

Would you like more  
information on walking  
tracks in our region?

# WALKING TRAILS

WITHIN HORSHAM  
AND SURROUNDS

*For other walks within close range  
to Horsham such as the Grampians  
National Park and Mount Arapiles,  
please visit the Horsham and  
Grampians Visitor Information  
Centre or Parks Victoria  
[www.parkweb.vic.gov.au](http://www.parkweb.vic.gov.au)*



For more information on walking or to map  
your own walk visit the following websites:

[www.communitywalk.com](http://www.communitywalk.com)

[www.walkingmaps.com.au](http://www.walkingmaps.com.au)

[www.mapmywalk.com](http://www.mapmywalk.com)

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

Walking is one of the simplest ways for you to be physically active. It is inexpensive and can be done almost anywhere and at any time.

**Walking will:**

1. Give you more energy and stamina and lift your mood.
2. Tone your muscles and strengthen your bones.
3. Increase the number of calories your body uses.
4. Lower your risk of health problems such as high blood pressure, heart disease, high cholesterol and Type 2 diabetes.
5. Provide an opportunity to actively socialise with friends and family.

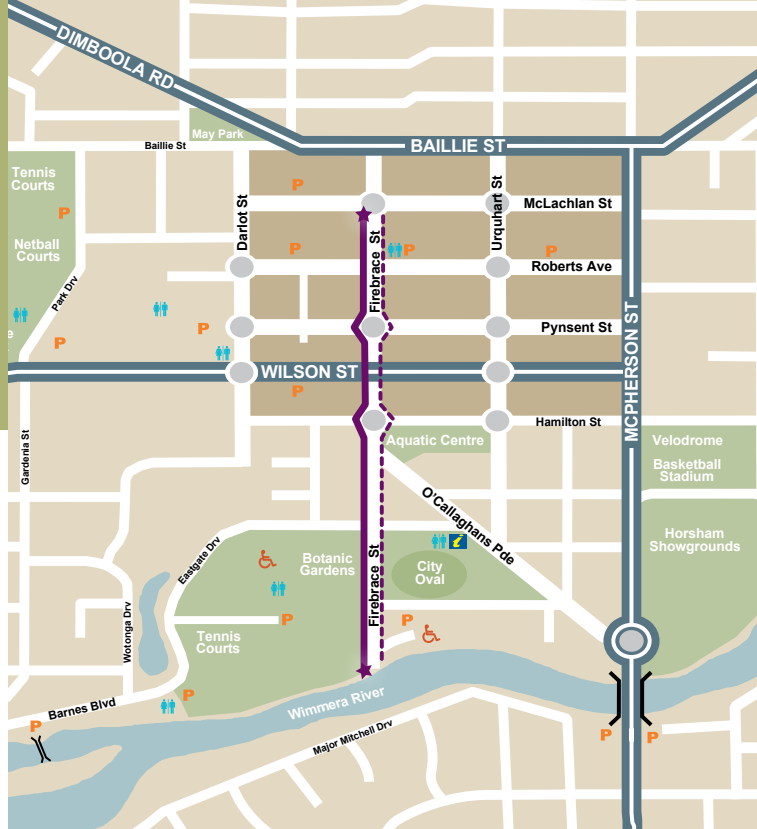
**Walking Track Maps**

Horsham CBD to River.....	3
Wotonga Basin/Botanic Gardens Loop .....	4
Southbank .....	5
Burnt Creek .....	6
Weir Park/Wetlands .....	7
Weir Park to Baillie Street .....	8
Riverside .....	9
Horsham Walking Tracks .....	10, 11
Adrian Hatcher .....	12
Police Paddock .....	13
Haven Trails .....	14
Natimuk to Natimuk Lake .....	15
Natimuk to Mt Arapiles .....	16
Dadswells Bridge Nature Trail .....	17
Workouts and Stretches .....	18, 19

*It is recommended you visit your doctor prior to exercise if you haven't exercised for a while. Walk according to your ability and remember some physical activity is better than none!*

**MAP KEY**

- Parking
  - Adrian Hatcher exercise stations
  - Toilets
  - Start/Finish points
  - Wheelchair Accessibility
  - Information Centre
  - Parks/Gardens
  - Highways
  - Roads
  - Roundabouts
  - Extensions of tracks
- All walking tracks are marked with a solid line but vary in colour to differentiate the various locations. Please see full map on pages 10,11.*



**Horsham CBD to River**

*Easy Intensity*

**Distance: 2.22 km return**

**Time: 25 mins**

**Steps: approx. 3000**

**Surface: concrete footpath**

**Wheelchair accessible**

*30 mins of moderate exercise a day is the recommended minimum for health. You can break this up into three 10 mins sessions rather than 30 mins in one go.*

You may also like to follow the "Public Art and Heritage Walk" which follows Firebrace Street and lane ways to the river. (separate brochure available from Horsham and Grampians Visitor Information Centre)



## Wotonga Basin/Botanic Gardens Loop ●

*Regular exercise helps prevent heart disease, stroke and high blood pressure along with promoting psychological wellbeing and better sleep.*

*Easy Intensity*

**Distance: 1.5 km loop (excluding within gardens)**

**Time: 18 mins**

**Steps: approx. 2250**

**Surface: gravel**

**Wotonga Basin is not recommended for wheelchairs  
The Botanic Gardens is wheelchair accessible**

Links to Horsham CBD to River Track on Firebrace Street. (see page 3)



## ● Southbank

*Easy Intensity*

**Distance: 1.1 km (one way)**

**Time: 12 mins**

**Steps: approx. 1500**

**Surface: mainly concrete with parts of gravel**

**Wheelchair accessible**

Links to Burnt Creek Track on the opposite side of the Bridge. (see page 6)



## Burnt Creek ●

*Moderate exercise means you should be able to talk but not 'sing'.*

*Easy - Moderate Intensity*

**Distance: 1.40 km  
(one way)**

**Time: 15 mins**

**Steps: approx. 2000**

**Surface: gravel**

**Not recommended for wheelchairs**

Links to Southbank Track on the west side of the Wimmera Bridge. (see page 5)

## Weir Park/Wetlands ●

*Moderate Intensity*

**Distance: varies depending on track**

**Surface: undulating dirt or gravel track**

**Not recommended for wheelchairs**

*Your body gets use to doing the same walks. Try to regularly vary the pace and walks you do.*

Links to Weir to Baillie Track at the Weir Park start point. (see page 8) Refer to "Walk the Wimmera River" brochure. (separate brochure available from Horsham and Grampians Visitor Information Centre)



## Weir Park to Baillie Street ●

*For variety, every time you pass a park bench, do some tricep dips, push-ups or just sit down and stand up several times.*

*Moderate Intensity*

**Distance: 4.5 km  
(one way)**

**Time: 50 mins**

**Steps: approx. 6800**

**Surface: hard packed fine gravel  
and dirt shared foot/bike path**

**Not recommended for wheelchairs**

Links to Weir Park/Wetlands Track at the Weir Park start point. (see page 7)

## Riverside

*From Baillie Street there is an option to add a few kilometres onto your walk!*

**Continue north down Trinity Drive until you hit Peppertree Lane. Follow the dirt track along the river for approx. 2.5 kms until you reach the Riverside Bridge.**

**To add a further 2 kms to your walk, cross Riverside Road remaining on the west side of the river. There are signs highlighting indigenous heritage and boardwalks to visit along the way.**

**The track is quite undulating and is not recommended for wheelchairs.**

*Even though it may seem difficult at first, walking on uneven terrain will improve your balance, strengthen your ankles and legs.*

# Horsham Walking Tracks



- Horsham CBD to River
- Wotonga Basin/Botanic Gardens Loop
- Southbank
- Burnt Creek
- Weir Park/Wetlands
- Weir Park to Baillie Street
- Adrian Hatcher Trail
- Police Paddock
- Haven Trails
- Natimuk to Natimuk Lake
- Natimuk to Mt Arapiles
- Dadswells Bridge Nature Trail



25kms to Natimuk  
← NATIMUK RD

37kms to Dadswells Bridge  
STAWELL RD →



## Adrian Hatcher Trail ●

*Did you know your metabolism will work faster by adding exercises that work different muscle groups? Exercises also add variety and help maintain interest.*

*Easy - Moderate Intensity*

**Distance: 2.3 km**

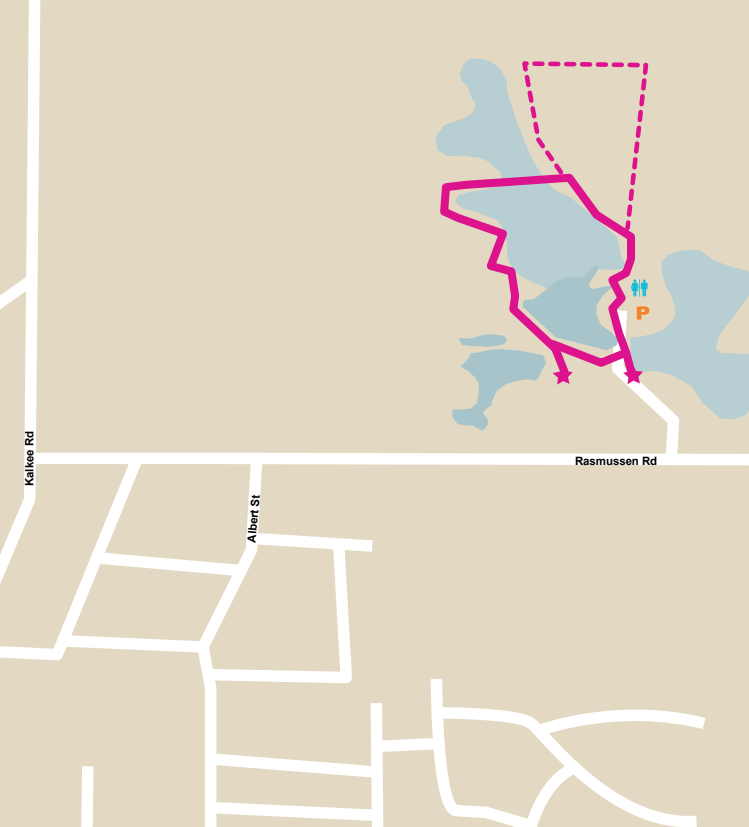
**Time: 26 mins  
non-stop**

**Steps: approx. 3450**

**Surface: shared gravel walking/bike track with some bitumen along Bennett Road**

**Not recommended for wheelchairs**

Stop along the way and enjoy the Adrian Hatcher exercise stations! See page 18 for more details.



## Police Paddock ●

*Moderate Intensity*

**Distance: 1.2 km**

**Time: 15 mins**

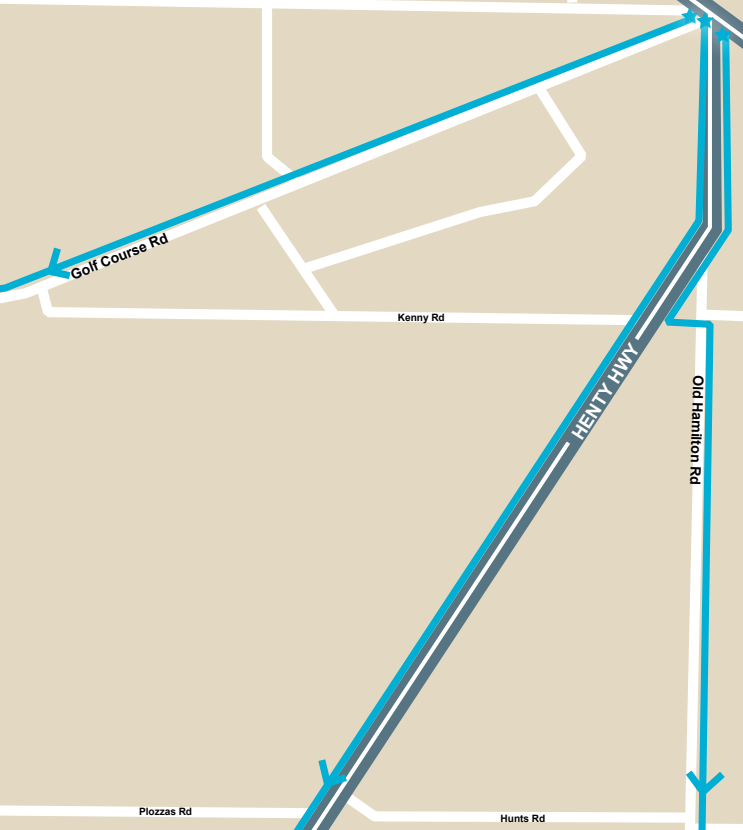
**Steps: approx. 1800**

**Surface: uneven gravel**

**Not recommended for wheelchairs**

*By circling back over different tracks you can walk quite a distance and not know it.*

Refer to the "Go Bush on the Edge of Horsham" brochure available at the Horsham and Grampians Visitor Information Centre for more information on flora and fauna within the Police Paddocks.



## Haven Trails ●

10,000 steps per day is the recommended minimum.

*Moderate Intensity*

### Golf Course Rd Track:

Distance: 3.5 km  
(one way)

Time: 45 mins

Steps: approx. 5250

Surface: unsealed  
bluestone

### Henty Hwy Track:

Distance: 5.1 km  
(one way)

Time: 60 mins

Steps: approx. 7650

Surface: sealed

### Old Hamilton Rd Track:

Distance: 2.52 km  
(one way)

Time: 30 mins

Steps: approx. 3780

Surface: white quarry dust



## Natimuk to Natimuk Lake ●

*Easy - Moderate Intensity*

Distance: 4 km  
(one way)

Time: 42 mins

Steps: approx. 6000

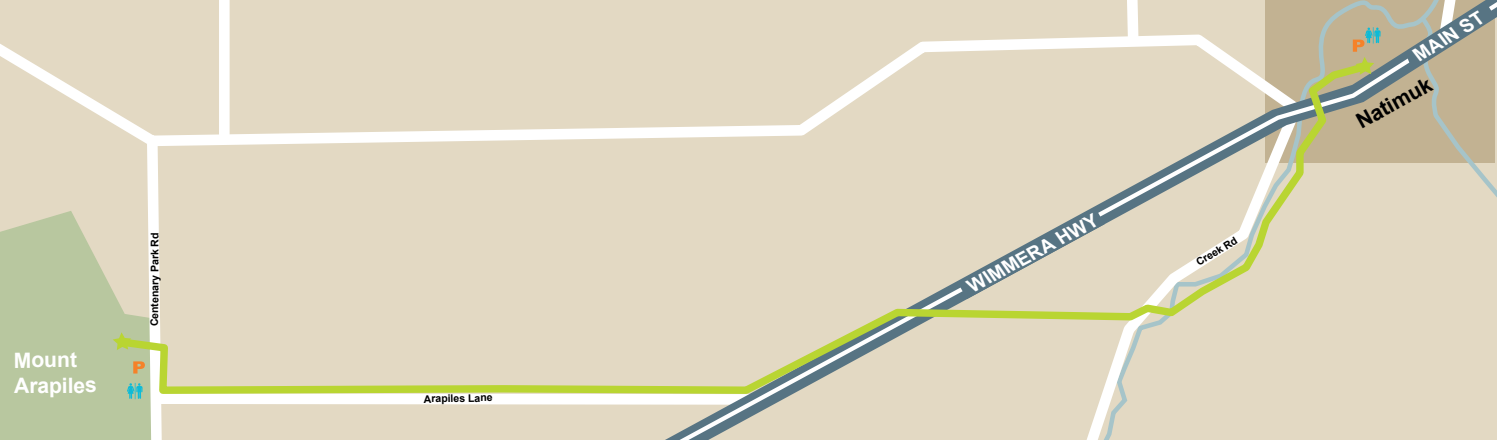
Surface: compacted gravel

Not recommended  
for wheelchairs

*If you are trying to lose weight, don't make the mistake of rewarding yourself with food for exercising. Often the calories consumed are more than the calories expended.*

Links to Natimuk to Arapiles Track from the start point in Natimuk. (see page 16)





## Natimuk to Mt Arapiles ●

*You don't have to walk the entire distance for a start. Gradually increase as you get fitter and stronger or try riding it on your bike.*

*Moderate Intensity*

**Distance: 10 km  
(one way)**

**Steps: approx. 15000**

**Time: 2 hrs**

**Surface: compacted gravel**

**Not recommended for wheelchairs**

## ● Dadswells Bridge Nature Trail

*Easy Intensity*

**Distance: 2.5 km  
from the Tennis Courts  
on Krauses Rd**

**Time: 30 mins**

**Steps: approx. 3750**

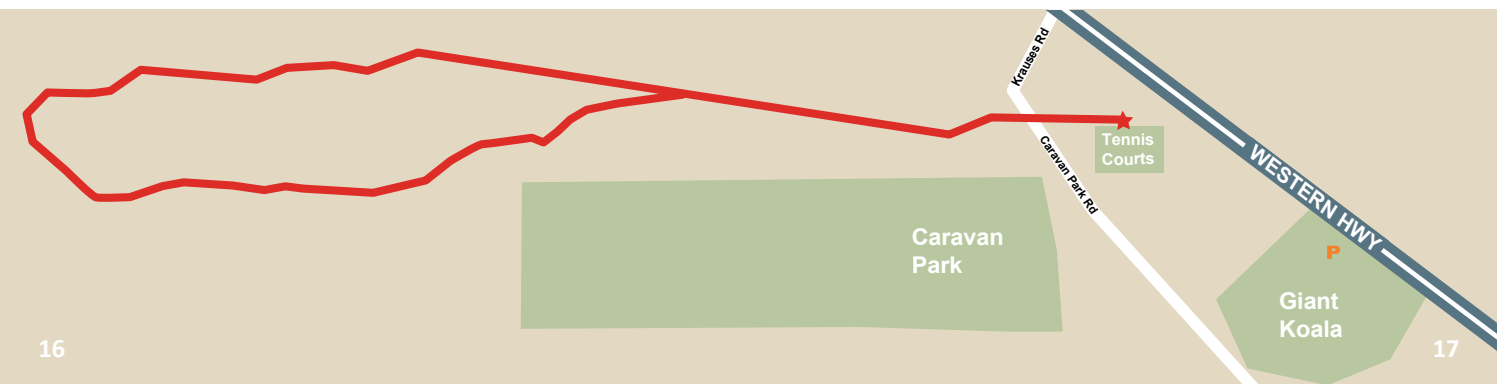
**Surface: sandy**

**Not recommended for wheelchairs**

*When walking cover up with a hat, sunscreen, and take a bottle of water with you!*

This track is perfect for a weekend bike ride!  
Links to Natimuk to Natimuk Lake Track. (see page 15)

To add 500m to the walk, park your car at the Giant Koala and follow the trail west to the tennis courts. Follow the bollards carefully on the trail to know where to go. (separate brochure available from the Giant Koala)



## Adrian Hatcher Trail

The Adrian Hatcher walk is designed for people who like to include exercises with their walk or run. There are four exercise stations, each with 3-4 pieces of equipment evenly spread out around the track. Why not try the following:

*Did you know your metabolism will work faster by adding exercises that work different muscles groups? Exercise can also add variety and maintain interest!*



### Repetitions:

**BEGINNER:** Complete 10 of each exercise at the station before moving on.

**INTERMEDIATE:** Complete 3 laps doing 10 of each exercise at the station before moving on.

**ADVANCED:** Complete 10 of one exercise before moving on to the next station, continue doing laps of all stations until you have completed all exercises at each station. (i.e. you will complete 4 laps of the circuit, doing only 4 exercises per lap)

### Timed:

**BEGINNER:** Spend 1 min on each exercise at the station before moving on.

**INTERMEDIATE:** Spend 1 min on each exercise trying to do as many repetitions as possible in that time. In between each exercise do 10 push ups.

**ADVANCED:** Spend 1 min on each exercise doing as many as possible, then 45 secs of each, then 30 secs of each before moving to the next station as quickly as possible.

### Partner:

**BEGINNER:** Each partner at the same station completes 10 of each exercise rotating for 3 mins, trying to catch the partner in front.

**INTERMEDIATE:** One person spends 1 min on one exercise while the other one repetitively does 2 push ups then 2 star jumps. Swap after each exercise.

**ADVANCED:** One partner continuously does 10 of each exercise at the station while the other runs/walks to the next station and back. Partners swap then both move to the next station together.

## STRETCHES FOR WALKING



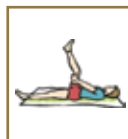
### Calf Stretch

With hands on a wall, and both feet pointed forward, place one leg in front of the other. Keep your back knee straight while pushing your hips forward and pressing heel to the floor. Repeat the other side.



### Quadricep

Take hold of your foot behind your body. Pull your foot upwards, push front hip forward slightly and extend the hip. Repeat with other leg.



### Hamstring

Lie on back and raise one leg. Gently pull the upper leg toward your body while holding the calf or thigh. Hold at the point of a mild stretch. Repeat the other side.



### Hip

Sit on a comfortable surface with one leg straight. Bend the other knee and place the ankle on the opposite side of the straight leg. Hold the knee and pull it across your body. Repeat the other side.



### Inner Thigh

Stand up straight with both feet facing forward, and double shoulder width apart. Keep your back straight by placing your hands on your hips or thighs. Take your body weight across to one side but avoid leaning forward, or taking the knee of the bent leg over your toes. Repeat the other side.

## WHEN PERFORMING EACH OF THESE STRETCHES PLEASE DO THE FOLLOWING:

- Complete a warm-up session prior to stretching.
- Relax the muscles throughout the stretch, to relieve tension within it.
- Hold each stretch for approximately 20-30 secs
- Make stretching a regular part of your walking routine.