

An adventurous 2.1 kilometre trail which allows walkers to enjoy the sights and sounds of a natural heathland in the heart of Bayside. Take a step back in time and imagine life beside the bay as it was hundreds of years ago – a time when the Boonerwung Aborigines were the only residents of the district. The George Street Heathland is home to many species of indigenous plant and wildlife. It is a very significant area because of its remnant vegetation and habitats. The Friends of George Street Reserve play an important role in planting trees and maintaining the reserve. Make sure you are prepared for this walk, as the natural heathland environment may require you to overcome various obstacles, in the form of logs and tree branches!



## 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 while experiencing the sights and beauty of Bayside.

Thank you to the Sandringham Historical Society and Friends of George Street Reserve for their contribution.



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



## HEATHLAND WALK SANDRINGHAM



<b>Time</b>	45 minutes, including native resource garden
<b>Distance</b>	2.1 kilometres
<b>Difficulty</b>	Hard, but worth it! Requires walking along tracks and over logs
<b>Seats</b>	George Street Heathland, Merindah Park and Tulip Reserve

Melway Reference 77 A12

Bus Routes - 600, 822, 825

Wheelchair access - Some unsealed tracks and a small detour in the heathland is required

Parking - Tulip Street Reserve, Sandringham



# Walk

