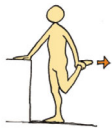


TIPS FOR SAFE WALKING

- Remember to warm up, stretch & cool down
- Drink plenty of water before, during and after walking
- Walk within your own capabilities and at a comfortable pace
- Walk in the cooler part of the day
- If you are unwell or have an injury, don't walk - wait until you have fully recovered
- Dress appropriately - wear comfortable footwear and clothing, sunscreen and a hat
- If you have chest pain or discomfort while exercising, STOP immediately and seek medical advice

Pre & Post Walking Stretches

Hamstring Stretch - Extend one leg forward keeping it straight with toes pointing upwards, slowly bend forward at the hips keeping it straight. Hold for 20 seconds and repeat with other leg.







Quad Stretch - Stand on one leg and hold onto a support for balance, bend up one knee. Keep thigh straight in line with body, do not bend hip. Hold it with the same side hand and gently pull up towards buttocks. Hold for 20 seconds and repeat with other leg.

Calf Stretch - Stand with one leg in front of the other leg with both feet facing the same way, place your hands on something for support, slowly bend knees keeping heels on the floor, as shown, until stretch is felt. Hold for 20 seconds and repeat with other leg.



KEY

	Bassendean Walking Trail
	Eden Hill Walking Trail
	Ashfield Walking Trail
	Public Toilets
	Car Park
	Picnic Area



For more information:

log onto www.bassendean.wa.gov.au
or contact **Leisure Services on 9377 8000**

be active wa

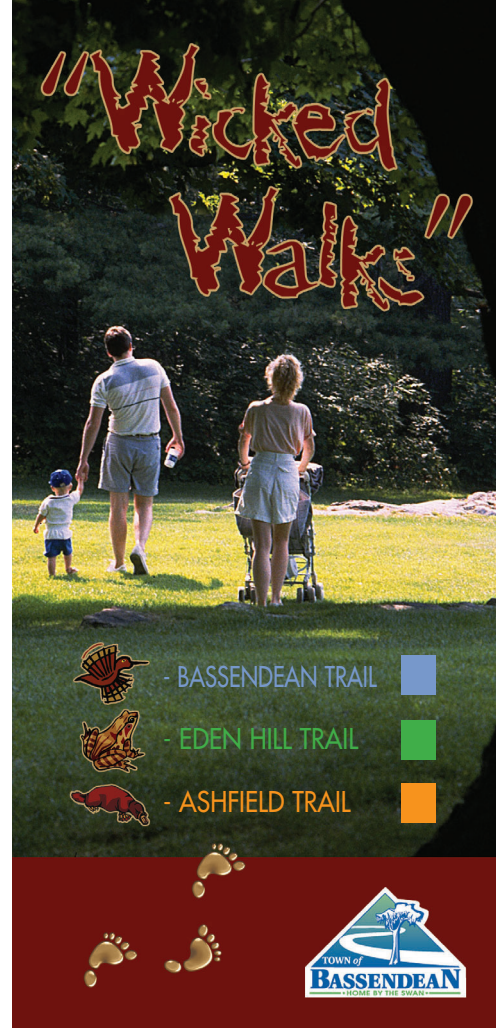
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WESTERN AUSTRALIAN
LOCAL GOVERNMENT ASSOCIATION

WALK
FRIENDLY

Find thirty
It's not a big exercise.
It's a big difference.

WALK
where today



- BASSENDEAN TRAIL



- EDEN HILL TRAIL

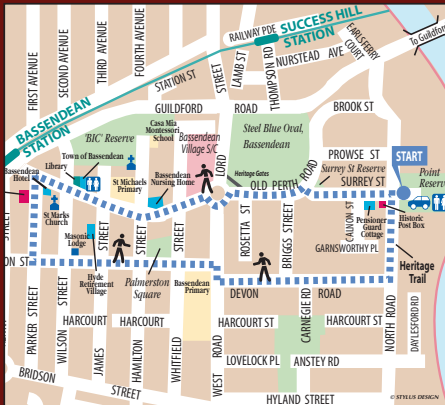


- ASHFIELD TRAIL



WALKING TRAILS

BASSENDEAN



Take a walk through the heart of Bassendeans, this historical Town is full of rich history and picturesque parklands. Starting at Point Reserve, by the Swan this walk will immerse you in the local charm of Bassendeans.

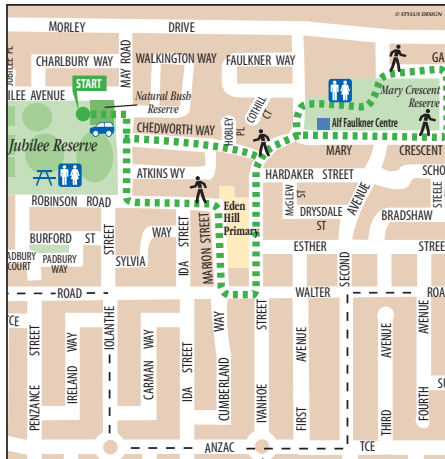
Time: 30 min
Length: 2.6 Km



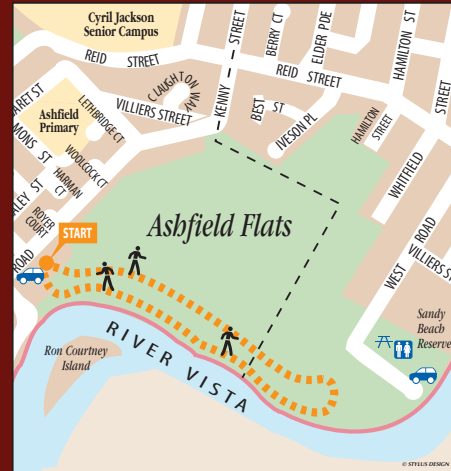
EDEN HILL

Eden Hill situated in the northern ward of the Town, contains natural bushland making it a great area to take a stroll. The walking trail connects two of the Town's parklands: Jubilee Reserve and Mary Crescent Reserve, which are significant meeting places.

Time: 30 min
Length: 3 Km



ASHFIELD



Ashfield Flats is a significant wetland sanctuary for wildlife on the Swan River. Walk along the banks and watch the peaceful flow, as it meanders its way along the flats of Ashfield. This walk stretches from the Boardwalk to Sandy Beach Reserve.

Time: 30 min
Length: 2.6 Km

