

This trail offers a unique combination of history, architecture, churches and drinking establishments to cater to the interests of anyone who cares to walk it.

This lovely 2.2 kilometre trail through the leafy streets of Brighton, will see you passing coffee shops, drinking fountains, pubs, former breweries and churches.

A true highlight of the walk is the historic Brighton Town Hall with its rose garden display and significant gardens, not to mention the glamour of Church Street, with its boutique shops and restaurants. There is so much history to discover along the trail. The Brighton Historical Society and Brighton Library are good places to start if you would like to learn more.



Benefits of Walking

Social – builds friendships when you walk and talk with a friend

Physical – strengthens bones, reduces risk of cardiovascular disease, and reduces body fat

Psychological – helps us relax, aids concentration and promotes “well-being”

Educational – learn about the heritage and environment of this beautiful area

Remember to

- Avoid walking immediately after meals
- Wear light, loose comfortable clothing and comfortable flat sole shoes
- Avoid the hottest part of the day and always wear a hat and apply sunscreen
- Slow down or take a break if you become breathless or feel discomfort
- Don't walk when you are feeling ill
- Try to make time for gentle stretching exercises before and after you walk
- Be visible by wearing light coloured clothing when walking in the dark
- Drink liquids before, during and after walking
- “Walk with Care” especially when crossing roads – look, listen and think.

Walking in Bayside

The City of Bayside has produced a series of brochures to encourage people to walk and gain the benefits of a healthy lifestyle and experience the sights and suburbs.

Thank you to the Brighton Historical Society for its contribution.



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Hours of business 8.30am - 5.00pm
Monday - Friday (except public holidays)



A TASTE OF BRIGHTON



Time	55 minutes, including lots of distractions!
Distance	2.2 kilometres
Difficulty	easy, only two small hills
Seats	St Andrews Church, Wilson Reserve, Brighton Town Hall Gardens

Melway Reference 67 F10

Bus Routes - 216, 219, 600, 811-2, 703, 822-3

Wheelchair access - Sealed footpath entire walk, except Wilson Reserve

Parking - Carpenter or Wilson Street Brighton



Walk

