

## WALK

## HAVE FUN EXPLORING DERWENT ESTUARY WALKING TRACKS

**W**ALKING is a great way to connect with your community. It's fun, it's good for you and it's a great way to learn about your local history and environment.

People who walk regularly benefit from exercise and improved concentration and memory. Outdoor activity such as walking also benefits children by contributing to the development of physical, practical, emotional and social skills.

There are a number of creative ways to include walking within the school curriculum – beyond physical education. For example, local walking excursions can incorporate elements of geography, history, science and even maths.



Kangaroo Bluff. Picture: Derwent Estuary Program

### Tracks and trails

The Hobart metropolitan area is well endowed with walking tracks. A recent survey of the Derwent estuary found more than 100km of tracks and trails along the eastern and western shorelines between New Norfolk, Tinderbox and South Arm.

There are also many kilometres of walking tracks on Mt Wellington, as well as alongside the New Town and Hobart rivulets that link the mountain and the river, and the Intercity Cycleway. These offer a wonderful diversity of landscapes, cultural heritage and coastal environments. Many are located within a 15 minute walk of schools, offering excellent opportunities for both exercise and learning.

The Derwent Estuary Program has published a mini-guide to foreshore walking tracks around the Derwent estuary, with support from the State Government. This guide highlights 26 walking tracks along the river's eastern and western shorelines, and provides a brief snapshot for each (length, difficulty, access points, facilities). The mini-guide is available from Service Tasmania and local council offices, the Hobart Travel Centre and from [www.derwentestuary.org](http://www.derwentestuary.org)

More than 40 schools in the Hobart area are located near the Derwent foreshore or close to urban rivulet tracks.

### New Norfolk Esplanade/Lachlan River/Derwent Cliffs

This 3.2km walk starts with a flat easy stretch along the Esplanade and can then either continue along the steeper Derwent Cliffs section or turn inland along the Lachlan



New Norfolk Esplanade. Picture: Derwent Estuary Program

River track. It features the historic New Norfolk riverfront, established willows and poplar trees, and the Oast House and playgrounds at Tynwald Park.

### Bridgewater/Green Point

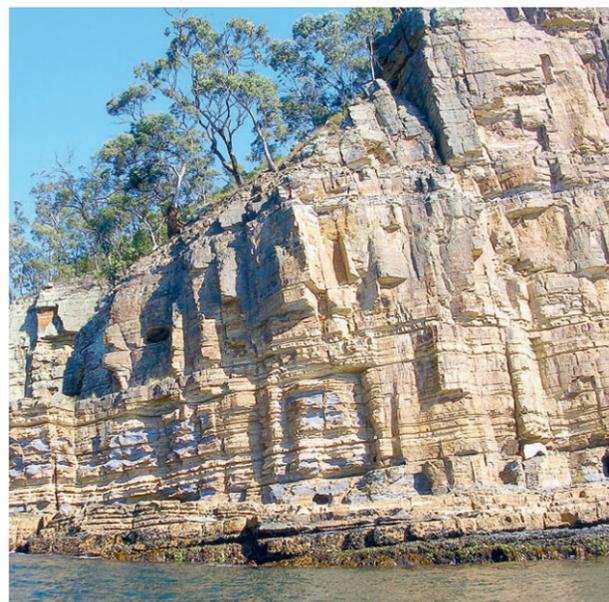
This is a 5.2km easy-to-moderate walk along the Bridgewater foreshore, around the Green Point peninsula and along the banks of the Jordan River. It features extensive views of the Derwent and Mt Wellington and you can often see flotillas of black swans and ducks feeding on the large beds of underwater grasses just offshore.

### Geilston Bay to Howrah

There are many excellent walking opportunities along this 18.2km track, including the rare woodlands of the East Risdon Nature Reserve, numerous waterfront parks and playgrounds, sandy beaches at Bellerive and Howrah and the historic fort at Kangaroo Bluff. For history buffs, there is also the 11.7km Charles Darwin Trail, which loops inland, following the footsteps of Charles Darwin when he visited on HMS Beagle in 1836.

### Taroona to Blackmans Bay

This section of the Derwent foreshore features more than 5km of walking tracks, ranging from easy to moderately difficult. Notable features include sandy beaches and tidal pools, foreshore parks, sea cliffs and mature eucalypt forests. Keep an eye out for sea eagles and little penguins, which are often spotted in this area.



Sea cliffs at Blackmans Bay. Picture: Derwent Estuary Program

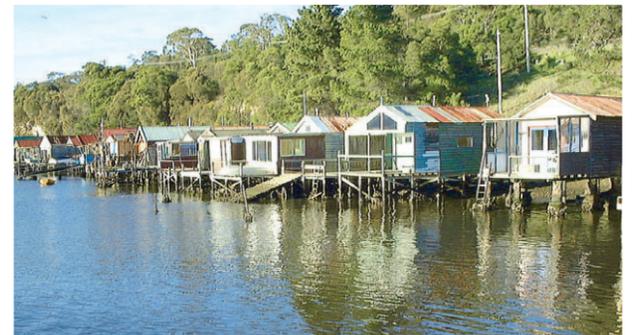
### New Town Rivulet Track

An 8km walking track links Mt Wellington to New Town Bay and could be undertaken as a challenging full-day walk or sampled as a series of shorter walks. It features excellent views of the river and mountain as well as changing plant communities as you descend from the wilderness to the city.

### Cadbury Point to the Bowen Bridge

This section of the Derwent foreshore features nearly 8km of easy walking tracks. Notable features include the Cadbury factory, MONA, Windermere beach, sandstone bluffs, sheoaks and salt marshes, as well as the evolving sculpture park and boardwalk at Montrose.

The sculpture park and boardwalk at Montrose. Picture: Alexis Clark



Cornelian Bay. Picture: Derwent Estuary Program

### Things to explore

There are a number of activities and resources to encourage walking in your school community, including those listed below. Explore the Premier's Physical Activity Council website at [www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au).

- Organise or participate in a guided nature walk or historic walk. Some local walks are sponsored by councils and nature groups, or you could invite a local expert to help you explore your own neighbourhood trail.
- Organise a Walking Challenge. There are many team-based walking challenges such as [www.10000stepsaustralia.com](http://www.10000stepsaustralia.com) or you could invent your own.
- Start a Walking School Bus. This is a great way for children to walk to school safely with parental supervision. Just like a normal bus, a walking school bus follows a set route and picks up passengers along the way. See [www.sustainablelivingtasmania.org.au](http://www.sustainablelivingtasmania.org.au) for details.
- Southern Coastcare Association of Tasmania offers a variety of resources and hand-on activities to schools including accompanying visits to foreshore reserves and walking tracks. See [www.scata.org.au](http://www.scata.org.au) for details.

More information on tracks and trails around the Derwent, including individual maps:

- Popular Walks in Clarence: [www.ccc.tas.gov.au](http://www.ccc.tas.gov.au)
- Glenorchy City Council Natural Areas: [www.gcc.tas.gov.au](http://www.gcc.tas.gov.au)
- Hobart Walks: A Guide to Hobart's Tracks and Trails: [www.hobartcity.com.au](http://www.hobartcity.com.au)
- Kingborough's Tracks – for Walkers, Horse Riders and Cyclists: [www.kingborough.tas.gov.au](http://www.kingborough.tas.gov.au)
- Mt Wellington Walks: [www.wellingtonpark.org.au](http://www.wellingtonpark.org.au)
- Derwent Estuary Program: [www.derwentestuary.org.au](http://www.derwentestuary.org.au)

### Derwent Estuary Program

The Derwent Estuary Program is a regional partnership to restore and promote the Derwent estuary. It was awarded the National RiverPrize in 2010 for achievements in reducing water pollution, conserving habitats and species, monitoring river health and promoting greater use and enjoyment of the foreshore. The Derwent Estuary Program is supported by the Tasmanian Government, Brighton, Clarence, Derwent Valley, Glenorchy, Hobart and Kingborough councils, Nyrstar Hobart, Norske Skog Boyer, Southern Water, TasPorts and Hydro Tasmania.



Dolphins, Hobart docks. Picture: Graeme Paine

