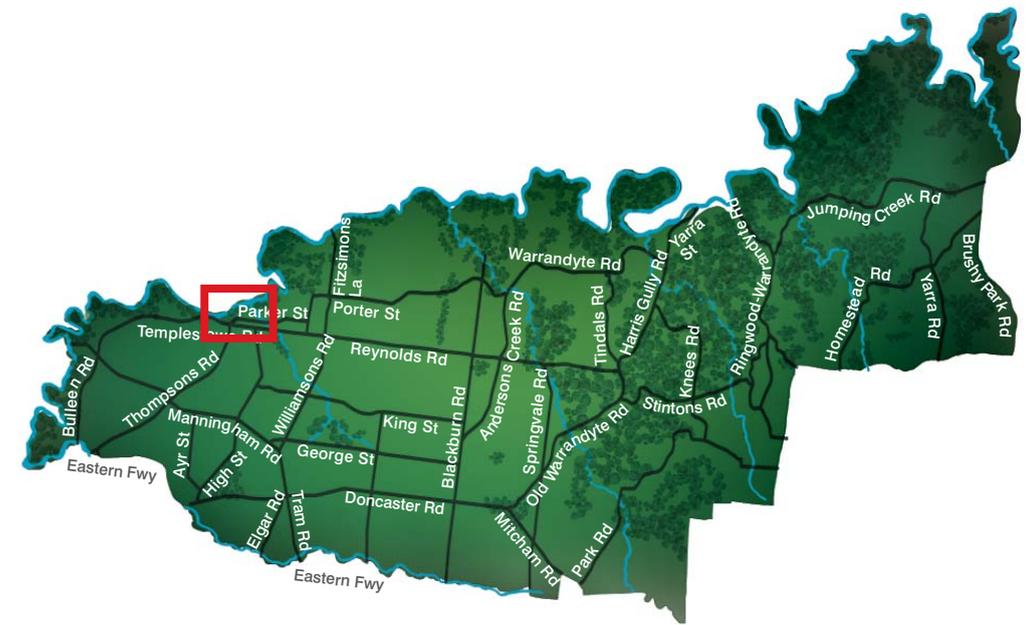
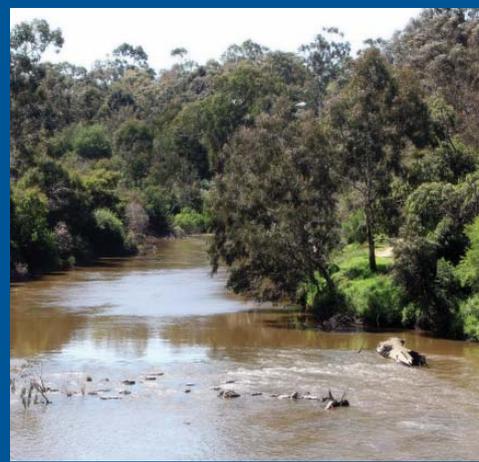




Suitable for

Active Families	✓
Seniors & Strollers	✓
Pleasure Walkers	✓
Super Striders	✓
Circuit	✓
Seating	✓
Dogs Welcome	✓
Trail Type	Natural Heritage



Fitness at Finns & Walking Westerfolds Finns Reserve to Westerfolds Park Walk

Manningham City Council

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Walk Overview

This picturesque bushland walk encourages fitness but can be enjoyed by all ages as a leisurely stroll. The path is generally well-maintained and meanders along undulating hillsides offering vistas across the Yarra River. There is one section that is unsealed.

Time

1.5–2 hrs

Distance

5.6 kms

Difficulty

Moderate

Accessibility

Easy–medium: sealed to gravel paths

Location

Start and finish at Finns Reserve carpark, Duncan Street, Templestowe.

Melway Reference

33 B4

Public Transport

Metlink: t 131 638
www.metlinkmelbourne.com.au

Ventura Buses: t 9488 2100
www.venturabus.com.au

Parking

Finns Reserve carpark, Duncan Street, Templestowe.



Your bushland fitness experience begins at Finns Fitness Area. The equipment is useful for stretching before heading off on your walk. The trail crosses the Yarra River (twice) while traversing riverine eucalypt forests and open grasslands before steering you back to your original path and over the suspension bridge again.



Facilities

Toilets, drinking fountain, fitness station.

Hazards

Beware of deep water and rapids

Beware of snakes in summer

Muddy and slippery in places.



Be Prepared

Sun protection recommended

Carry water

Good walking shoes are recommended.

Days of total fire ban

Check the fire risk warning before embarking on this walk:

www.cfa.vic.gov.au



Additional Walks

There are 20 walks in the series to choose from. If you liked this walk, you might like the ones listed below:

Keeping Fit in Koonung

The Koonung Trail Walk

Petty's Fruits and You Beaut Eucs

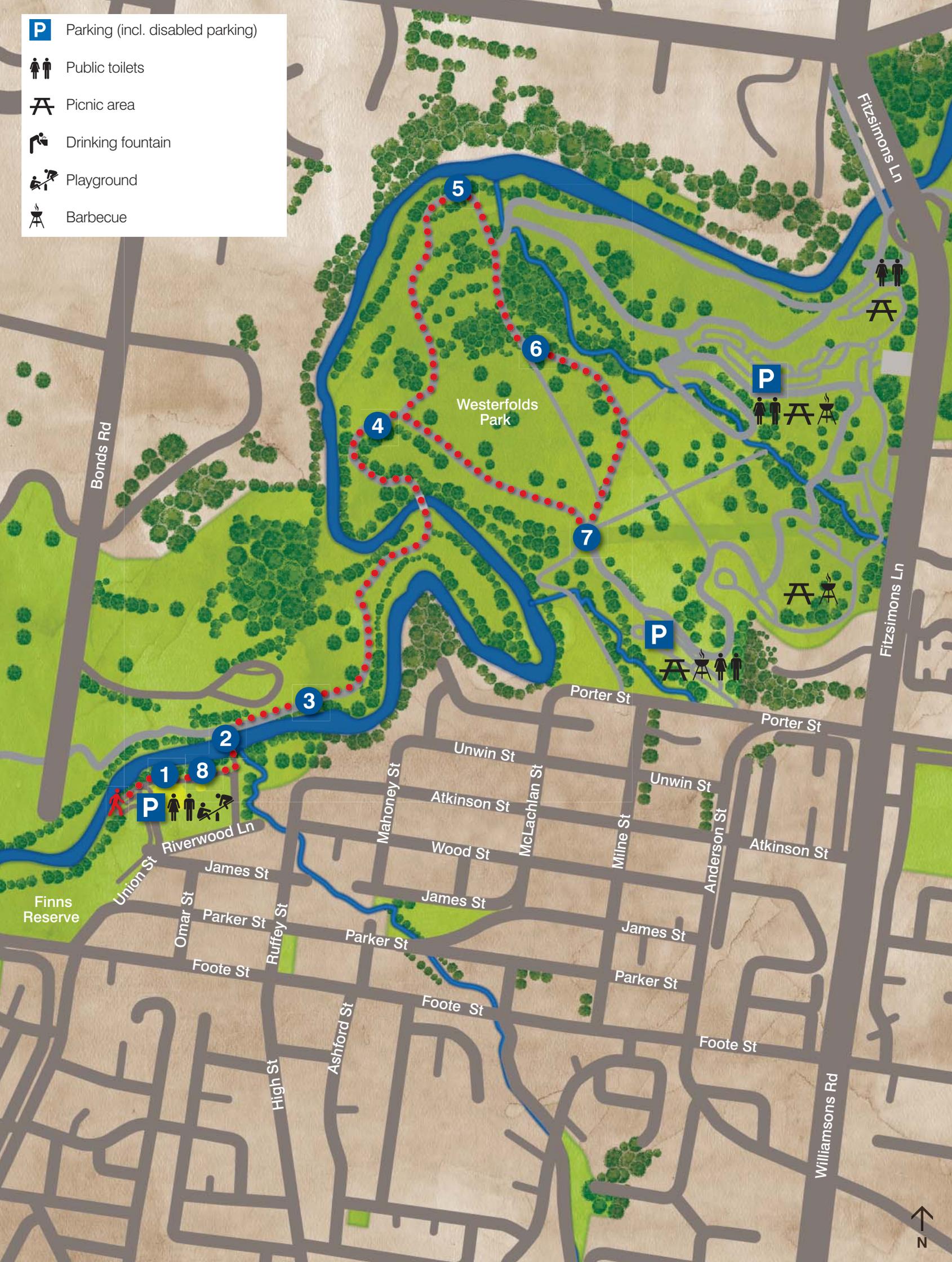
Petty's Orchard and Riverside Walk.



Wheel Chair Access

We have developed three walks specifically for wheelchairs. Look for **A Wheel Pleasure** pamphlet.

-  Parking (incl. disabled parking)
-  Public toilets
-  Picnic area
-  Drinking fountain
-  Playground
-  Barbecue



Your walk begins at the Finns Reserve. This walk has been written to encourage fitness, but it can also be enjoyed as a relaxing walk in a lovely riverine environment.

1 Finns Fitness Station: There is a sit up board, a step up bar, push up bars and chin up bars. Begin with the step up bar. Place one foot on the bar and bring the other foot up to it then down. Bend at the knees as if skiing and repeat five times on each leg building to fifteen in the future.

Stretching will reduce the risk of muscle soreness and stiffness from your walk.

2 Cross the suspension bridge and enjoy the view. Take several deep breaths of fresh air. Areas like this where the water tumbles over shallow rapids with noise and movement have delighted adults and children for thousands and thousands of years. Maybe that is why the feeling here is joyful and relaxing.

At the end of the boardwalk, where the tennis courts are, look left and you will see benches on the rise.

3 Press Ups: Use the park bench to do press ups. Place your hands on the seat, stretch your body away from your hands in a straight line and lower and raise your chest to the bench. Keep your chest aligned with your hands. Start with five repetitions and increase to fifteen.

Power walk from here to the next bridge.

4 Calf Stretches: Choose a place off the path. Place one leg behind you on your toes and push the heel to the ground. You should feel a calf stretch. Repeat with the other leg.

At the top of the next hill take the sealed track to your left.

5 Yarra Rapids Observation Point: The Yarra River was vital to the survival of local Indigenous group, the Wurundjeri. Rivers supplied food, fresh water and recreation as well as fertilizing the surrounding riverine habitat. Murnong—native yam daisy—was a tasty tuber that grew in riverine habitats but was largely destroyed by the heavy hoofs of wandering cattle.

Look to your right for an unsealed dirt track approximately 150 metres along. Take this and walk to a fork in the track.

6 Lunges: Choose a place off the path. Place your right leg forward and stretch your left leg back—keep your heel off the ground. Bend the left knee towards the ground, as far as you can go and still remain steady. Take hold of a tree if you need to. Raise and lower. Swap legs. Do five times each increasing to twelve in the future.

Keep to the larger more used track to your left. A cross roads of small tracks will appear. Take the right track, then right when you hit the sealed path again. On the sealed path there is a bench.

7 Dips: Using the bench, face the wetlands and sit down placing your hands by your side. Pushing with your hands raise your backside off the seat and lower over the seat's edge. Raise and lower using the strength of your arms for five repetitions. Increase to fifteen with time.

Power walk to the start of your walk.

8 When you get to the Finns Fitness Station again stretch your muscles and cool down. Use the step up to stretch. Place your foot on the bar and bend over it feeling the stretch right down the thigh. If you can reach, take hold of your toes and pull the foot towards you for an even stronger stretch. Repeat with the other leg.

If you have children they will enjoy Wombat Bend playspace—located next to the Fitness Station. It is an adventure worth walking for.

This finishes your walk. Time to relax and plan your next adventure.

