

City of  
**Cockburn**



wetlands to waves

# A Guide to Walks in the City of Cockburn





## A Guide to Walks in the City of Cockburn

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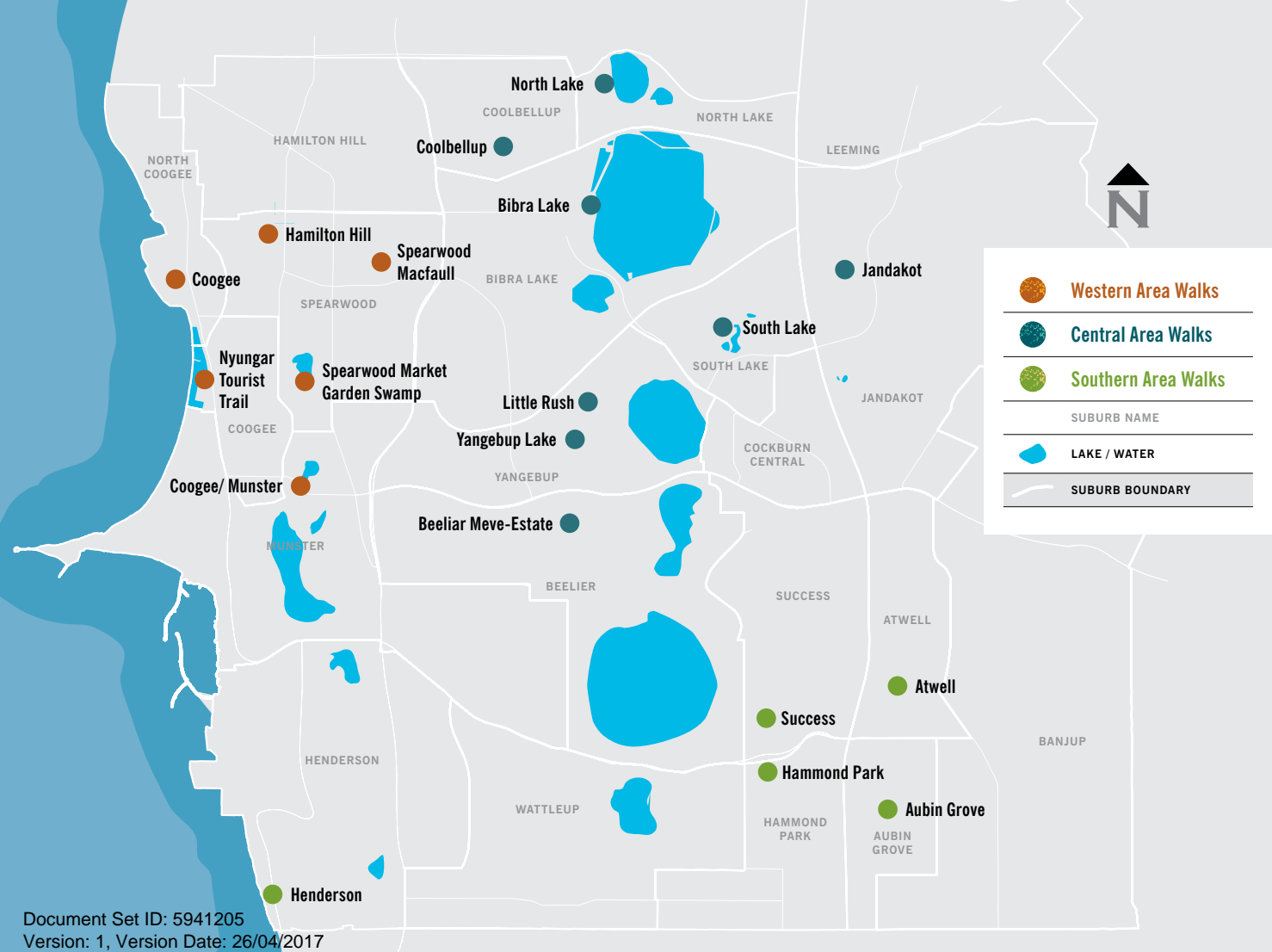
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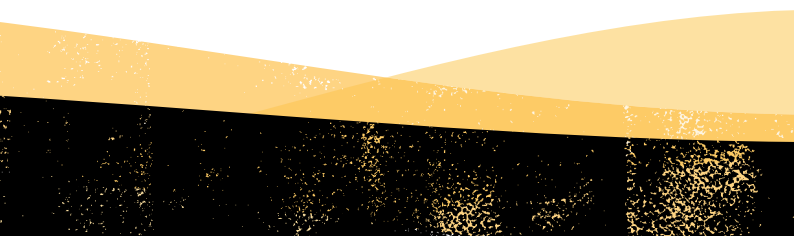
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Information within this booklet is current at the time of going to press. The latest news about physical activity and health is available at [www.beactivecockburn.com.au](http://www.beactivecockburn.com.au)

Comments can be emailed to: [beactive@cockburn.wa.gov.au](mailto:beactive@cockburn.wa.gov.au)



## Introduction

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Walking is an enjoyable, low-impact exercise for people of all ages and abilities to become physically active. Make walking a part of your day, go with a friend and set yourself goals to get started.

This guide can be used for recreational purposes as well as connecting to places of interest in the City, including parks, shops, schools and places of cultural significance.

Most walks are on sealed paths and are accessible to everyone.

### **Path Courtesy**

Path users should stay to the left to ensure others can overtake when needed. Bike riders should ring their bell or verbally notify walkers when overtaking. When overtaking, riders should pass on the right side then move back to the left.



## Symbols used in maps

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BBQ



Picnic Setting/ Table



Bus/Train Stop



Playground



Water Fountain



Point of Interest



Exercise Equipment



Rest Stop



Parking



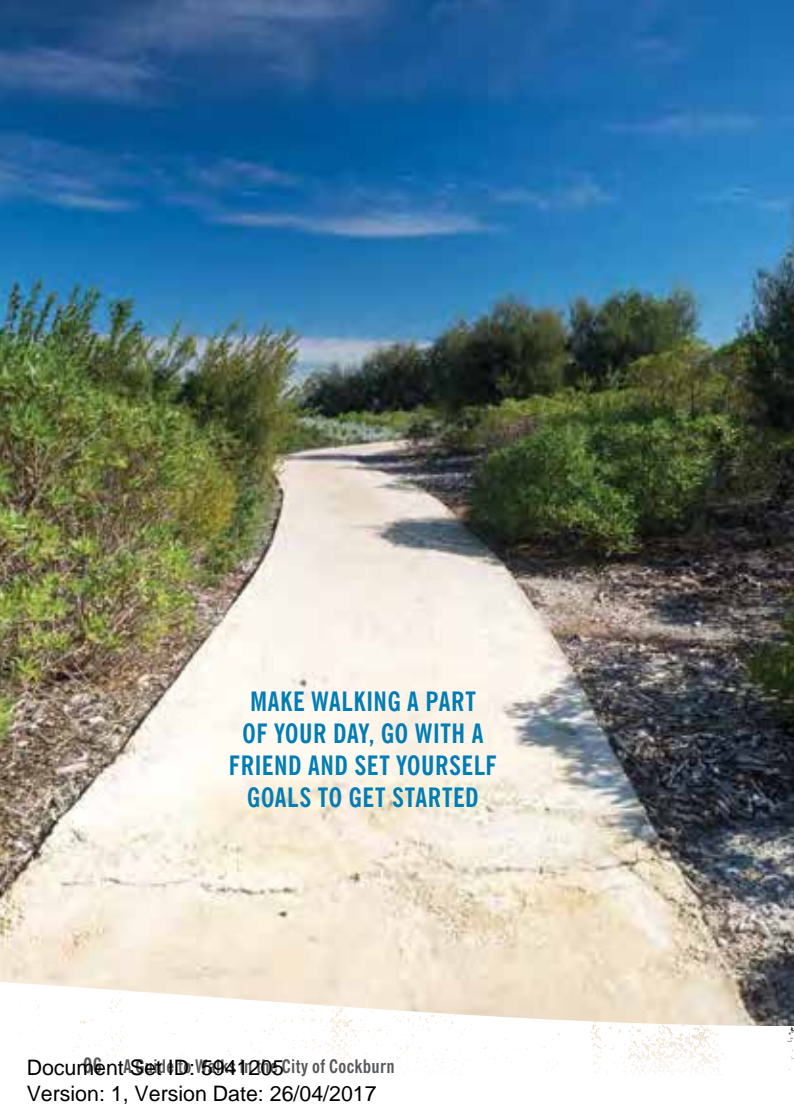
Toilets

## Calculate your walking time

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Speed	10 Mins	20 Mins	30 Mins
Slow	0.6km	1.2km	1.8km
Medium	0.9km	1.8km	2.7km
Fast	1.1km	2.2km	3.3km

As a guide, most people walk approximately 100 steps per minute.

A paved walking path winds through lush green bushes and trees under a clear blue sky. The path is made of light-colored concrete and curves gently to the right. The surrounding vegetation is dense and vibrant green. The sky is a deep blue with a few wispy clouds near the horizon.

**MAKE WALKING A PART  
OF YOUR DAY, GO WITH A  
FRIEND AND SET YOURSELF  
GOALS TO GET STARTED**



## Health and Safety Tips

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- If you have an existing chronic condition such as heart disease or diabetes, consult your medical physician before commencing any physical activity program
- Begin with a warm-up and gentle stretching and finish with a cool down
- Slow down if you begin to feel breathless or experience chest pain
- Wear sunscreen, a hat, protective clothing and sunglasses and bring water with you
- Choose well-fitting and supportive footwear
- Walk during the cooler times of the day
- Walk with others or in areas where there may be other people
- Take a mobile phone, or be aware of the nearest public phone
- Be mindful of wildlife including snakes, magpies, birds and insects
- Take care when crossing busy intersections

# Western Area Walks

- 10 Coogee
- 12 Coogee / Munster
- 14 Hamilton Hill
- 16 Spearwood Market  
Garden Swamp
- 18 Spearwood Macfaull
- 20 Nyungar Tourist Trail







COOGEE  
BEACH  
CAFE

BEACH RD

AMITY BLVD

COCKBURN RD



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## Coogee

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**Description** A seaside walk that promotes relaxation with its views

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<b>Walk Details</b>	Steps	3,900
	Time	39 mins
	Length	3.1 km

---

**Map  
Orientation**





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## Coogee / Munster

---

**Description** A suburban walk that includes park land and greenery

---

<b>Walk Details</b>	Steps	3,200
	Time	27 mins
	Length	2.7 km

---

**Map  
Orientation**





SOUTHEND RD

CLAYGATE RD

WINFIELD ST

JANSON RD

GLENISTER RD

MANNING LAKE

STEEP HILL

WARNING: ROUGH PATHS,  
BUT WORTH THE VIEW  
IF YOU ARE ABLE.

MANNING PARK

LOOKOUT

STEEP STEPS

LOOKOUT

AZELIA RD

GORHAM WAY



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## Hamilton Hill

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**Description** Spectacular 360 degree views from the lookouts and a great place to improve your fitness, or just have a gentle leisurely walk around the lake

---

<b>Walk Details</b>	Steps	4,000
	Time	40 mins
	Length	3.6 km

---

**Map  
Orientation**





MELL RD

ZLYNYA CIRCLE

GARDEN RD

MARKET GARDEN SWAMP

PENNLAKE DR

MILOS LOOP

ANISE CRT

STOCK CRT

GEROVICH WAY

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## Spearwood Market Garden Swamp

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**Description** A quick walk that surrounds the local park and previous market gardens

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<b>Walk Details</b>	Steps	1,700
	Time	17 mins
	Length	1.5 km

---

**Map  
Orientation** 

---



DUBOVE PARK

MARCH ST

P



POMFRET RD

GERALD RESERVE



GOFFE ST

GERALD ST

MELUN ST

MACFAULL PARK

FALSTAFF CRES

TRAVERS ST

P

SPEARWOOD  
PRIMARY  
SCHOOL

FALSTAFF CRES

GOWER ST

SPEARWOOD AVE

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## Spearwood Macfaull

---

**Description** A quick and easy walk that surrounds the local park and suburb

---

<b>Walk Details</b>	Steps	2,200
	Time	22 mins
	Length	2 km

---

**Map  
Orientation**





SPEARWOOD AVE

COCKBURN RD

MEDINA PDE

DEVONSHIRE LINK

LULLWORTH TCE

HYDASPES VISTA

BOMBAY HEIGHTS

PODMAN LOOP

ORSINO BLVD

CHIEFTAIN ESPLANADE

PANTHEON AVE

ORSINO BLVD

LUCRETIA CIRCLE

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## Nyungar Tourist Trail

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**Description** In a recently built estate, this walk has many sweeping views

---

<b>Walk Details</b>	Steps	2,300
	Time	23 mins
	Length	2.1 km

---

**Map  
Orientation**



# Central Area Walks

- 24 Beeliar Mevé-Estate
- 26 Bibra Lake
- 28 Coolbellup
- 30 Jandakot
- 32 Little Rush Lake
- 34 North Lake
- 36 South Lake
- 38 Yangebup Lake









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## Beeliar Mevé-Estate

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<b>Description</b>	A pleasant walk that focuses on the community and a peaceful lake
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---

<b>Walk Details</b>	Steps	3,800
	Time	40 mins
	Length	3.6 km

---

**Map  
Orientation**



BEELIAR  
REGIONAL PARK

HOPE RD

BIBRA DRV



PROGRESS DRV

BIBRA LAKE  
RESERVE



BIBRA  
LAKE



ADVENTURE  
WORLD



PROGRESS DRV

BIBRA DRV

NORTH LAKE RD

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## Bibra Lake

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<b>Description</b>	This wetlands gem is surrounded by a sealed path the entire way around the lake
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<b>Walk Details</b>	Steps	6,700
	Time	60+ mins
	Length	6 km

---

**Map  
Orientation**





WAVERLEY RD



FRIAR JOHN WAY

ROMEO RD

PARIS PL

JULIET RD

LEN  
PACKHAM  
RESERVE



TYBALT PL

CAPULET ST

CORDELIA AVE

LAVINIA CRES

ROSALIND WAY

BENEDICK RD

RINALDO CRES

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## Coolbellup

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**Description** This walk includes gentle inclines and declines

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<b>Walk Details</b>	Steps	2,850
	Time	32 mins
	Length	2.8 km

---

**Map  
Orientation**





CLEMENTS PL



LAKES WAY

GLEN IRIS DRV

BERRIGAN DRV

GLENDALÉ CRES

LAKES WAY

DEAN RD

KOORALBYN VALLEY CRES

HARTWELL PDE

KWINANA FWY

JANDAKOT RD



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## Jandakot

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<b>Description</b>	An enjoyable suburban walk that includes both sealed and unsealed paths
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<b>Walk Details</b>	Steps	4,800
	Time	48 mins
	Length	4.3 km

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**Map  
Orientation**





NORTH LAKE RD

SAMUEL  
CAPORN  
RESERVE

DOTTEREL WAY

OSPREY DRV

▲ No Crossing

SWALLOW DRV

NICHOLSON  
RESERVE

▲ NO PATHWAY

PELICAN RAMBLE

YANGEBUP  
FLORA AND  
FAUNA RESERVE

**P**

MOORHEN DRV

TERN LOOP

PIONEER DRV

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## Little Rush Lake

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### Description

This walk includes both suburban and native bush views

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### Walk Details

Steps	4,800
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Time	60 mins
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Length	4.3 km
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### Map Orientation



MURDOCH  
UNIVERSITY  
SPORTS GROUND

FARRINGTON RD

NORTH LAKE

BEELIAR  
REGIONAL  
PARK

PROGRESS DRV

DU MAURIER RD

MASEFIELD AVE



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## North Lake

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<b>Description</b>	A nature-lovers' delight on a limestone track through bushland around the lake
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<b>Walk Details</b>	Steps	2,700
	Time	27 mins
	Length	2.4 km

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**Map  
Orientation**





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## South Lake

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**Description** A picturesque walk that begins at the shops and passes the local primary school

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<b>Walk Details</b>	Steps	2,700
	Time	27 mins
	Length	2.4 km

---

**Map  
Orientation**



BEELIAR  
REGIONAL  
PARK

SAMUEL  
CAPORN  
RESERVE

OSPREY DRV

NORTH LAKE RD

YANGEBUP  
FLORA AND  
FAUNA RESERVE

MOORHEN DRV



BEELIAR DRV

TAMARA DRV

KOGOLUP  
LAKE



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## Yangebup Lake

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<b>Description</b>	A walk that includes both bushland and suburbia with great views
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<b>Walk Details</b>	Steps	7,600
	Time	60 mins
	Length	4.3 km

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**Map  
Orientation**



# Southern Area Walks

- 42 Atwell
- 44 Aubin Grove
- 46 Hammond Park
- 48 Henderson
- 50 Success







REPOSE TCE

UNITY WAY

AFFINITY WAY

WINDCHIME TCE

AURORA DRV

HARMONY  
PRIMARY  
SCHOOL

P

HARMONY AVE

KINSHIP WAY

EUPHONY WAY

LYON RD

HARVEST LAKES BLVD

OPTIMA  
BEND

GOODWILL AVE

GIBBS RD

---

## Atwell

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**Description** A pleasant walk in a modern suburb that includes a peaceful lake

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<b>Walk Details</b>	Steps	3,600
	Time	36 mins
	Length	3.2 km

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**Map  
Orientation**





BANKSIA / EUCALYPT  
WOODLAND PARK

AUBIN GROVE LINK

CAPE LE GRAND AVE

YANCHEP LANE

CAPE RANGE CRES

BLUE BOY PARK

BLUE MOUNTAIN CCT

TATHIRA LANE

BLUE MOUNTAIN CCT

FLOWER  
PARK

TANGLE  
PARK

BRINDABELLA AVE

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## Aubin Grove

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**Description** A calming walk in the suburb that focuses on three local parks

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<b>Walk Details</b>	Steps	2,300
	Time	23 mins
	Length	2.1 km

---

**Map  
Orientation**





RUSSELL RD

BALER CRT

JURIEN WAY

CHRISTMAS  
TREE PARK

BARFIELD RD

INNESS VISTA

DUGGAN  
PARK

AVALON WAY

ASHENDIN BLVD

JACKADDER AVE

MACQUARIE BLVD

PLUMWOOD AVE

PLUMWOOD AVE

BOTANY PDE



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## Hammond Park

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**Description** An urban walk around two parks, one of which features a tranquil lake

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<b>Walk Details</b>	Steps	2,200
	Time	22 mins
	Length	2 km

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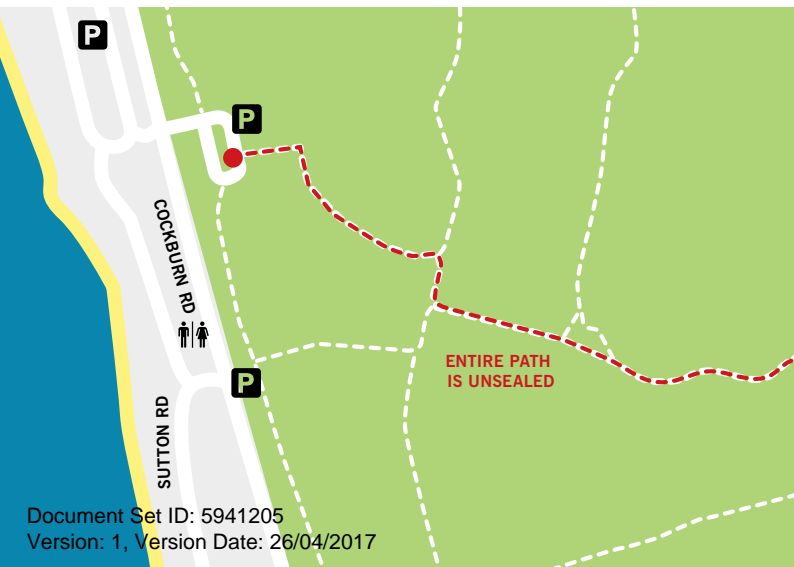
**Map  
Orientation**



## Henderson

### Description

A steady incline brings you to the Mount Brown lookout. From the shaded lookout enjoy panoramic views in all directions



**Walk Details**

Steps 2,700

Time 27 mins

Length 2.4 km

**Map  
Orientation**



**BEELIAR  
REGIONAL PARK**

**MOUNT BROWN  
LOOKOUT**





JACKSONIA PROMENADE

WENTWORTH PDE

TONGAROO BLVD

BRUSHFOOT BLVD

SUSETTA APPROACH

GERVASE AVE

BORONIA PARK

LAKE COPULUP

CATERPILLAR RD

HAMMOND RD

BRUSHFOOT BLVD

CRESSIDA PKWY

PURSLANE PARK

RUSSELL RD



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## Success

---

**Description** A walk that connects suburbia with the local park and challenges those wanting to walk a little further

---

<b>Walk Details</b>	Steps	3,300
	Time	33 mins
	Length	3 km

---

**Map  
Orientation**



*These guidelines are based on the Australian Physical Activity Guidelines (Australian Department of Health 2014).*

### **CHILDREN: 5–12 YEARS & YOUTH: 13–17 YEARS**

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**Type** Various aerobic activities, including some vigorous intensity activity.

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**Amount** 60 minutes+ of moderate to vigorous intensity physical activity every day.

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**Frequency** Children and youth should engage in activities that strengthen muscle and bone 3+ days a week. Additional benefits require several hours of activity per day.

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## ADULT: 18–64 YEARS

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**Type** Any form of physical activity is better than doing none. You should gradually build up to the recommended amount. Do muscle strengthening activities on at least two days each week.

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**Amount** Accumulate 2½ to 5 hours of moderate intensity physical activity or 1¼ to 2½ hours of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities each week.

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**Frequency** Be active on most, preferably all days, each week.

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### **OLDER ADULT: 65 YEARS +**

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**Type** Physical activity in any form, regardless of age, weight, health problems or ability. Should incorporate fitness, strength, balance and flexibility.

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**Amount** 30 minutes of moderate physical activity on most, preferably all, days.

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**Frequency** Be active on most, preferably all days, every week.

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Those who have stopped, or are starting a new physical activity, should begin at a level that is easily manageable and gradually build up to the recommended type, amount and frequency of activity.

Those who currently enjoy vigorous physical activity, should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.





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