





# Explore a range of walks across the Loddon Campaspe region and check out the local sites along the way.

We've included six great walks to explore throughout the region, so why not work your way through the whole booklet over a few weekends?



#### The rules are simple:

- Choose your selected walk from the booklet and head there!
- Mark off the sites on the Bingo card as you see them
- Once you find all the sites in a straight vertical, horizontal or diagonal line you've got Bingo!

# Win sporting equipment by sending us your Bingo card!

Email a pic of your completed Bingo card to hhv@bendigo.vic.gov.au along with your name and phone number and you're in the weekly draw!

## Plus, win with our weekly photo prize draw

For another chance to win, take a photo of yourself with one of the items on your Bingo card and send it via Facebook message to @HealthyHeartofVictoria.

Don't have Facebook? Send your photo to hhv@bendigo.vic.gov.au.

Prize period runs from Monday 23 November – Sunday 13 December, 2020. For full terms and conditions visit bendigo.vic.gov.au/hhv.

You can join in Adventure Bingo at any time! So even after our prize period is over, you can still challenge your friends and family to see who gets Bingo first!

### Contents

#### PAGE 2-3

Campaspe Shire
Campaspe Walking Track, Rochester

#### **PAGE 4-5**

**Central Goldfields Shire**Goldfields Reservoir, Maryborough

#### **PAGE 6-7**

**City of Greater Bendigo**Bendigo Creek Trail, Kangaroo Fla

#### PAGE 8-9

**Loddon Shire** Nardoo Trail, Wedderburn

#### **PAGE 10-11**

Macedon Ranges Shire
Campaspe River Walk
and town circuit, Kyneton

#### **AGE 12-13**

**Mount Alexander Shire** Castlemaine City Walk

# **Campaspe Shire**

Campaspe Walking Track,
Rochester

Approximate distance: 3km



Campaspe River



The Shire of Campaspe is the

Wurrung, Taungurung and Yorta Yorta peoples.

this country.

traditional lands of the Dja Dja

We respect and acknowledge

We acknowledge their living

culture and their unique role

in the life of this region.

their unique Aboriginal cultural heritage and pay our respect to their ancestors, descendants and emerging leaders as the Traditional Owners of



















Central
Goldfields Shire

Goldfields Reservoir, Maryborough

Approximate distance: **1.5km** (go on, you can do two laps!)

**START** 











Central Goldfields Shire Council acknowledges and extends appreciation for the Dja Dja Wurrung people, the traditional owners of the land.

We pay our respects to leaders and Elders past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Dia Dia Wurrung people.

We express our gratitude in the sharing of this land, our sorry for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.



a place to sit



a nature play park









To download a digital version of this mo visit *centralaoldfields vic aov au* 

City of Greater Bendigo

Bendigo Creek Trail, Kangaroo Flat

Approximate distance: **2.5km** 

**START** Kangaroo Fla Sports Club Lockwood Rd



The City of Greater Bendigo acknowledges we are on Dja Dja Wurrung and Taungurung Country.

We would like to acknowledge and extend our appreciation for the Dja Dja Wurrung People and the Taungurung People, the Traditional Owners of the land that we walk and cycle on today.

We pay our respects to leaders and Elder's past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Dja Dja Wurrung Peoples and Taungurung Peoples.

We express our gratitude in the sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirt of healing.

















an animal made from wood





equipment

To download a digital version of this misit bendiao.vic.aov.au/hhv

### Loddon Shire

Nardoo Trail, Wedderburn

Approximate distance: 1.1km (go on, you can do two laps!)

**START** 

Soldiers Memorial Park

To download a digital version of this map























# Macedon Ranges Shire.

Yaldwyn St West

Jennings St

Baynton St

Simpson St

Donnithorne St

Pohlman St

LINION OF

Clowes St

**START** 

Kyneton Library

,.....

Market St

Bodkin St

Begg St

Maxwell St

Campaspe River Walk and town circuit, Kyneton

Approximate distance: 3.8km

**Tip:** follow the trail from and back for a shorter walk Lauriston St

We acknowledge that Macedon

We acknowledge that they have been custodians for many centuries

and continue to perform age older ceremonies of celebration, initiation

We acknowledge their living culture

and their unique role in the life

owners of this Country.

and renewal.

of this region.

Ranges Shire is located on Dja Dja

Wurrung, Taungurung and Wurundjeri Country whose ancestors and their descendants are the traditional











a place to sit



a greeting to Taungurung Country





a bridge



an old pig shed



equipment







We acknowledge that Mount Alexander Shire Council is on Jaara Country of which the members and Elders of the Dja Dja Wurrung community and their forebears

have been custodians for many centuries and have performed age old ceremonies of celebration,

initiation and renewal. We acknowledge their living

in the life of this region.

culture and their unique role















a pedestrian crossing









## **About Healthy Heart of Victoria**

Healthy Heart of Victoria (HHV) is an initiative aimed at improving the health outcomes of people in the Loddon Campaspe region – the 'heart' of Victoria.

The initiative was developed in response to the higher than Victorian average rates of obesity, chronic disease and high-risk health behaviours within the region.

HHV projects are designed to focus on those parts of the community that are the least active and least supported.

There are six local government areas involved in the initiative – Campaspe Shire, Central Goldfields Shire, City of Greater Bendigo, Loddon Shire, Macedon Ranges Shire and Mount Alexander Shire.

HHV is proud to have delivered a number of infrastructure and activation solutions to support community members in the Loddon Campaspe region to be more active, more often, including:

- Outdoor fitness equipment
- Seating
- Drinking fountains
- Path and trail improvements

Follow us on Facebook!

@healthyheartofvictoria

- Signage
- Solar lighting
- Play equipment

















