



## For further information

Central Goldfields Visitor Information Centre  
Phone: 5460 4511  
Freecall: 1800 356 511  
www.centralgoldfields.com.au

Parks Victoria Information Centre  
Call 13 1963  
www.parkweb.vic.gov.au

Department of Sustainability and Environment  
Phone: 13 61 86  
www.dse.vic.gov.au

Community Services  
Maryborough District Health Services  
Phone: 5461 0400

## Caring for the environment

Help look after your parks, forests and town by following these guidelines:

- Please take rubbish with you for recycling or disposal or put it in the nearest bin
- All plants, animals, historical and archaeological sites and geographic features are protected by law
- Dogs are not permitted in Paddys Ranges State Park. In all other areas they must be kept on a leash at all times
- No fires, including barbecues, may be lit on a day of **Total Fire Ban**. Maryborough is in the North West Fire Ban District
- Collect only dead wood from the ground for campfires
- Vehicles, including motor bikes, may only be used on formed open roads. Drivers must be licensed and vehicles registered and roadworthy



## Enjoy walking

Walking is one of the most convenient, least costly and easiest forms of physical activity, suitable for people of all ages and abilities.

Regular walking can:

- be enjoyable and make you feel good
- give you some time with family and friends
- save you petrol and car running expenses
- provide many physical, mental and social health benefits

## Why walk?

Walking can:

- reduce the risk of cardio vascular disease by 50%
- have long term benefits in weight management
- assist in the control and management of diabetes
- improve flexibility, muscle strength, fitness levels, mood, joint function and quality of life for people with arthritis
- help prevent osteoporosis by reducing bone loss and/or maintaining bone density
- reduce risk of falling by improving muscle strength
- aid sleep, increase energy levels, decrease fatigue and lead to an enhanced sense of wellbeing

## Preparing for your walk

**Good technique and practices will help prevent injury**

- Start walking gradually, increasing the length of stride and pace as you go
- Use the right technique. Walk at a steady pace, swing your arms freely and stand as straight as you can
- Poor posture or exaggerated movements can contribute to injury
- Be able to have a conversation whilst walking. If you can't, slow down, as you are probably walking too fast
- Listen to your body. If you think the level of exercise you are doing is too difficult, it probably is!

Walkers must be prepared for the different conditions on parts of the walk. Wear suitable shoes and clothing.

In the bush the average walker might walk **one kilometre in about 20-30 minutes or 2-3 km in an hour**. More experienced walkers may walk faster than this.

It is also advisable to **carry drinking water with you**, especially if the weather is warm.

# Walk It

## Maryborough Bush and Town Walk

Maryborough, in Central Victoria, is surrounded by Box-Ironbark parks and forests including Paddys Ranges State Park, Maryborough Regional Park and Craigie State Forest. Walking is one of the best ways to see and enjoy the township and the surrounding bush. The Maryborough Bush and Town Walk takes advantage of many of the natural and historical features while providing opportunities for the health benefits of walking.



## Short walks

There are several sections or loops that can be done as individual walks. These include:

- 1 **Goldfields Reservoir Walk** – approx 1.7km
- 2 **Paddys Ranges State Park** - Loop walk from the picnic area - approx 1.8km
- 3 **Craigie State Forest** - Battery Dam to Bull Gully rock wells – approx 2km return

Each of these walks will take about 45 minutes. Any other section of the walk can also be done separately.

## Facilities along the walk

The Information Centre in Alma Street can provide visitors with answers to many of their questions.

Picnic tables, parking areas, barbecues and other visitor facilities are shown on the map. Some sections of the walk have interpretive signage.

Toilets are located at the Goldfields Reservoir, Paddys Ranges State Park picnic area and campground, and at the Information Centre in Maryborough.

## What is the WALK IT campaign?

WALK IT is a joint initiative of Central Victorian Health Alliance and Central Goldfields Shire in partnership with Parks Victoria, Maryborough District Health Services and local community groups.

The campaign aims to increase regular incidental and recreational walking as part of healthy lifestyle for both residents and visitors.

## Welcome to the Maryborough Bush and Town Walk

The Maryborough Bush and Town Walk uses footpaths throughout the town, minor gravel roads and specially constructed walking trails in the bush. Much of the walk is signed, although carrying this brochure with you will help you locate your position on the map.

The walk, which can be done in sections, is about 25 kilometres in total. It takes in some of the sights of the township such as Bristol Hill and its lookout tower, some beautiful old buildings as well as the old Goldfields Reservoir on the edge of town.

The walk also includes Paddys Ranges State Park with its picnic area and campground, Maryborough Regional Park and Craigie State Forest which includes the old Battery Dam site with its Eucalyptus distillery remnants and the Bull Gully Aboriginal rock wells.

Dogs are not permitted in Paddys Ranges State Park. In all other areas they must be kept on a leash at all times.

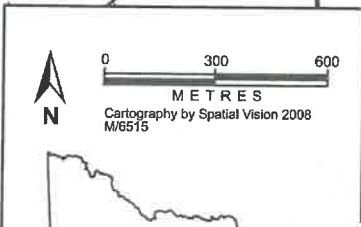
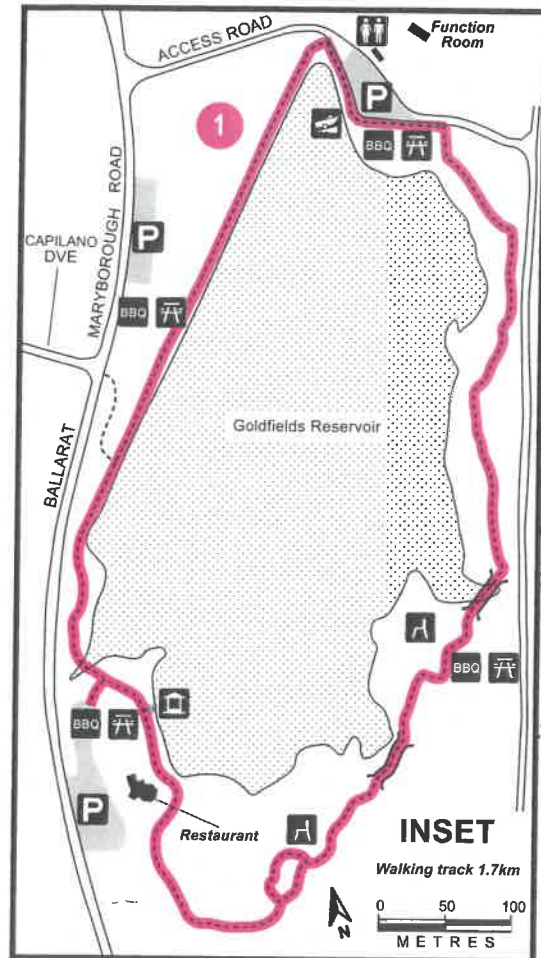


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# Maryborough Bush & Town Walk



- Goldfields Reservoir Walk
- Paddys Ranges State Park Loop Walk
- Craigie State Forest Battery Dam to Bull Gully Rock Wells

## Maryborough Bush & Town Walk

- |                       |               |   |                  |
|-----------------------|---------------|---|------------------|
| Highway               | State Park    | Barbecue - Wood                         | Park information |
| Sealed road           | Regional Park | Boat ramp                               | Picnic table     |
| Unsealed road         | State Forest  | Camping                                 | Seat             |
| Vehicular track (4wd) | Water body    | Carpark                                 | Toilets          |
| Walking track         |               | Facilities for people with disabilities | Viewing shelter  |
|                       |               | Fireplace                               |                  |

