

## **Super Striding** Four Great Jogging Trails



**Manningham City Council** 

& Strollers

Pleasure Walkers Super Striders

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√ (Except) Candlebark Park to Beasley's

paper which has helped reduce global greenhouse



#### **Walk Overview**

The jogs are located in picturesque Manningham surrounded by native vegetation following the Yarra River, Mullum Mullum Creek, Koonung Creek or other local wetlands. The paths vary from sealed to gravel to dirt and are gently undulating with a few short climbs.

#### Time

See individual jog profiles

#### Distance

See individual jog profiles

## Difficulty

**Accessibility** 



#### Location

All jogs finish at their starting points.

#### **Melway Reference**

See individual jog profiles.

### **Public Transport**

Metlink: t 131 638 www.metlinkmelbourne.com.au

**Ventura Buses:** t 9488 2100 www.venturabus.com.au

#### **Parking**

See individual jog profiles.

### 1. Green Gully Jog:

Well-maintained, sealed path with some small hilly sections: 4.2 kms.

### 2. Koonung Trail Jog:

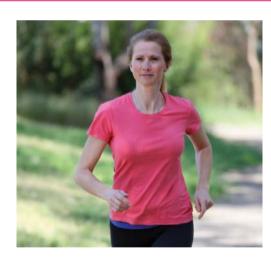
Partly sealed, partly gravel tracks that follow the Koonung Creek: 4 kms. Extension run: 4.5 kms. Total: 8.5 kms.

### 3. Candlebark Park to Beasley's Nursery and **Teahouse Jog:**

Very picturesque unsealed return trail following the Main Yarra Trail and Mullum Mullum Creek: 11.2 kms.

## 4. Finns Reserve to Westerfolds Park Jog:

Mostly sealed paths surrounded by bird life, kangaroos, grasslands and tree-lined hills. There is one section of dirt track: 5.6 kms.



### **Facilities**

See individual jog profiles.

#### **Hazards**

Use designated pedestrian crossings at all roads.



### **Be Prepared**

Sun protection recommended Carry water

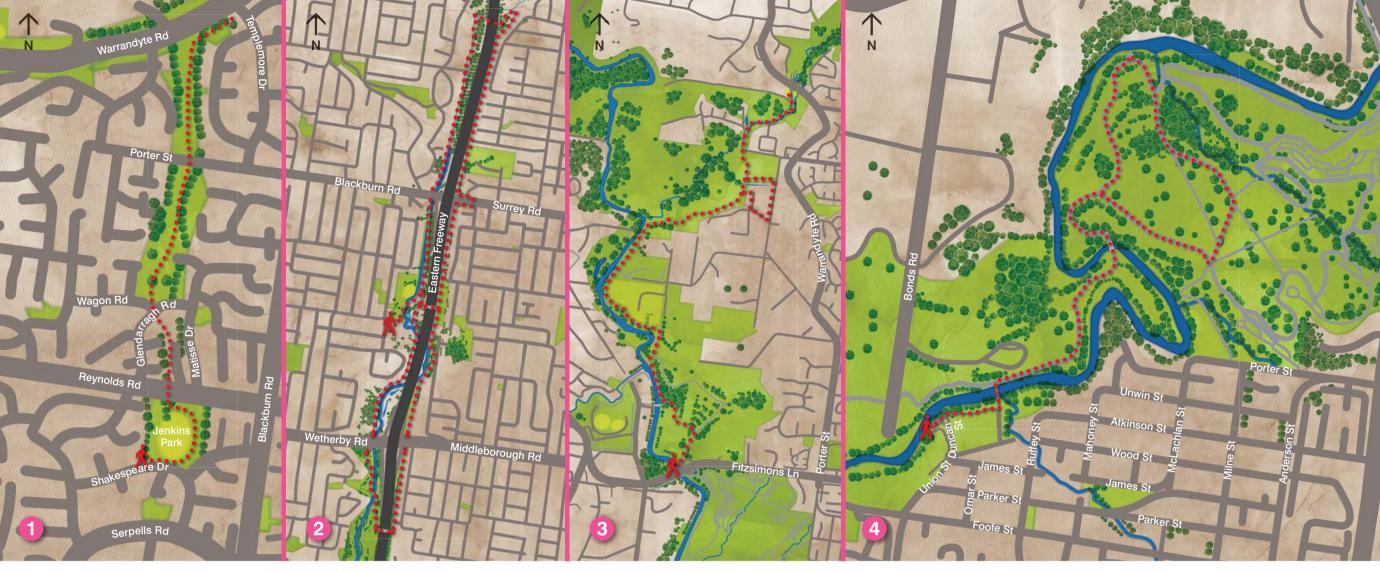
Wear appropriate footwear.

### Days of total fire ban

Check the fire risk warning before embarking on this walk: www.cfa.vic.gov.au







### **1** Green Gully Jog

**Length** 4.2 kms, extension 4 kms; Total: 8.2 kms

Facilities Nil

**Hazards** Several road crossings of residential streets. Watch for mud after rains.

**Location** Jenkins Park, Shakespeare Drive, Templestowe.

Melway Reference 34 C7

**Parking** Jenkins Park, Shakespeare Drive, Templestowe

Jog Extension Mullum Mullum Linear Reserve—Warrandyte Road to Reynolds Road: 4 kms return.

Well-maintained sealed path that has very minor upward climbs at the beginning and the end. This is a family friendly trail but the views are long so there is time to call out that you are approaching. There are two small road crossings and one underpass. Run right to the end of a steep decline and catch your breath before turning and heading back up and over the hill.

### 2 Koonung Trail Jog

**Length** 4 kms, extension 4.5 kms; Total: 8.5 kms

Facilities Nil

Hazards 1 major road crossing (per jog).

**Location** Boronia Grove, Leeds Street, Doncaster East.

**Melway Reference** 47 K4

**Parking** Boronia Grove, Leeds Street, Doncaster East

Jog Extension Koonung Trail—eastwards: 4.5 kms

The track follows a well-maintained and paved path on the northern side of the freeway. The trail uses pedestrian bridges over the freeway. Be careful, the path on the southern side is gravel and is occasionally wet. Cross Middleborough Road to the next pedestrian overpass. This is the only street crossing; the return route offers an underpass.

Extension Jog: This jog is a mixture of sealed and unsealed tracks. At the oval before returning to Boronia Grove, continue to your right along the Koonung Creek Trail. There is an underpass and the path deviates around the Koonung

Creek and crosses a bridge. Jog under the next pedestrian overpass then circle back to cross it. At Surrey Road cross according to the map. On the return side the undulating path is mostly gravel. Cross the freeway at the next overpass and return to Boronia Grove.

### 3 Candlebark Park to Beasley's Nursery Jog

**Length** 11.2 kms, extension 4 kms; Total: 15.2 kms

Facilities Toilets, drinking fountains, café.

**Hazards** One road crossing in residential street. The path is popular on the weekends so be aware of cyclists and walkers. Watch out for kangaroos.

**Location** Fitzsimons Lane, Templestowe.

**Melway Reference** 21 G12

Parking Fitzsimons Lane/Candlebark Park carpark, Fitzsimons Lane, Templestowe

Jog Extension Mullum Mullum Creek from Beasley's Nursery to Reynolds Road: 4 kms return. From Fitzsimons Lane to Westerfolds Park: various lengths.

This is a jog along gravel pathways filled with heritage atmosphere including historic orchards, mobs of kangaroos,

the meandering Yarra River, the serpentine Mullum Mullum Creek, riverine woodland and open grasslands. Begin at the Candlebark Park car park and follow the Main Yarra Trail across boardwalks and bridges past towering manna gums and through grasslands. The track crosses The Parkway to further boardwalks and wetlands then veers right to Beasley's Nursery and Teahouse. There is a café and facilities here if you need a break before the return run.

# 4 Finns Reserve to Westerfolds Park Jog

**Length** 5.6 kms, extension up to 3.6 kms; Total: up to 9.2 kms

**Facilities** Toilets, drinking fountain, exercise equipment.

**Hazards** Unsealed paths are prone to mud.

**Location** Finns Reserve, Duncan Street, Templestowe Lower.

**Melway Reference** 33 B4

**Parking** Finns Reserve carpark, Duncan Street, Templestowe Lower

Jog Extension Ruffey Lake Park Hill Tops Path Circuit: 3.6 kms—Ruffey Creek Path Circuit: 2.7 kms.

This run surrounds you with nature and fresh air. Begin at Finns Reserve where there is an exercise station for you to stretch as either a warm up or cool down. Follow the sealed path across the suspension bridge, turn right and follow the track until you cross another bridge and climb a short hill. At the top of the hill there is a sealed path that leads to your left—take this. The next turn is to your right just after the Yarra Rapids Observation Point.

Follow the main dirt track until you come to both dirt and grassy crossroads. Turn right on what should look like the main dirt track. It will be heading into open grasslands—avoid the kangaroos. The sealed path is ahead, turn right again and this takes you back to Finns Reserve. Stretch and cool down at the exercise station. There is a drinking fountain nearby. You can shorten or lengthen this run by starting at the Porter Street entrance and circling Westerfolds Park.