



## Travel and Accommodation Subsidy Program

The Victorian Patients Transport Assistance Program (VPTAS) is available to provide partial reimbursement of expenses, for people who need to travel a distance of at least 100km one way to attend a specialist medical appointment. For more information call the **VPTAS Claims Office 1300 737 073** [www.health.vic.gov.au/ruralhealth/patient-transport-assistance.htm](http://www.health.vic.gov.au/ruralhealth/patient-transport-assistance.htm)

### Loddon Mallee Region

Commonwealth Carelink Centres target their support services towards individuals, clients, carers, general practitioners, health professionals and service providers. For more information and guidance call the toll free number **1800 052 222** [www9.health.gov.au/ccsd/](http://www9.health.gov.au/ccsd/)



## Getting Around Castlemaine

Here is a guide to help you explore Castlemaine and surrounding areas. Bicycles can be hired from the historic **Castlemaine Market Building** in Mostyn street **5471 1795**

**V/Line coach** and **V/Line train** services, including timetables **1800 800 007** or [www.vline.com.au](http://www.vline.com.au)

**Castlemaine Station 5472 4205**

**Castlemaine bus lines** runs buses between Castlemaine and outlying areas **5472 1455** [www.castlemainebuslines.com.au](http://www.castlemainebuslines.com.au)

**Castlemaine Taxis** provide taxi services on demand throughout the shire **131 008**

**Victorian Goldfields Railway** runs a historic steam train between Castlemaine, Muckleford and Maldon on Wednesdays and Sundays.

Visit [www.vgr.com.au](http://www.vgr.com.au) or call **5470 6658**

## Companion Card

The Companion Card is for people with a significant permanent disability, who always need a companion to provide attendant-care support to attend community venues and participate in activities. The card allows the holder to be charged only one admission fee. For more information call the **Companion Card Program** on the toll free number **1800 650 611** [www.companioncard.org.au](http://www.companioncard.org.au)

## Multi Purpose Taxi Card Program

The Multi Purpose Taxi Card gives members half price taxi fares, paying up to \$60.00 per trip. To be eligible, you must have a disability that restricts your ability to access public transport on your own without assistance. For more information call the **Victorian Taxi Directorate** on the toll free number **1800 638 802** [www.taxi.vic.gov.au/passengers/mptp](http://www.taxi.vic.gov.au/passengers/mptp)

## Cycling

Cycling is a great way to get to work, the shops or school. It is a great way to get exercise and get to know your town. Pump up your tyres, grab your helmet and you're ready to go! For riding routes, tips or support visit **Bicycle Network Victoria** on [www.bv.com.au](http://www.bv.com.au) or call on toll free **1800 639 634**

## Walking

Walking is easy, social, fun and free! People walk for many reasons, to relax, for exercise, to get somewhere, because the dog needs it, because it's cheap or just to get out of the house. Walking around the town centre is a great way to travel and it's something you can start doing right now.

For walking information, tools and support visit Victoria Walks website on [www.victoriawalks.org.au](http://www.victoriawalks.org.au) or call on **(03) 9662 3975**

## Physical Activity

Everyone knows that maintaining a healthy lifestyle includes eating right and being physically active almost every day. For adults, only 30 minutes of moderate activity is needed to reap the benefits of lower blood pressure, reduction of the risk of certain chronic diseases, such as heart disease and type 2 diabetes and decreasing the likelihood of developing osteoporosis.

Being more active, can also improve your mental health and provides opportunities for skill development and social connections.

It doesn't have to be complicated or take up too much time... so get moving while taking in the sights of Castlemaine.

**Park your car and take a walk or ride a bike and check out some of the exciting places around Castlemaine.**



### Around Castlemaine you can...

Visit the Castlemaine Art Gallery and Historical Museum or Buda Historic Home and Garden where you can view the richness of Australian artistic talent and culture first hand.

Take a leisurely stroll around the beautiful Castlemaine Botanical Gardens, feed the ducks and enjoy a picnic by the lake, only a 20 minute walk from the CBD. Alternatively spend some time up at the north end of the gardens at the award winning children's playground.

If history is your passion, then one of the best ways to experience the area's rich gold history is to take a self-guided podcast tour, or take a journey on the historic steam railway between Castlemaine and Maldon.

## MAKING IT EASIER TODAY.



The Getting Around Project is funded through the Victorian Government's Transport Connections Program, a cross-government initiative to help communities with limited transport options improve access to services and activities.

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### Around Castlemaine .... (cont'd)

If you want to explore a little further, then hire a bike from the Visitor Information Centre at the historic Castlemaine Market Building, and try some of the easier rides around Castlemaine and beyond.

The Visitor Centre has a variety of information on walking and cycling options, attractions, events and eateries.

If you have a spare hour or two then spend some time exploring Castlemaine's smaller galleries or attractions. Wander through vintage or second-hand book stores, enjoy local produce at one of many cafes, browse through boutique stores, or simply walk around the town centre and view the architecture, wide streets and European gardens.

Community gardens are also a great way to socially connect with others, why not give it a try!

## Markets in the Mount Alexander Shire

**Castlemaine Farmers Market**

first Sunday, most months

**Castlemaine Artists Market**

first Sunday, most months

**Wesley Hill Market**

Saturday mornings

**Maldon Market**

second Sunday each month

**Castlemaine Garden Market**

November

**Newstead Market**



















March and November

For more information on markets and other events go to [www.maldoncastlemaine.com.au](http://www.maldoncastlemaine.com.au)





### Castlemaine Access Map

-  Accessible parking
-  Accessible WC
-  Accessible ATM
-  Shops
-  Preferred crossing
-  Medical Clinic
-  Steep gradient
-  Medium gradient
-  Bus stop
-  Taxi rank
-  Access ramp
-  Public phone
-  WC
-  Seating
-  Drinking fountain
-  Scooter/wheelchair recharge
-  Pedestrian underpass
-  Post Office