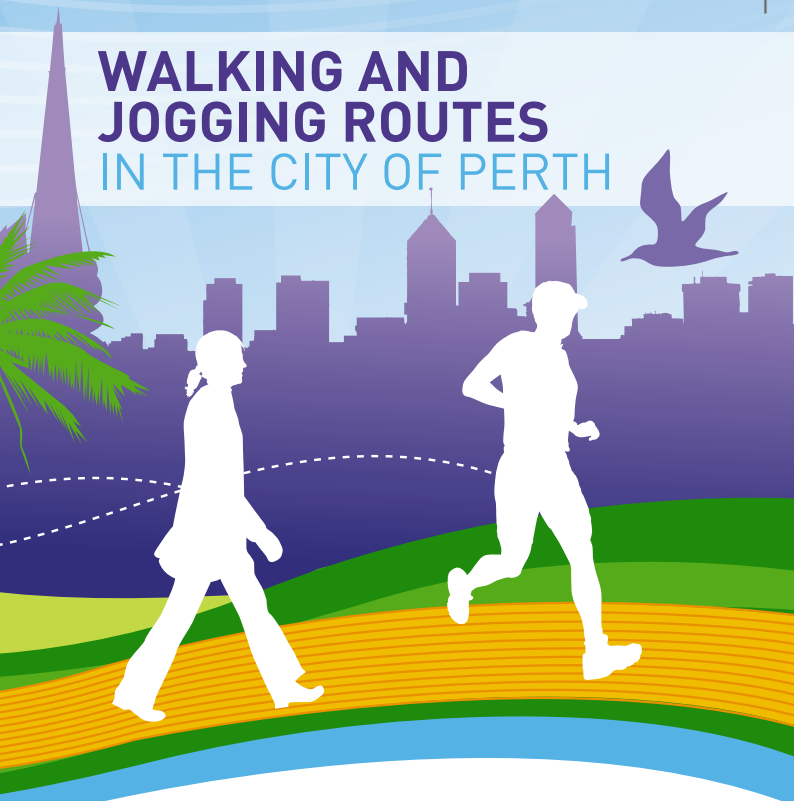




CITY of PERTH

# WALKING AND JOGGING ROUTES IN THE CITY OF PERTH



**be active wa**  
Premier's Physical Activity Taskforce

**lotterywest**  
supported

  
**WALGA**

**GET ACTIVE IN THE CITY**

This pocket guide has been developed with the entire community in mind and provides all the information you need to know about the best walking and jogging routes in the City of Perth.

Whether it's a brisk lunchtime walk or a weekend jog along the riverside, you can use this guide to explore the city's parks and gardens or even treat yourself to the spectacular views of the Swan River and the city skyline from Jacob's Ladder lookout.

Why not take a break from your day and find thirty amongst the beautiful backdrop that is the City of Perth....

**AUSTRALIAN PHYSICAL ACTIVITY GUIDELINES**

**Guidelines for Adults**












- Think of movement as an opportunity, not an inconvenience
- Be active every day in as many ways as you can
- Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days
- If you can, also enjoy some regular, vigorous activity for extra health and fitness

**Guidelines for Children (those under the age of 18)**

- Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

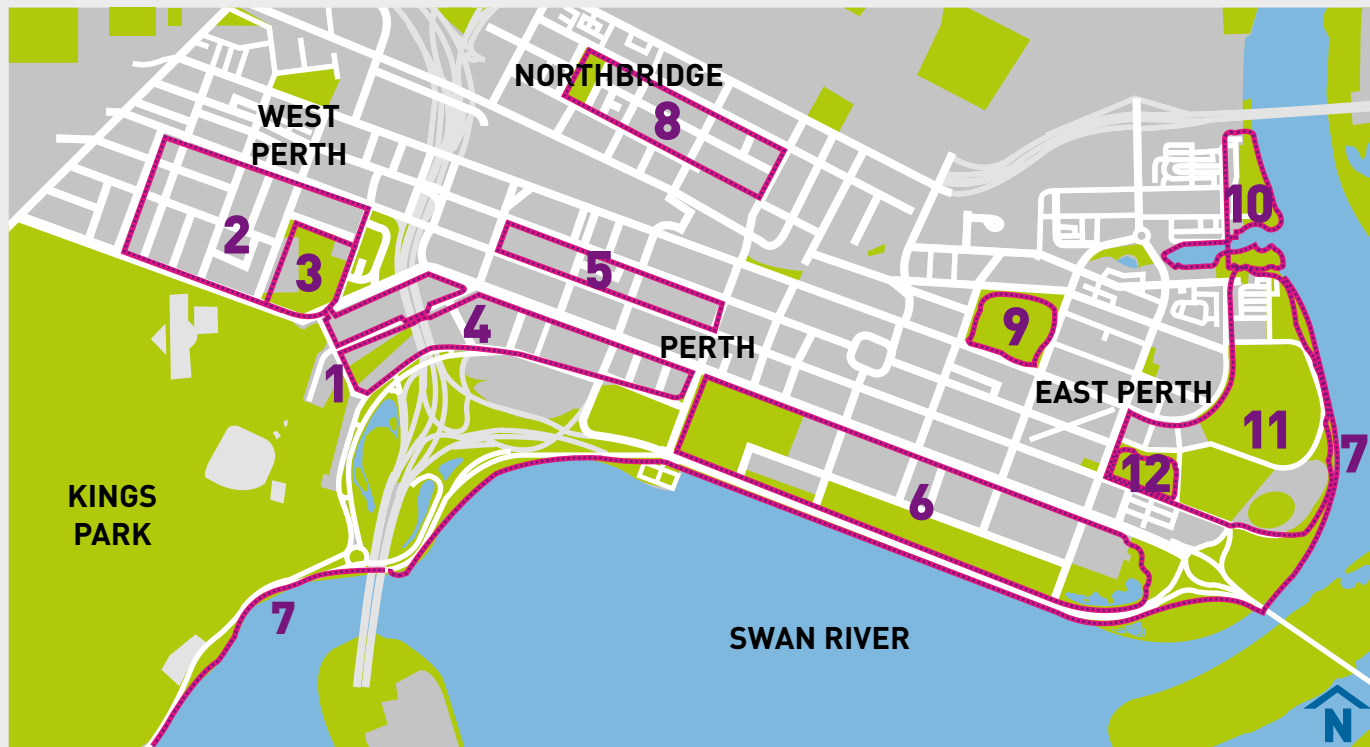
To help you gauge how much activity you do, use a pedometer and aim for at least 10, 000 steps a day.

**LEGEND**

-  CAR PARK
-  EXERCISE EQUIPMENT
-  CAT BUS STOP - BLUE
-  PICNIC FACILITIES
-  CAT BUS STOP - RED
-  PLAYGROUND
-  CAT BUS STOP - YELLOW
-  TOILETS
-  DRINK FOUNTAIN
-  PLACE OF INTEREST
-  WALKING AND JOGGING TRACK



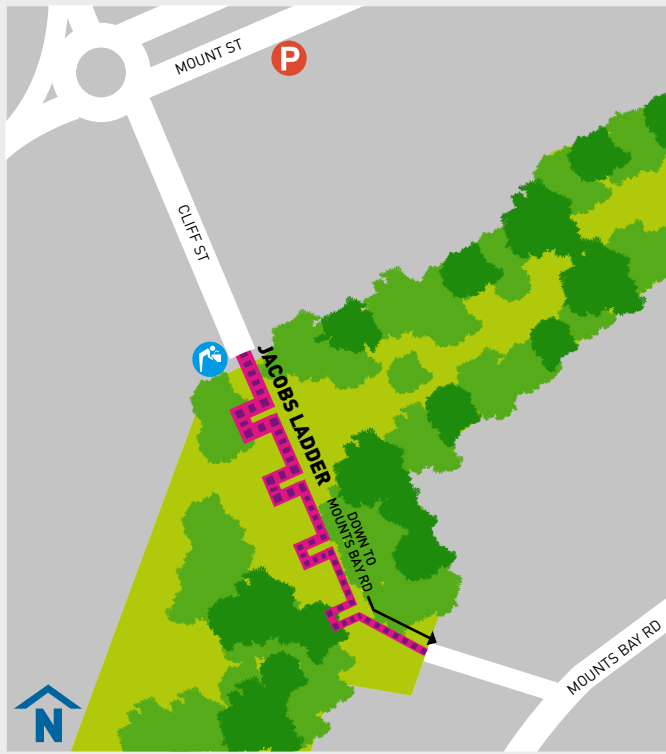
Please note that walking and jogging route completion times in this guide are approximate and will vary depending on individual fitness levels. All routes (with the exception of route 10), have a footpath along every part of the route. As some central city routes experience heavy traffic please allow extra time for completion.



- 1. Jacob's Ladder
- 2. West Perth (Parliament Route)
- 3. West Perth (Mount Street Route)
- 4. The Esplanade
- 5. City
- 6. Riverside

- 7. The Swan River
- 8. Northbridge
- 9. Wellington Square
- 10. Claisebrook Cove
- 11. East Perth
- 12. Queens Gardens

# 1. JACOB'S LADDER

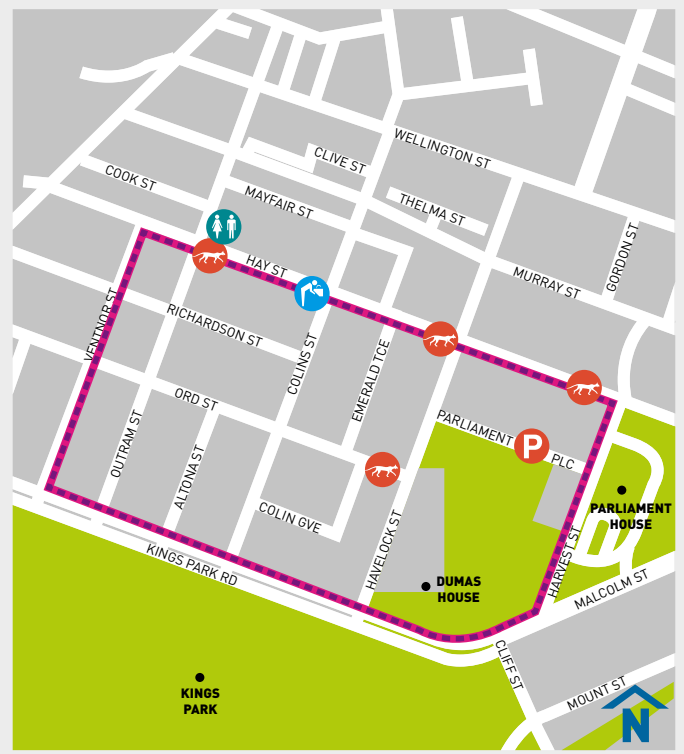


## 242 Steps

With 242 steps Jacob's Ladder is a fantastic challenge to include in your physical activity program

Walk, jog or run Jacob's Ladder – it's up to you! The spectacular views of the city skyline and the Swan River are well worth the effort once you reach the top.

# 2. WEST PERTH (PARLIAMENT ROUTE)

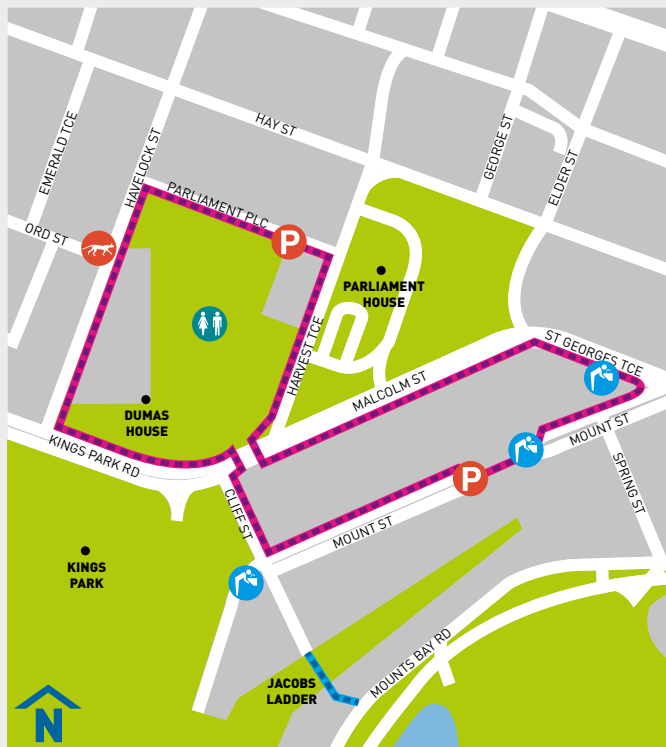


## 2.5km

A steady walk past Parliament House through the leafy streets of West Perth

Distance: 2.5 km  
Number of steps: 3012  
Walking time: 28 minutes

### 3. WEST PERTH (MOUNT STREET ROUTE)

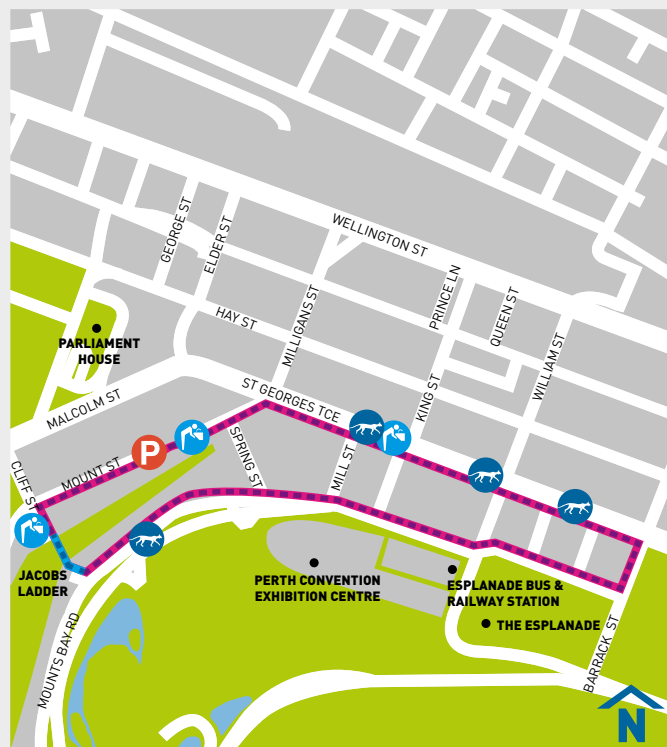


2.4km

Take a lunchtime walk through West Perth – challenge yourself and include Jacob's Ladder in this route

Distance: 2.4 km  
Number of steps: 2880  
Walking time: 27 minutes

### 4. THE ESPLANADE



3.1km

Jog or walk this central route which combines the challenge of Jacob's Ladder and Mount Street

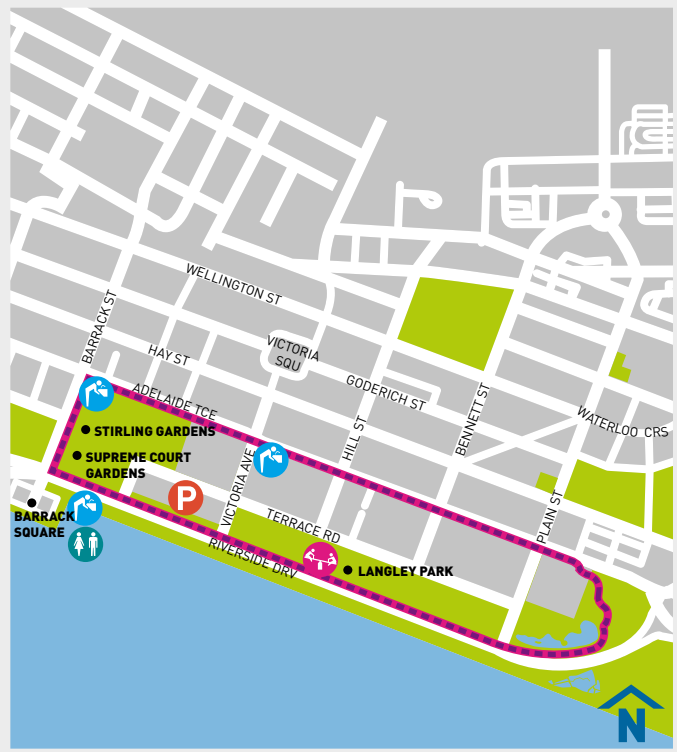
Distance: 3.1 km  
Number of steps: 3720  
Walking time: 40 minutes  
Jogging time: 20 minutes (allow a few extra minutes for Jacob's Ladder – depending on which way you are going!)



2km

Take this perfect lunchtime walk through the Murray and Hay street malls

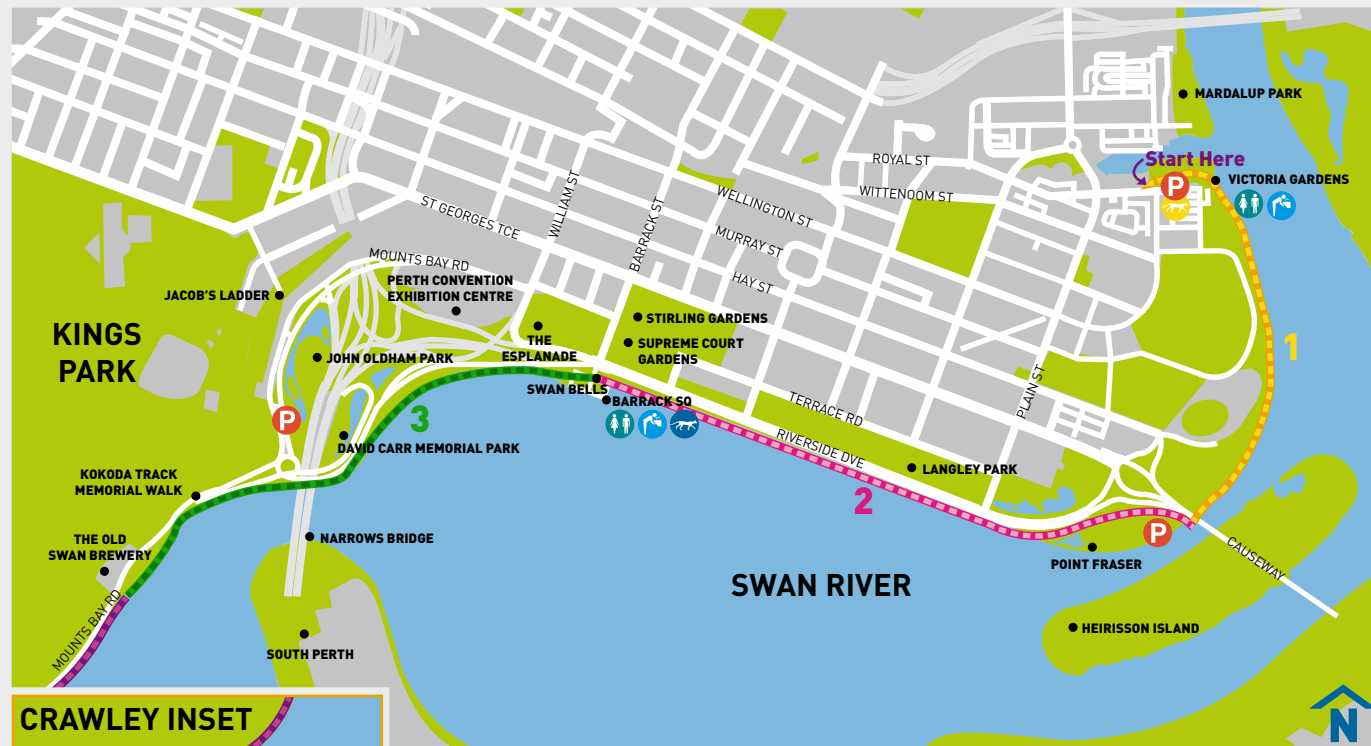
Distance: 2 km  
 Number of steps: 2400  
 Walking time: 22 minutes



4.35km

Step outside your office and walk or jog this scenic city route

Distance: 4.35 km  
 Number of steps: 5220  
 Walking time: 48 minutes  
 Jogging time: 29 minutes



## CRAWLEY INSET

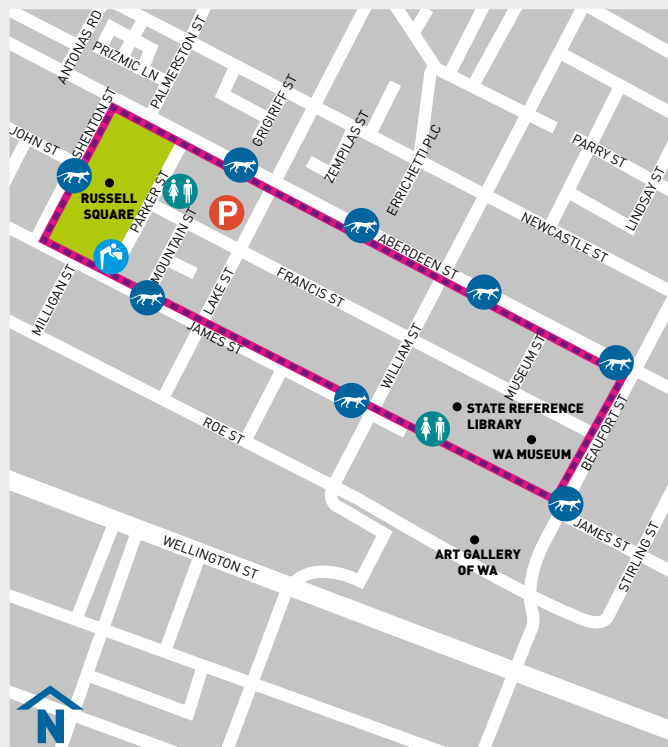


8.2km

Walk or jog - it is up to you how far you want to go!  
Break off and challenge yourself with the Kokoda Track leading up through Kings Park or take a loop around one of the parks and gardens lining this route

	ROUTE	DIST (KM)	NO. OF STEPS	WALK TIME	JOG TIME
1	Claisebrook Cove - Causeway	1.6 km	1920	18 mins	11 mins
2	Causeway - Swan Bells	2.3 km	2760	25 mins	15 mins
3	Swan Bells - The Old Swan Brewery	2.1 km	2520	23 mins	14 mins
4	The Old Swan Brewery - UWA Boat Club Jetty	2.2 km	2640	24 mins	14.5 mins
	<b>TOTAL Riverside Distance</b>	<b>8.2 km</b>	<b>9840</b>	<b>90 mins</b>	<b>54.5 mins</b>

## 8. NORTHBRIDGE



2.1 km

Take a quick and easy walk through Northbridge

Distance: 2.1 km  
Number of steps: 2520  
Walking time: 23 minutes

## 9. WELLINGTON SQUARE



1 km

Endure a loop or two around Wellington Square

Distance: 1 km  
Number of steps: 1200  
Walking time: 11 minutes



**2.3km**

Take a walk around Claisebrook Cove and enjoy the wonderful array of public art that lines this route

Distance: 2.3 km  
 Number of steps: 2760  
 Walking time: 25 minutes



**3.2km**

Walk or jog past sporting landmarks the WACA and Gloucester Park. Take in the Queens Gardens on your way around

Distance: 3.2 km  
 Number of steps: 3840  
 Walking time: 35 minutes  
 Jogging time: 21 minutes

**QUEENS GARDENS**  
 Distance: 0.7 km  
 Number of steps: 840  
 Walking time: 8 minutes

**RECORD OF ACTIVITY**

Make copies of this chart and record your activity for each week.

Starting Date: .....

DAY	DISTANCE	TIME	NUMBER OF STEPS
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Further copies are available on the City of Perth website:  
[www.perth.wa.gov.au](http://www.perth.wa.gov.au)

**INTERESTING LINKS TO FURTHER PHYSICAL ACTIVITY INFORMATION**

- Bibbulmun Track Foundation [www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)
- Claisebrook Cove - Public Art Walk [www.claisebrookcove.com.au](http://www.claisebrookcove.com.au)
- Department of Conservation and Land Management [www.naturebase.net](http://www.naturebase.net)
- Department of Health [www.health.wa.gov.au](http://www.health.wa.gov.au)
- Department of Planning and Infrastructure [www.dpi.wa.gov.au/walking](http://www.dpi.wa.gov.au/walking)
- Department of Sport and Recreation: [www.dsr.wa.gov.au](http://www.dsr.wa.gov.au)
- Find thirty [www.findthirtyeveryday.com.au](http://www.findthirtyeveryday.com.au)
- Bank of Queensland Corporate Challenge [www.boqcorporatechallenge.com.au](http://www.boqcorporatechallenge.com.au)
- Kings Park and Botanic Garden [www.bgpa.wa.gov.au](http://www.bgpa.wa.gov.au)
- Main Roads WA [www.mrwa.wa.gov.au](http://www.mrwa.wa.gov.au)
- National Heart Foundation [www.heartfoundation.org.au](http://www.heartfoundation.org.au)
- Premier's Physical Activity Taskforce [www.beactive.wa.gov.au](http://www.beactive.wa.gov.au)
- WA Local Government Association [www.walga.asn.au](http://www.walga.asn.au)
- West Australian Marathon Club [www.wamc.org.au](http://www.wamc.org.au)



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