

PARRAMATTA

SELF-GUIDED WALKING & CYCLING TRAILS



Get Active

**Stretch your legs in Parramatta –
by taking one of the city's
walking or cycling trails!**

Wanting to get out and about
– and get fit at the same time?
Parramatta's got plenty of places
to go walking or running.

Parramatta provides wonderful
opportunities for physical
exercise and activity, including
some beautifully scenic walking
and running paths.

So don't just get out and about
in Parramatta – **GET ACTIVE!**

There are also excellent sporting facilities throughout the city – from swimming pools to playing fields, tennis courts to golf courses, skate parks to bowling greens, gyms to playgrounds.

The routes in this booklet let you design your own exercise program, depending on how much time you have, who you are with, your existing level of health and fitness, even the mood you're in.



How often should I exercise?

Try to exercise every day if you can. Ideally, adults need at least 30 minutes of moderate exercise most days of the week.

Some tips for exercising safely:

- + Don't forget to warm up before you start, and cool down when you're done.
- + Remember to be sun smart when exercising outdoors.
- + Drink some water before you head out, and carry more with you, especially in hot weather.

- + Avoid the hottest times of the day. Try to keep to shaded areas.
- + If your breathing becomes uncomfortable, slow down. Try not to stop completely if you have been walking briskly or jogging as this can cause dizziness.
- + Avoid walking immediately after meals.
- + Don't walk or jog if you have a fever or bad cold or otherwise feel ill or in pain.

Map of all routes



Family and friends

Walk or run with your partner, a friend or a workmate and catch up on things while you exercise.

+ Juggling too much? Not enough time? Take the kids with you. Push babies and toddlers in a pram; older children can ride alongside

(or ahead!) on their bikes or scooters.

+ Join a walking or jogging group. You might be surprised by how many like-minded souls you meet.

Finding it hard to keep at it?

- + Start gradually, and increase the length of your route and your pace a little at a time.
- + Instead of walking for 30 minutes in one go, try 10-minute walks three times a day.
- + Vary your routes so you can enjoy a change in scenery

1-Riverside Walk

→ A popular and fun track taking in the Riverwalk artwork

Track Conditions

Flat winding concrete track with option to connect to Route 2



 **LENGTH** 0.6 km | **TIME** 9 mins | **GRADE** short & easy

DATE	DISTANCE	TIME

MEASURE UP! Wearing a pedometer to measure how many steps you take may give you just the motivation you need. Most adults should aim for at least 10,000 steps a day.



2-The Foreshore Track

→ Follows the river from the CBD to the mangroves



Track Conditions
Flat winding concrete track



LENGTH

1.2 km

TIME

18 mins

GRADE

easy

DATE	DISTANCE	TIME



ROAD RUNNER! Always obey the Australian Road Rules when crossing roadways, especially at intersections.

3-Parramatta Park Inner Loop

→ The best of the park along an easy and fun track through native bushland.

Track Conditions

Gravel, bitumen and grass with slight inclines.



LENGTH

2 km

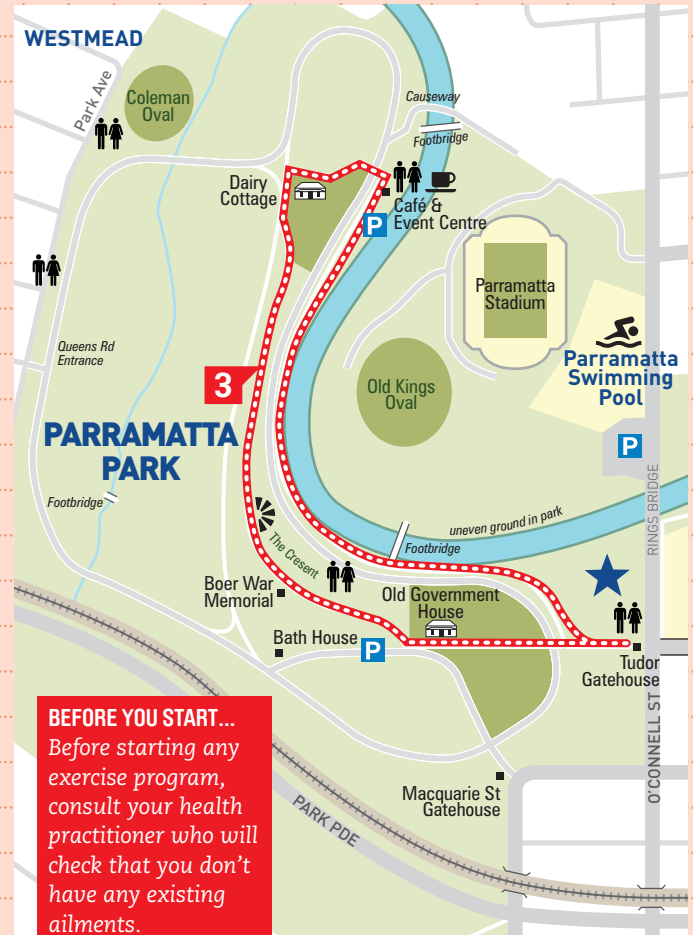
TIME

30 mins

GRADE

medium

DATE	DISTANCE	TIME



BEFORE YOU START...
Before starting any exercise program, consult your health practitioner who will check that you don't have any existing ailments.

4-Parramatta Park Outer Loop

→ Goes through the diverse landscape of this expansive park with its many hidden gems.

Track Conditions

Bitumen track with multiple inclines along the route.



LENGTH

2.9 km

TIME

42 mins

GRADE

medium

DATE	DISTANCE	TIME



CYCLISTS should only use marked cycle paths and observe road regulations

5-Cross Parramatta Track



LENGTH

4.8 km

TIME

70 mins

GRADE

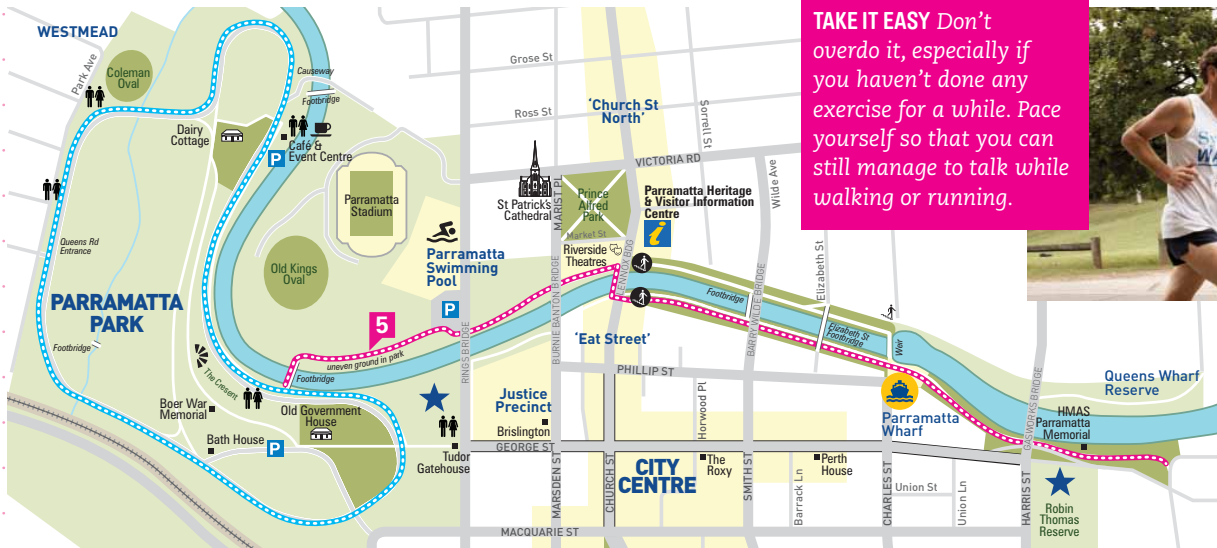
hard

→ Traverses the city, allowing you to take in the sights as you challenge yourself.

Track Conditions

Combination of track types including grass, flat with inclines in Parramatta Park.

DATE	DISTANCE	TIME



TAKE IT EASY Don't overdo it, especially if you haven't done any exercise for a while. Pace yourself so that you can still manage to talk while walking or running.



Disclaimer

Parramatta City Council (Council) has endeavoured to ensure that there are no errors or inaccuracies in this publication.

Council disclaims (to the extent permitted by law) all liability whatsoever for losses, damages or costs of any kind suffered or incurred by users of this publication resulting from the use of this publication or undertaking any activities mentioned in this publication.

Council encourages all users of this publication to engage safely in any activities mentioned.

Any persons undertaking activities mentioned do so at their own risk and they must exercise their own independent judgement about whether they have the skills and capabilities to undertake the activities.

Users of this publication are advised that:

- This publication is informative only and general in nature.
- This publication is not specifically provided for individual users and must not be treated as advice which individual users can rely upon.
- Council does not warrant the accuracy or completeness of any information in the publication.
- Council asserts copyright and all other intellectual property rights in this publication.
- This publication (nor any part of it) may be reproduced by any process without Council's prior written or as otherwise permitted under the laws relating to copyright.

For more things to see & do go to
→ www.discoverparramatta.com

Printed May 2010
© Parramatta City Council

Images by: Terence Chin
Maps by: visualvoice.com.au

Proudly supported by



Australian Government
**Department of Resources
Energy and Tourism**

