



Be active in the CBD – walking

Whether you'd like a peaceful walk around Victoria Park and the Viaduct, or a more strenuous walk with some hills, the walks suggested will each take between 30 to 40 minutes at an average walking speed. See the CBD from a different perspective than you would hurrying to work.

Routes	Distance (km)	Calories	Time (min)	Steps
Route 1	3.1	185	35	6200
Route 2	2.4	145	30	4800
Route 3	2.8	170	30	5600
Route 4	2.9	175	35	5800
Route 5	3.0	180	35	6000
Route 6	3.2	190	40	6400
Route 7	3.2	190	40	6400
Route 8	3.6	215	40	7200
Route 9	3.3	200	40	6600
Route 10	3.5	210	40	7000

Note: All times are approximate. Calorie count is based on average body weight of 82kg. Number of steps quoted on an average of 2000 per km.

Key	
Parks and reserves	Train station
Schools	Public toilets
Motorway	Accessible toilets
Steep gradient	Public swimming pool
Stairs	Library
Railway line	Playground
Hospital	