WALKING AND JOGGING ROUTES IN THE CITY OF PERTH
GET ACTIVE IN THE CITY
This pocket guide has been developed with the entire community in mind and provides all the information you need to know about the best walking and jogging routes in the City of Perth.

Whether it’s a brisk lunchtime walk or a weekend jog along the riverside, you can use this guide to explore the city’s parks and gardens or even treat yourself to the spectacular views of the Swan River and the city skyline from Jacob’s Ladder lookout.

Why not take a break from your day and find thirty amongst the beautiful backdrop that is the City of Perth....

AUSTRALIAN PHYSICAL ACTIVITY GUIDELINES

Guidelines for Adults
• Think of movement as an opportunity, not an inconvenience
• Be active every day in as many ways as you can
• Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days
• If you can, also enjoy some regular, vigorous activity for extra health and fitness

Guidelines for Children (those under the age of 18)
• Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
• Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

To help you gauge how much activity you do, use a pedometer and aim for at least 10,000 steps a day.

Please note that walking and jogging route completion times in this guide are approximate and will vary depending on individual fitness levels. All routes (with the exception of route 10), have a footpath along every part of the route. As some central city routes experience heavy traffic please allow extra time for completion.
1. Jacob’s Ladder
2. West Perth (Parliament Route)
3. West Perth (Mount Street Route)
4. The Esplanade
5. City
6. Riverside
7. The Swan River
8. Northbridge
9. Wellington Square
10. Claisebrook Cove
11. East Perth
12. Queens Gardens
With 242 steps Jacob’s Ladder is a fantastic challenge to include in your physical activity program.

Walk, jog or run Jacob’s Ladder – it’s up to you! The spectacular views of the city skyline and the Swan River are well worth the effort once you reach the top.

A steady walk past Parliament House through the leafy streets of West Perth

- **Distance:** 2.5 km
- **Number of steps:** 3012
- **Walking time:** 28 minutes
Take a lunchtime walk through West Perth – challenge yourself and include Jacob’s Ladder in this route

Distance: 2.4 km
Number of steps: 2880
Walking time: 27 minutes

Jog or walk this central route which combines the challenge of Jacob’s Ladder and Mount Street

Distance: 3.1 km
Number of steps: 3720
Walking time: 40 minutes
Jogging time: 20 minutes (allow a few extra minutes for Jacob’s Ladder – depending on which way you are going!)
Take this perfect lunchtime walk through the Murray and Hay street malls

Distance: 2 km
Number of steps: 2400
Walking time: 22 minutes

Step outside your office and walk or jog this scenic city route

Distance: 4.35 km
Number of steps: 5220
Walking time: 48 minutes
Jogging time: 29 minutes
Walk or jog - it is up to you how far you want to go! Break off and challenge yourself with the Kokoda Track leading up through Kings Park or take a loop around one of the parks and gardens lining this route.

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>DIST (KM)</th>
<th>NO. OF STEPS</th>
<th>WALK TIME</th>
<th>JOG TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Claisebrook Cove - Causeway</td>
<td>1.6 km</td>
<td>1920</td>
<td>18 mins</td>
<td>11 mins</td>
</tr>
<tr>
<td>Causeway - Swan Bells</td>
<td>2.3 km</td>
<td>2760</td>
<td>25 mins</td>
<td>15 mins</td>
</tr>
<tr>
<td>Swan Bells - The Old Swan Brewery</td>
<td>2.1 km</td>
<td>2520</td>
<td>23 mins</td>
<td>14 mins</td>
</tr>
<tr>
<td>The Old Swan Brewery - UWA Boat Club Jetty</td>
<td>2.2 km</td>
<td>2640</td>
<td>24 mins</td>
<td>14.5 mins</td>
</tr>
<tr>
<td>TOTAL Riverside Distance</td>
<td>8.2 km</td>
<td>9840</td>
<td>90 mins</td>
<td>54.5 mins</td>
</tr>
</tbody>
</table>
Take a quick and easy walk through Northbridge
Distance: 2.1 km
Number of steps: 2520
Walking time: 23 minutes

Endure a loop or two around Wellington Square
Distance: 1 km
Number of steps: 1200
Walking time: 11 minutes
Take a walk around Claisebrook Cove and enjoy the wonderful array of public art that lines this route.

Distance: 2.3 km  
Number of steps: 2760  
Walking time: 25 minutes

Walk or jog past sporting landmarks the WACA and Glouster Park. Take in the Queens Gardens on your way around.

Distance: 3.2 km  
Number of steps: 3840  
Walking time: 35 minutes  
Jogging time: 21 minutes

QUEENS GARDENS  
Distance: 0.7 km  
Number of steps: 840  
Walking time: 8 minutes
# RECORD OF ACTIVITY

Make copies of this chart and record your activity for each week.

Starting Date: ____________________________

<table>
<thead>
<tr>
<th>DAY</th>
<th>DISTANCE</th>
<th>TIME</th>
<th>NUMBER OF STEPS</th>
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<tbody>
<tr>
<td>MONDAY</td>
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<td>TUESDAY</td>
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<td>WEDNESDAY</td>
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<td>THURSDAY</td>
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<td>FRIDAY</td>
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<td>SATURDAY</td>
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<tr>
<td>SUNDAY</td>
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Further copies are available on the City of Perth website: [www.perth.wa.gov.au](http://www.perth.wa.gov.au)

# INTERESTING LINKS TO FURTHER PHYSICAL ACTIVITY INFORMATION

- Bibbulmun Track Foundation: [www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)
- Department of Conservation and Land Management: [www.naturebase.net](http://www.naturebase.net)
- Department of Sport and Recreation: [www.dsr.wa.gov.au](http://www.dsr.wa.gov.au)
- National Heart Foundation: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)
- WA Local Government Association: [www.walga.asn.au](http://www.walga.asn.au)
- West Australian Marathon Club: [www.wamc.org.au](http://www.wamc.org.au)