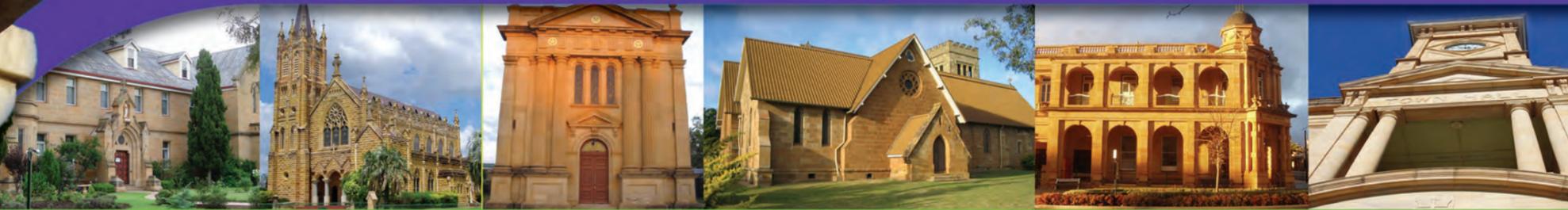


Walk around Warwick for fitness and flexibility!



Abbey of the Roses

St Mary's Church

St George's Lodge

St Mark's Anglican Church

Warwick Post Office

Warwick Town Hall

Five ⁵ different walks

to suit your fitness level and interests

DAIRY WALK

Distance: 2.4 km
Grade: Easy, flat
Some sections not paved

This easy route follows the Condamine River, crossing back over the McCahon Bridge, past the Warwick State High School, through an avenue of crepe myrtles along Park Road. A section on Churchill Drive has no allocated walking zone, but is still easily traversable.

POINTS OF INTEREST

- 1 Queen's Park gates
- 2 Flour mill
- 3 Butter factory (Warwick Dairy Co-op, closed January 2005)
- 4 Warwick State High School

'WEEWONDILLA' HILL WALK

Distance: 2.6 km
Grade: Moderate, small steep incline
For those wanting a gluteus maximus and minimus (butt) workout

'Weewondilla Hill' is the making of legends, whether on foot or on bicycle. Renowned local poet Marco Gliori glorified its notoriety in his 2006 epic. A section of this walk (on Coe St) has no allocated walking zones, but is still easily completed.

POINTS OF INTEREST

- 1 Slade School

THE RIVER WALK

Distance: 2.5 km
Grade: Easy, flat

Wheelchair accessible, plenty of seating, water & rest spots. Shared pathway: cyclists must keep left and use their bell to warn pedestrians of their approach. Pedestrians must not block the pathway for approaching cyclists.

The focus of Warwick's major walking network is the beautiful Condamine River, a tributary of the longest continuous river in Australia, the Darling River. The Condamine itself is approx 500 km long. Warwick's Greenbelt Precinct, as well as being home to the town's most utilised walking/cycling paths, is a great place to spot wildlife such as lizards and birds. After a walk or cycle, rejuvenate with family and friends... have a bbq or a picnic, kick a ball, or throw in a line.

POINTS OF INTEREST

- 1 Skate Bowl
- 2 Dungaree fountain
- 3 Tiddalik and Platypus sculptures

CBD WALK

Distance: 2.22 km
Grade: Easy, flat
Wheelchair accessible

Stone from local quarries was used to construct the many fine sandstone public and private buildings for which Warwick is renowned. A stroll through the CBD provides a visual history lesson of fine architecture.

Points of interest:

- 1 Slade Gates, completed 1901
- 2 Police Station, built 1901
- 3 St Andrew's Uniting Church, completed 1870
- 4 Court House, opened 1886
- 5 St George's Lodge, opened 1887
- 6 Central School, opened 1875
- 7 St Mary's Catholic Church, opened 1926
- 8 St Mary's Presbytery
- 9 Condamine Club (formerly known as Langham Hotel), completed 1913
- 10 Post Office, opened 1898
- 11 Byrnes Monument, Thomas Joseph Byrnes, 1st Qld-born Premier
- 12 Warwick Town Hall, opened 1888
- 13 War Memorial
- 14 Leslie Park Rotunda
- 15 Warwick Indoor Recreation & Aquatic Centre

THE RAILWAY WALK

Distance: 2.8km
Grade: Easy, but with steps
Large number of steps on rail overpass

In its heyday, the Warwick Railway Station maintained 50 steam locomotives and associated rolling stock with over 350 Qld Railways staff. A legendary event of 1917 catapulted the station to national significance when an egg was thrown at Prime Minister Billy Hughes whilst he was visiting Warwick during the conscription referendum.

Since mid-1995 the Warwick Railway Precinct Development Group (Southern Downs Steam Railway) has been redeveloping 'steam era' infrastructure to support tourist travel in the region.

Points of interest:

- | | | |
|--|--------------------------------|--|
| 1 Greenbelt entrance | 4 Pig and calf saleyards | 7 O'Mahoney's Hotel (National Hotel, b.1907) |
| 2 Federation Park | 5 Railway Museum | 8 Universal Hotel |
| 3 Warwick East State School, formerly Warwick National | 6 Railway Station (mid 1880's) | 9 St Mark's Anglican Church (b.1868) |
| | | 10 Warwick Library, Art Gallery & Visitor Information Centre |



Find out more about Warwick's historic buildings in 'Queensland's Southern Downs Heritage & Historic Buildings Trail' booklet, available at the Visitor Information Centre on Albion Street

For better health and well-being...

Walk Around Warwick

**WALK for fitness,
fun & flexibility!**



benefits OF WALKING

- Increased aerobic fitness
- Improved muscle tone
- Disease prevention – heart disease, stroke, diabetes
- Improved cholesterol levels
- Stress management
- Weight management
- Social interaction
- Heightened energy levels
- Pain management
- Stronger bones
- Improved quality of life

how often SHOULD I WALK?

Ideally, adults should get a **total of 30 minutes or more of moderate exercise on most days of the week.**

If you haven't time to do 30 minutes in one go, then you can make up 30 minutes in smaller blocks, i.e. 2 lots of 15 minutes, or 3 lots of 10 minutes.

Make walking part of your daily activities:

- walk to get your lunch/coffee
- walk your dog
- take the stairs at work
- use public transport and walk to the stop

did you know...

Walking 1km in 20 minutes burns the same amount of calories as...

Running a kilometre in 10 minutes

Swimming breaststroke for 10 minutes

Cycling for 16 minutes

Doing aerobics for 16 minutes

Weight training for 17 minutes

STAYING motivated

You are more likely to maintain a routine if your walks are enjoyable.

Some tips on staying motivated:

- Walk with friends, neighbours or in a group
- Use the time to think and relax
- Vary your walking paths
- Observe flora and fauna along the way
- Plan your walks in advance, then you will be more likely to commit to them
- Visit a national park or historical landmark
- Join a walking club
- Start slowly – it's safer and more encouraging and you can progress gradually.

how hard SHOULD I WALK?

Start out with a pace that you can maintain evenly for optimum health benefit.

Be aware that you should be able to talk comfortably as you walk.

However, you can expect to breathe deeper, perspire and experience increased body temperature.

If you find walking too easy you can increase the intensity in several ways:

- **include hills** (ie, up Weewondilla Hill)
- **wear a backpack** with some weight in it
- **walk faster** and cover more distance
- **include stairs** (ie, over the railway bridge)

10 important tips

1. **Walk smoothly and strongly**, your arms swinging freely
2. Wear **comfortable clothing** and cushioned, flat soled shoes
3. Wear a **hat, sunscreen & sunglasses** and walk at cooler times of the day
4. **Drink water** before you start and carry a water bottle with you
5. If your breathing becomes uncomfortable, **slow down or stop**
6. In cold weather, **wear a hat** to prevent heat loss from the head
7. Take a **small backpack** for carrying water, sunglasses, sunscreen, snacks, etc
8. Walking after dark? Wear **light coloured clothing** so motorists can easily see you; and **walk with a partner.**
9. **Don't walk** if unwell, or just after eating
10. Avoid soreness – **stretch your leg muscles** before and after walking.



This project was sponsored by Condamine Medical Centre in conjunction with Local and State Government, in the interests of encouraging better health and well being in our community.



**Southern Downs
REGIONAL COUNCIL**
Ph 07 4661 0300
www.southerndowns.qld.gov.au



**Queensland
Government**
Queensland Health
health • care • people

nature trail

For the bird lover the River Walk provides opportunity to view an array of fish eating birds: **herons, cormorants, darters, kingfishers** and the occasional **pelican**. Other waterbirds include **ducks** and **coots**; and trees along the river banks invite numerous and various **parrot** species.

A full birdlist for the Shire is available from the council website.

The **Eastern Water Dragon** is a regular bankside lizard and will often jump into the water to escape an oncoming walker.

health check

If you are on **medication**, have had a **major operation**, have any **medical conditions** or **physical limitations** that restrict you or are likely to be affected by physical activity, or have any other **concerns** regarding your capacity for activity including recent inactivity, **consult your health professional** before starting an exercise program.

If you have **mobility problems** the River Walk is a good place to walk. Council provides seating at regular intervals, the path is smoothly paved and the route does not cross any roads.



This sign indicates **shared pathways**

When using shared pathways, cyclists must keep left and use their bell to warn pedestrians of their approach. Pedestrians must not block the pathway for approaching cyclists.

riding

- Ride responsibly around public areas
- Always wear a helmet
- Wear bright clothing so you can be seen
- Check your bike's in good shape BEFORE leaving home

dogs

Pets are great company on walks but by law, they must be restrained at all times for the safety and comfort of others. The river walk has pet poo collection bag dispensers enroute – please consider others and use them.

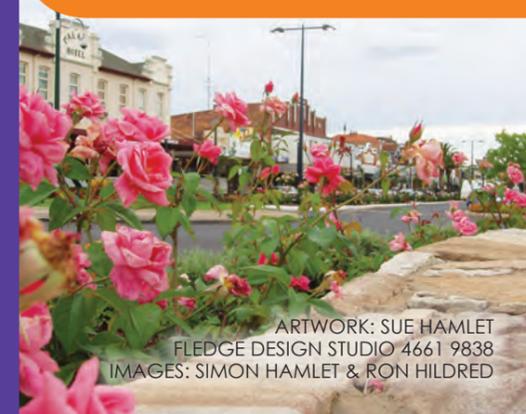
where else can i walk?

The Warwick district provides wonderful adventures for lovers of the great outdoors.

Bushwalking opportunities abound in the area's magnificent eastern rim, which includes **Queen Mary Falls** and **Main Range National Park** incorporating **Cunningham's Gap** and **Goomburra State Forest**.

Visit www.epa.qld.gov.au for more information.

For more in-depth historical walk information, grab a copy of **Queensland's Southern Downs Heritage & Historic Building Trail** from the local Visitor Information Centre.



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