

# ACTIVE GEELONG WALKS

## INFORMATION



Welcome to Active Geelong Walks we would be delighted to have you as a part of our walking community.

Active Geelong aims to inspire community participation in a growing number of accessible and enjoyable physical activity opportunities.

Active  
Geelong  
*THE MOVEMENT MOVEMENT*



## WHO ARE WE?

We are Active Geelong. Active Geelong is a local, organisation that brings together leading businesses, doctors, researchers, and individuals to address physical activity in the Geelong region. One of our missions is to support Health Professionals in the Geelong region to be actively committed to promoting physical activity. We collaborate with several organisations including the Heart Foundation Australia, Western Victoria PHN, Barwon Health & many more!

## WHY WALKING?

Heart Foundation Walking offers many types of walking groups all over Australia. Active Geelong Walks aims to include everyone regardless of age and fitness level. We know that walking is one of the best ways to improve our overall health and wellbeing. Reducing our risk of several chronic health conditions as well as managing the symptoms of these diseases.

- *Walking with us is safe, supported, free and fun!*

## OUR WALKS

**Tuesdays  
10–11am  
East  
Geelong**

**Meet point: Pavilion  
Café, 95 Eastern Beach  
rd.**

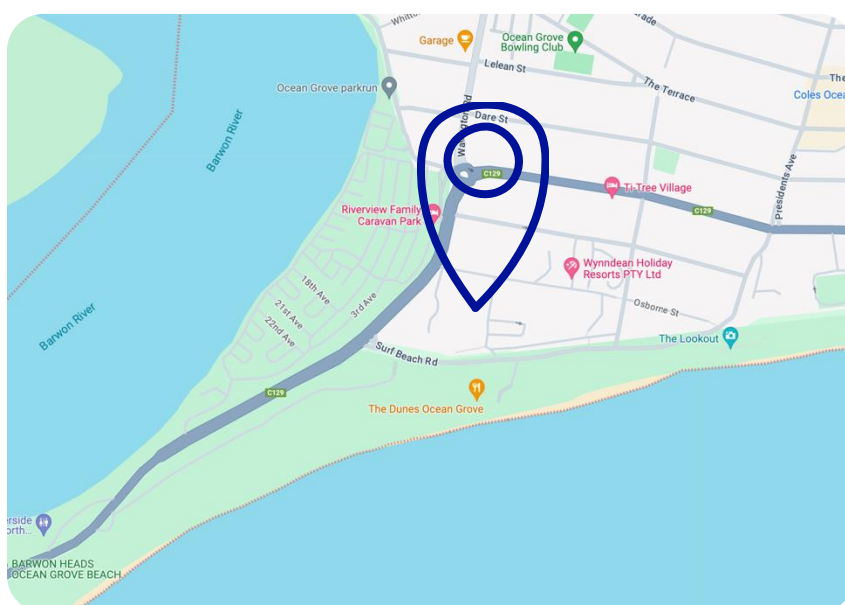
Ample parking and public toilets are available near here. We walk west towards Cunningham Pier along the paved path. Plenty of seats along the way if you need a rest. We finish our walk back at Pavilion Café if you fancy a coffee afterwards.



**Tuesdays  
9:30–10:30am  
Ocean Grove**

**Meet point: Outside  
The Dunes Café.**

A scenic walk along the Ocean Grove fore-shore path. Walkers can select to walk east towards Point Lonsdale, or west towards Barwon Heads returning to the start within the hour. The distance can be modified to suit all levels of fitness. Public bathrooms are available at the meeting, and end, point. Enjoy a coffee and chat at The Dunes Café after your walk.



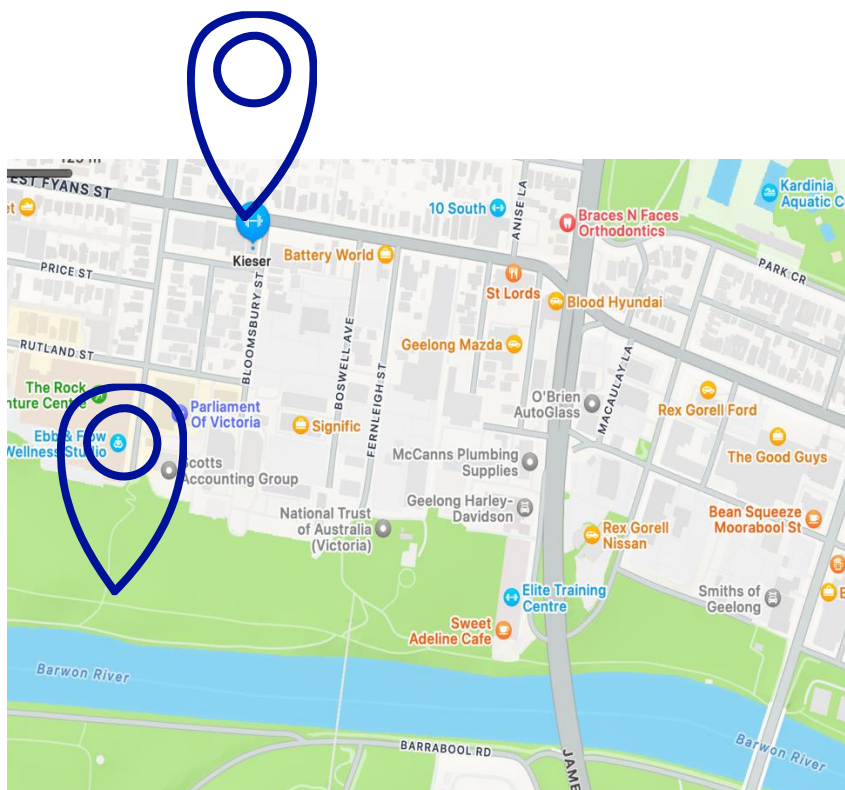
## OUR WALKS

**Thursdays  
9:30–10:30am  
Newtown**

**Meeting points:**

**9:30 at Kieser, Floor 1,  
51 West Fyans St  
Newtown or,  
9:40am on the river path  
at the bottom of  
Pakington street ramp.**

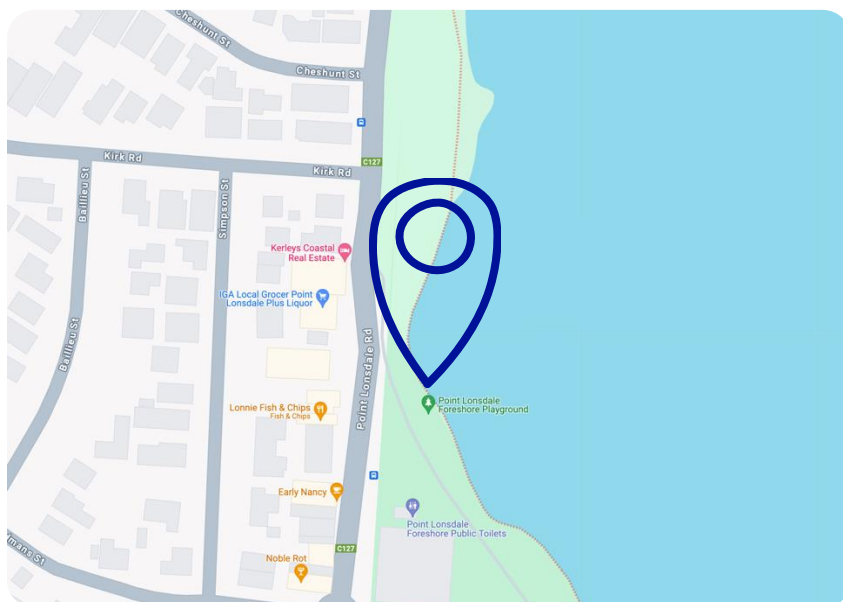
One walk, two meeting places choose which suits you best. This walk is organised by our partners Kieser. It is open to all, members and non-members. Kieser staff will be there to guide and support walkers. Coffee to finish at Line Up Café.



**Thursdays  
9:30–10:30am  
Point Lonsdale**

**Meet point: BBQ area  
beside the playground.**

A scenic walk along the Point Lonsdale foreshore, north towards Queenscliff and returning within the hour. The walk distance and speed can be modified to suit all levels of fitness. Public bathrooms are located at the meeting and end of walk. Enjoy a coffee and chat, afterwards at one of the many cafes across the road.



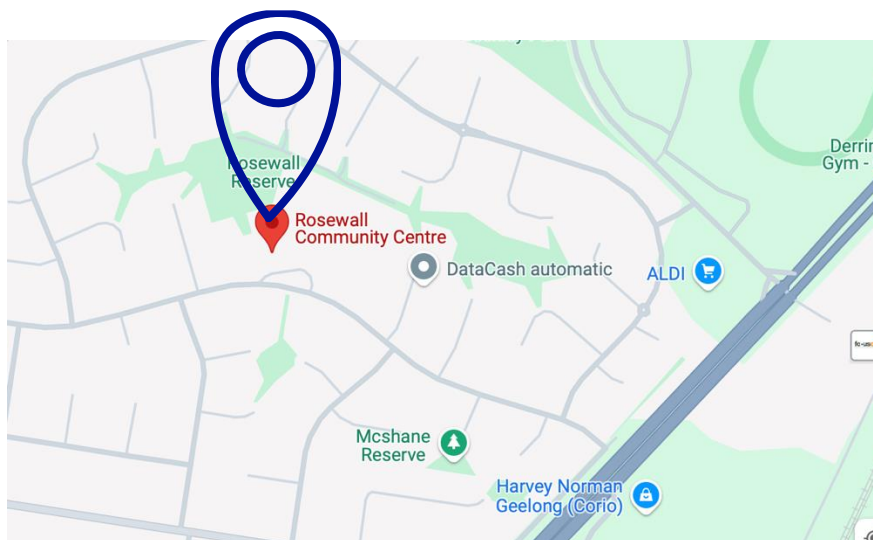
**Please note this walk is currently ON  
HOLD until further notice.**

## OUR WALKS

**Thursdays  
9:15–10:15am  
Corio**

**Meet point: Rosewall Community Centre. 36 Sharland Rd. Corio.**

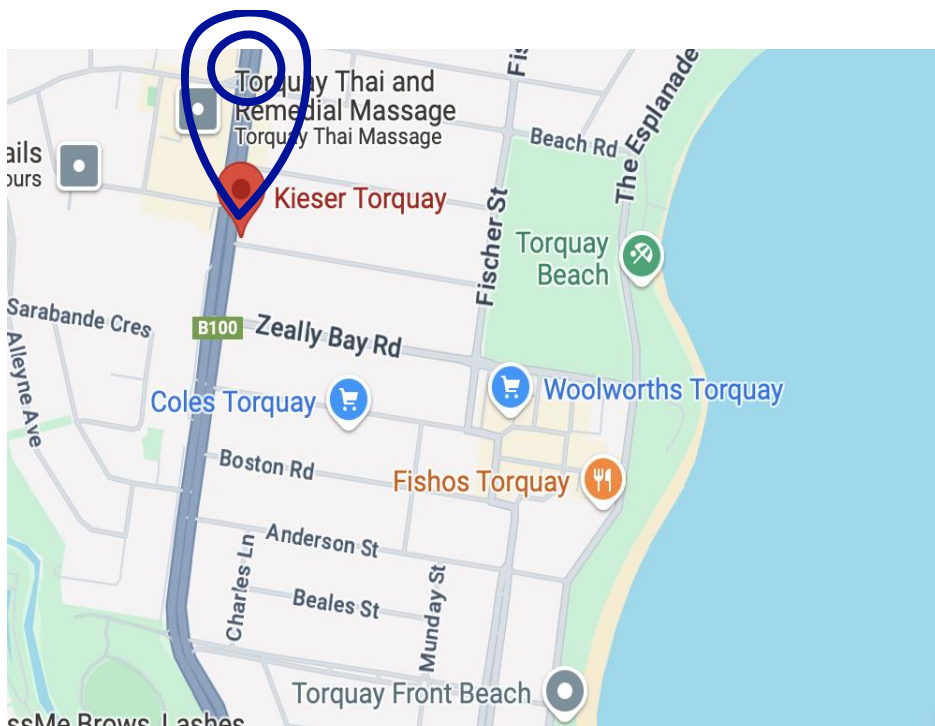
The distance and pace is up to you. We walk around Rosewall Reserve, returning to the community centre café for a coffee and chat.



**Thursdays  
10–11:30am  
Torquay**

**Meet point: Kieser 96 Surf Coast Highway.**

A scenic walk along the Torquay foreshore, returning within the hour to Kieser. The walk distance and speed can be modified to suit all level of fitness. Bathrooms are available at Kieser. Enjoy a coffee and chat, afterwards at a local café.



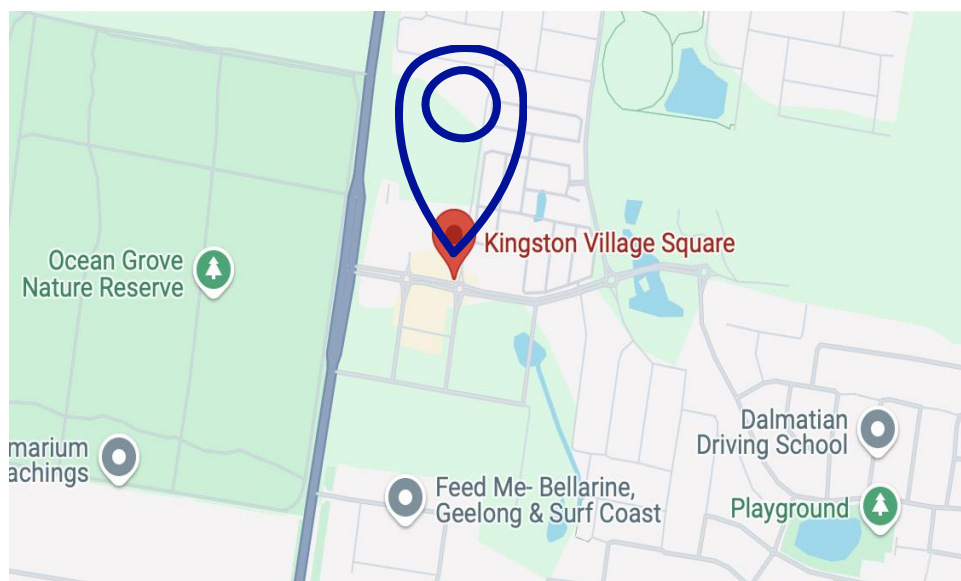


## OUR WALKS

**Fridays 9:00–  
10:00am  
Ocean Grove**

**Meet point: Kingston Shopping Village 8-10 Coastal Blvd.**

Look out for the blue Kieser flag! A friendly walk supported by a Kieser staff member. The distance and pace can be adapted to suit your needs. Coffee and a chat afterwards at the Village!



### **Other Associated Active Geelong Walks**

- Kunatjarra Movers: Wednesdays 9:30am. Meet at Bell Park Football Club.
- Lara Medical Centre Walking Group: Wednesdays 8:30am
- Kardinia Wellbeing Walkers: Wednesday 8:30am, meet out the front of Kardinia Health.
- South Barwon Medical: Tuesdays 8am. Meet at medical Centre.
- Please be aware that walk times and locations could vary so please contact your Walk Organiser, or Coordinator to confirm.

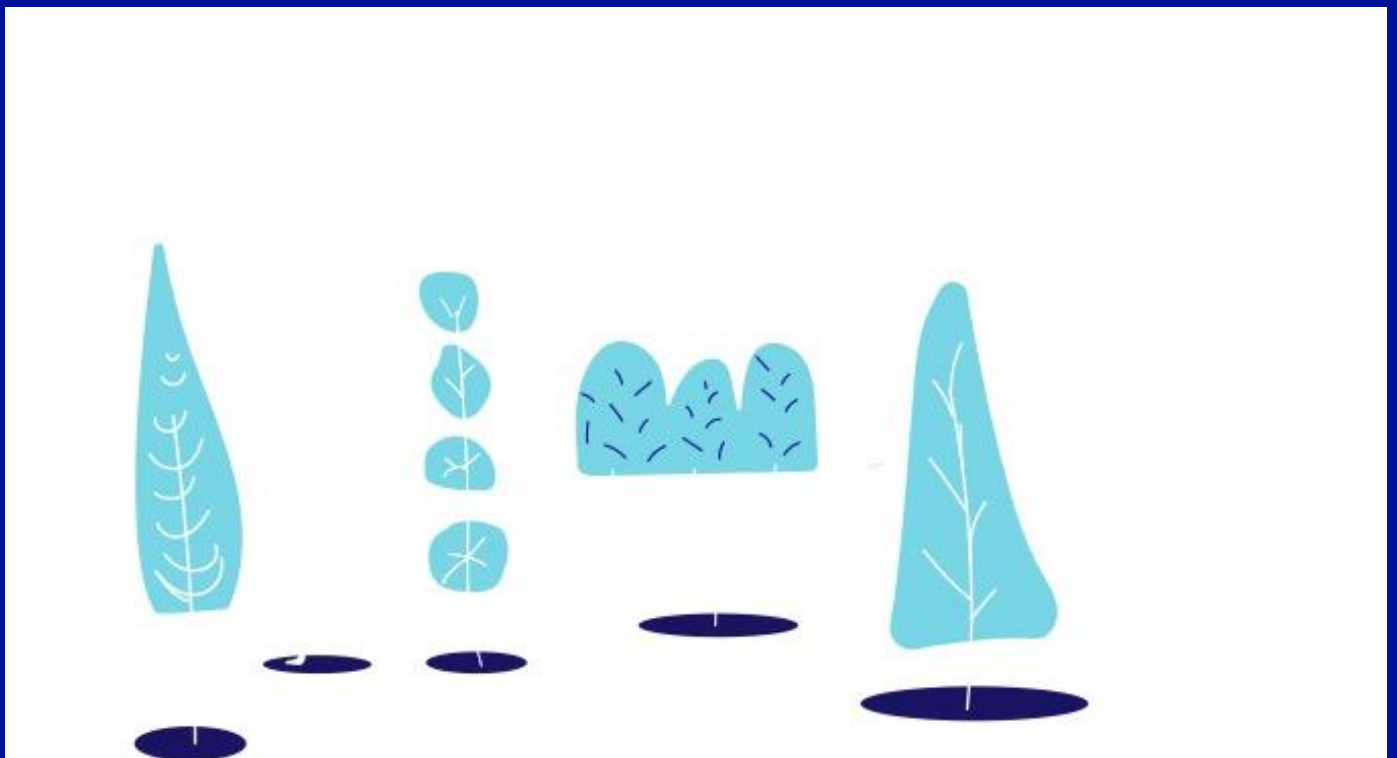


For more information and contact details visit the Heart Foundation Website at <https://walking.heartfoundation.org.au>

Or contact Active Geelong Walks Coordinator, Janet Ashton [janet@activegeelong.org.au](mailto:janet@activegeelong.org.au)

## HOW TO JOIN US?

- Contact Active Geelong Walks Coordinator.
- Register online with the Heart Foundation as a walker and join one of our groups, to do so visit <https://walking.heartfoundation.org.au/>
- Unsure how to register, or want to try it first? Speak to Janet our friendly Walks Coordinator.



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[activegeelong.org.au](http://activegeelong.org.au)  
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