

GET WALKING IN BLACKTOWN CITY



Camomile Street, The Ponds

Why walk?

Walking is the most popular exercise. It is free, safe, good for the mind, body and the environment, and can be done by most people. So try to walk every day!

Find popular places to walk

Walk to places near you like parks, shops, libraries and schools instead of driving. Walk with your dog on a leash.

Visit www.blacktown.nsw.gov.au and www.westernsydneyparklands.com.au for local parks and reserves, off-leash areas and maps of walks.

Popular places to walk

Each number shows where a walk is. More about each walk is on the next page.



Find people to walk with

Arrange to walk with a friend or family member.

For walking groups near you visit www.heartfoundation.org.au/walking/find-walk or phone 13 11 12

For community walking events near you visit Park Run www.parkrun.com.au and Run West www.runthewest.com.au

For more help to be active

Sign up for your free telephone health coach from the NSW Health Get Healthy Service www.gethealthynsw.com.au or phone 1300 806 258.

For tips and tools visit makehealthynormal.nsw.gov.au

For other ways to be active visit www.westernsydneydiabetes.com.au/framework-for-change/prevention-and-screening/healthy-living-options-for-western-sydney

www.activeandhealthy.nsw.gov.au

For more information contact:

Western Sydney Local Health District,
Centre for Population Health,
Phone: 9840 3708
WSLHD-HPLG@health.nsw.gov.au

Blacktown City Council
Phone: 9839 6000
Council@blacktown.nsw.gov.au



Health
Western Sydney
Local Health District

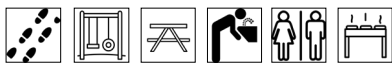
Popular places to walk



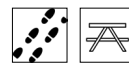
1 Blacktown Showground Francis Park, Blacktown



2 Nurragingy Reserve, Doonside (2.7km walk)



3 Remembrance Gardens, Mount Druitt



4 International Peace Park, Seven Hills (1.7 km)



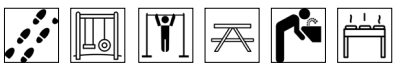
5 Brewongle Walkway, Blacktown (1.5km walk)



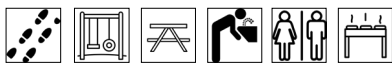
6 RAAF Memorial Park, Mount Druitt (900m walk)



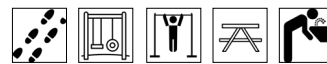
7 Woodcroft Lake Reserve, Woodcroft (890m walk)



8 Plumpton Park Wetlands, Plumpton (1.1km walk)



9 Timbertop Reserve / William Lawson Park, Prospect (1.1km walk)



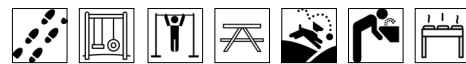
10 Second Ponds Creek, The Ponds (2.7 km walk)



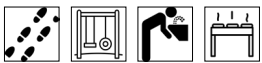
11 Oppy Reserve / Quakers Hill Park, Quakers Hill (1.3km walk)



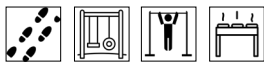
12 Alwyn Linfield Reserve, Glenwood



13 Ashley Brown Reserve, Lalor Park



14 Bungaribee Homestead / Wawarrawarri Park, Bungaribee



Great West Walk
A detailed map and alternative local loops can be found at this link.
greatwestwalk.com.au
www.blacktown.nsw.gov.au/gww

KEY



walking path



playspace



outdoor fitness equipment



table/seats



off-leash dog park



drinking water



toilet open during the day



barbeque