

ACTIVE LIVING WODONGA

A GUIDE TO AN ACTIVE WODONGA





ACTIVE LIVING WODONGA informs you of the many opportunities to engage in physical activity in our community.

It gives you information on our pathways, tracks and trails, skating and cycling facilities, open spaces and reserves, as well as other free physical activity assets that are available for everyone to enjoy.

The guide also includes some tips and benefits for staying active.

► **BENEFITS OF PHYSICAL ACTIVITY**

Physical activity built into a daily lifestyle plan is one of the most effective ways to enjoy a healthy life.

Benefits include:

- Improved overall physical health
- Assisting in preventing and managing mental well-being
- Reduced risk of cardio vascular disease, type two diabetes and some cancers
- Improved social connection



Wodonga has more than 80km of bike and walking paths, providing the perfect opportunity to meander by the river or enjoy one of the scenic routes that link various parts of the city. There is a range of tracks and trails in and around the Wodonga hills and WREN reserves. Most are flat, shared pathways ideal for all ages and fitness levels.

There are 72 designated public playgrounds, two skate parks, two pump tracks and nine outdoor basketball rings in our parks and reserves.

Check out our **Wodonga Pathways** booklet for a map of the city's paths and trails.



► HOW ACTIVE SHOULD WE BE?

Physical activity and sedentary behaviour guidelines recommend the average adult should undertake at least 150 minutes of exercise per week, or 30 minutes a day over five sessions per week. Children and adolescents should have 60 minutes per day.

	Ages 2 to 5	Ages 6 to 12
 Physical activity	At least 180 minutes per day	At least 60 minutes per day
 Sedentary or screen-based activity	Should not be restrained for more than 60 minutes at a time. No more than 60 minutes of sedentary screen time per day	No more than 120 minutes of screen use. Break up long periods of sitting
 Strength	N/A	Muscle strengthening activities three times per week

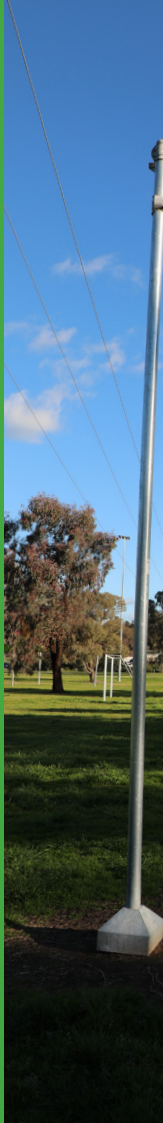


Ages 13 to 17	Ages 18 to 64	Ages 65 and older
At least 60 minutes per day	At least 150 minutes over five sessions per week	At least 30 minutes per day
No more than 120 minutes of screen use. Break up long periods of sitting	Minimise and break up prolonged periods of sitting	Be as active as possible
Muscle strengthening activities three times per week	Muscle strengthening activities 2 times per week	Muscle strengthening activities 2-3 times per week

► SHARED PATHWAYS

Shared pathways can be used by pedestrians, cyclists, motorised wheelchair users, scooter riders and skaters. To allow everyone to enjoy Wodonga's pathways, please note:

- Keep to the left of the path at all times unless overtaking;
- Bike riders must give way to pedestrians; this includes people using wheelchairs, mobility scooters and wheeled recreational devices (skates, skateboards, scooters);
- Dogs must be on-leash unless in a designated off-leash area. Beware of unleashed dogs in these areas;
- Travel at a speed at which you can stop easily;
- All bike riders should have a bell or similar device to warn others when overtaking;
- When listening to audio, make sure you can hear others approaching; and,
- If you stop, move off the pathway so others can safely pass.





REMEMBER:

- Keep hydrated - always carry a water bottle, particularly in hot weather
- Be sun smart - wear protective clothing and use sunscreen liberally, especially on the neck, arms and face, reapplying often
- Be seen/be safe - visibility is important day and night. During the day, wear light and bright colours, particularly at dusk and dawn. After dark, reflective vests or jackets are recommended
- Report issues or damage - if you come across an area of the pathway that you consider dangerous or in need of repair, please contact Customer Focus on (02) 6022 9300



► TRACKS AND TRAILS

Four hills form a ring around our city – on our west we have the Hunchback Hill complex, to the south are Federation Hill and Bears Hill, and at the east is Huon Hill. The tracks and trails around these hills are predominantly shared and bi-directional with signage to indicate difficulty.

Riders are asked to be mindful of other users and always give way to others.

When using the tracks and trails, follow these safety guides:

- If riding, wear a helmet and approved safety equipment
- Beware of uneven ground
- Beware of stock and wildlife
- Carry a mobile phone
- Ride with a buddy
- Note the signage – way finding and informational signage can be found throughout Wodonga's tracks and trails to help you know the type and difficulty of paths before you use them

For those looking for speed and challenges when cycling, Wodonga offers a range of mountain bike and pump tracks.



► MOUNTAIN BIKES

Klings Hill Mountain Bike Trail:

Connected to the city's pathway network via the Felltimber loop, access is from the corner of Coyles and Felltimber Creek roads. These are classified as farm tracks suitable for mountain bikes and hybrids.

This 20km network has been professionally built to meet the needs of intermediate level and above mountain bikers and offers a variety of trail and skill development options. There are a number of alternative alignment sections that cater to advanced riders.

A challenging climb is rewarded with stunning views and an exhilarating and technical descent.

► **BMX AND PUMP TRACKS**

The pump track at Birallee Precinct is located in the south-west corner of the park.

The track was developed to enhance the quality of the informal recreational opportunities in the precinct and complement the nearby BMX track.

The two side by side tracks naturally separate beginners from more experienced riders. They also provide the opportunity for racing-type activities and events, as well as offering a pathway for young riders to move into local BMX or mountain bike clubs.

The pump track also includes a shade sail, seating and a bubbler adjoining the park.

There are several smaller tracks in the city, including:

- White Box Rise Pump Track (asphalt, single-loop track)
- Henry Nowik Park - Koetong Crescent, West Wodonga (various concrete paths that cater to multiple skill levels)
- Learn to Ride circuits are located at Ernie May Park
 - Samantha Terrace, Wodonga and Schorobura Park - Perkins St, Killara (concrete, single loop track)

► SKATE AND SCOOT

Wodonga has two public skate parks.

James Scott Memorial Skate Park is part of the Willow Park precinct and has urban plaza elements such as rails, steps and ledges, as well as two refuge areas with seating, banked walls and a funbox. The jumpbox and quarter pipe allow multi-directional travel into the snake run. Seating and shade surround the bowl for spectators and the area also includes half-court basketball court.

The Baranduda Bowl is on Pro Hart Drive, Baranduda, adjacent to the Baranduda Reserve. This facility includes two grind rails, a sub-box and bowl with shallow and deep sections, and a full half-court basketball court.

Users must wear protective gear, including a helmet, and obey all signage onsite.



► OUTDOOR FITNESS EQUIPMENT

Wodonga residents and visitors can benefit from free outdoor fitness equipment. Facilities range from three outdoor gym sites - which host a range of equipment designed for cardio fitness, strength and mobility - and smaller sites at other locations throughout the parks, playgrounds and reserves in the city.

The equipment (suitable for 10 years or older) has illustrated signs with step-by-step instructions as well as QR codes. You can use your smartphone to link directly to instructional videos online.

Outdoor gyms:

- Belvoir Park (Reuss Rd site)
- Belvoir Park (Bank St site)
- Julian Ronan Park near Felltimber Community Centre, corner of Felltimber Creek Rd and Melrose Drv

Other outdoor fitness equipment sites:

- Henry Nowik Park (Koetong Crescent)
- Willow Park (Pearce St)
- Jack Dunstan Park and McLean Park (White Box Rise Estate)
- Gordon Craig Park (Ovens Crt)



► KEEP UP TO DATE WITH WHAT'S ON

WotsOn Wodonga – download the app and keep up to date with what's going on in Wodonga at:
wotson.wodonga.vic.gov.au

If the thought of getting out and active alone is daunting, or you're looking to meet new people, Wodonga has many activity groups that are always looking for newcomers to get involved. Visit the Albury Wodonga Community Guide to find the right group for your physical activity needs.

For further information about recreation and leisure activities, please phone the Wodonga Council Recreation team on (02) 6022 9300 or email recreation@wodonga.vic.gov.au

► EVENTS

Visit Albury Wodonga has all your food, culture, history, and things to see and do in one spot.

For information on annual events that walk, ride and run, visit visitalburywodonga.com

NEWSROOM

WHAT'S ON

WHICH BIN
THIS WEEK?

ONLINE
SERVICES

SPORTS +
LEISURE

WODONGA
CONNECT ¹⁷

► WHAT WE DO

Wodonga Council is committed to supporting physical activity in our community.

This is done through the support and promotion of initiatives that encourage physical activity across the year. We also work with community and key partner organisations to educate and encourage community members to be more active in their daily lives.

Wodonga Council continues to install solar lighting, seating and water stations at regular intervals to encourage more people to use the linked network.

Many of our parks and reserves along the pathways network have public amenities such as toilets, barbecues, seating and bubblers. Visit parks, gardens and playgrounds on the Wodonga Council website for information.

Bike racks have been established throughout the pathways network and the CBD, and secure locked bike storage is available at the Wodonga Railway Station.

We have been upgrading facilities to be female-friendly and create a more inclusive and safe environment to change and participate.



► **STAY MOTIVATED!**

If you've started walking then you have already taken your first steps to a healthier and happier you.

We know it can sometimes be a challenge to keep going once you have started. Some simple ways to help you stay on track and make being active part of your everyday life are:

- Start small – walk the yard or the block
- Find new routes
- Exercise with a friend
- Incorporate activity into your work or every day life
- Use technology to track your process
- Set yourself a challenge



FIND YOUR 30

Find a way to incorporate 30 minutes of physical activity into your day. It can be indoors or outdoors, individually, as a family or in a group, with or without equipment. The choice of where and how to find your 30 is yours.

Easy ways to add activity into your day:

- Take the stairs instead of the lift or escalator
- Make your next meeting a 'walking meeting'
- Take a brisk walk on your lunch break
- Exercise while doing chores using household items (steps/cans)
- Get up and move for a few minutes every hour
- Walk the kids to and from school
- Stretch at your desk
- Ride or walk to work
- Take your joggers to work

► AIDS and APPS

Check out our Wodonga Pathways booklet for local maps of tracks, trails and points of interest for physical activity.

wod.city/paths

Sign up to the Healthy Wodonga Facebook for local events, tips and tricks for staying healthy.

Other great resources are:

- Detailed maps and information on the High Country Rail Trail - www.ridehighcountry.com.au/rail-trails/high-country-rail-trail/
- Gateway Health - www.gatewayhealth.org.au/healthy-communities/
- VicHealth - www.vichealth.vic.gov.au

Everyone is different and there is an app to suit your needs. Talk to your friends and colleagues or review the options available online.

Considerations for the app that's right for you may include the types of activities and other health components you want to track, your level of connection to other users in the community, inclusivity, affordability and other integrations the app can offer.





Wodonga Council
104 Hovell St, Wodonga, Victoria 3690
PO Box 923, Wodonga, Victoria 3689
Phone: (02) 6022 9300 Fax: (02) 6022 9322
Email: info@wodonga.vic.gov.au

wodonga.vic.gov.au

Follow us on:



Printed June 2023