Introduction

This booklet is part of the “10,000 Steps to Community Health” project coordinated by “Coalfields Healthy Heartbeat”, a project of the Samaritans.

The aim of the project is to help members of the community increase participation in physical activity, particularly walking, in their own environment.

The project is funded by NSW Department of Community Services.

This Walking Trails Guide is proudly supported by the Cessnock City Council and the National Heart Foundation of Australia. Original maps were provided by Cessnock City Council. Copyright Cessnock City Council (2006) and Department of Lands (2006).

Coalfields Healthy Heartbeat would like to thank the 10,000 Great Steps to Community Health Working Group for their input and assistance in producing this guide. Also thanks to the Graphic Design Department at Newcastle TAFE and Eye Design Graphic Design.

Disclaimer – This Walking Trails Guide and its contents are intended as a guide only. All care and consideration has been taken in mapping these trails however, you are responsible for your own safety and well-being whilst undertaking these walks. Please ensure you are adequately prepared before walking and seek medical advice before undertaking any physical activity if you have any health concerns.

For more information or to obtain further copies of this guide contact Coalfields Healthy Heartbeat on (02) 4991 1304.

This guide may be downloaded from www.samaritans.org.au and www.cessnock.nsw.gov.au

The walks in this booklet are located in the Cessnock Local Government Area.
# Table of Contents

- How Much Exercise Should I Do? ................................................................. 4
- Why Walk? .................................................................................................... 5
- What is the 10,000 Steps Program? ............................................................ 5
- How to Start the 10,000 Steps Program ..................................................... 6
- Benefits of Regular Physical Activity .......................................................... 7
- Be SunSmart! ................................................................................................ 7
- Safety Tips for Walking ................................................................................. 8
- Stretching Safely ........................................................................................... 9
- Walking can be Fun! .................................................................................... 11
- Map Guide ................................................................................................... 12
- Map Symbol Definitions .............................................................................. 12
- Walks in the LGA
  - Cessnock .................................................................................................. 13
  - Kurri Kurri ................................................................................................ 17
  - Abermain and Weston .............................................................................. 23
  - Branxton and North Rothbury ................................................................. 25
  - Greta ........................................................................................................ 27
  - Kitchener Poppet Head .......................................................................... 29
  - Millfield .................................................................................................... 31
  - Pokolbin .................................................................................................... 33
  - Werakata National Park .......................................................................... 35
  - Wollombi .................................................................................................. 37
- Other Walks of Interest ............................................................................... 39
- For more Information .................................................................................. 40
- Acknowledgements ..................................................................................... 41
How Much Exercise Should I Do?

The National Physical Activity Guidelines for Australians offer guidance and options for moderate-intensity physical activity. They refer to the minimum levels of physical activity required for good physical health.

The Guidelines recommend that you think of movement as an opportunity, not an inconvenience, and be active every day in as many ways as you can.

For Adults
At least 30 minutes of moderate physical activity most days of the week. This can be done in bouts of 10 minutes.

For Children aged 5-12
A minimum of 60 minutes (and up to several hours) of moderate to vigorous physical activity each day is recommended.

For Young Adults aged 12-18
A minimum of 60 minutes of moderate to vigorous physical activity each day is recommended.

If you can, also enjoy some extra regular vigorous exercise for health and fitness, 3-4 days a week for 30 minutes or more.

**Moderate-intensity activities:**
Increase your heart rate but don’t make you puff, including:

- Brisk Walking
- Medium-paced Cycling
- Medium-paced Swimming
- Gardening
- Playing golf

**Vigorous-intensity exercise:**
Makes you ‘huff and puff’ including:

- Speed Walking
- Jogging
- Fast Cycling
- Football/Netball
- Aerobics/Circuit Training
Why Walk?

Walking is a fun, free and easy way of improving your health and fitness. You should find the level that suits you and walk at a moderate intensity. You should still be able to talk or whistle comfortably as you walk.

Using a pedometer (peh-dom-i-ter) is a great way to keep track of your progress and set goals. A pedometer is a step counter that clips to your waistband and records the number of steps you take.

What is the 10,000 Steps program?

For Healthy Adults:
10,000 Steps is the recommended total daily step goal

10,000 Steps is a FREE online program that encourages you to use a step-counting pedometer to track your activity levels across the WHOLE day.

With advances in technology and our workplaces becoming more inactive, it sometimes is an effort to make more active choices. Using a motivational tool such as a pedometer may help to motivate you, reminding you how many, or how little steps you have done for the day.

Depending on the number of steps you reach with your normal daily activities, you will need to work out how many extra steps you need to take to reach 10,000. Walking for 30 minutes will give you on average 3000 steps.

To join the 10,000 program go to www.10000steps.org.au

If you do other physical activities such as cycling or rowing these can also be counted toward your 10,000 steps goal using the following conversion:

10 minutes of moderate-intensity activity = 1,000 steps
10 minutes of vigorous-intensity activity = 2,000 steps
How to Start the 10,000 Steps program

Step 1. **CHECK** if you have a pre-existing medical condition, or if you have not been active for a while, it is recommended that you see your doctor before starting any physical activity program.

Step 2. **ORDER** a pedometer by calling Coalfields Healthy Heartbeat on (02) 4991 1304, or order one online from [www.10000steps.org.au](http://www.10000steps.org.au)

Step 3. **SIGN UP** for the FREE 10,000 Steps program at [www.10000steps.org.au](http://www.10000steps.org.au) or contact Coalfields Healthy Heartbeat on (02) 4991 1304 to obtain free log sheets to keep track of your progress.

Step 4. **MEASURE** your baseline steps. Your baseline steps are the number of steps that you are currently doing before you begin your program.

Step 5. **SET** realistic goals as you aim to build more activity into your daily life. This will depend on your physical ability. 10,000 steps may not be a realistic goal for groups such as the elderly. Aim to increase your number of steps slowly by no more than 1,000 to 2,000 per week. Increasing your steps too quickly may result in an injury.

Step 6. **RECORD** the number of steps you are walking each day. Put your log sheet in a place you see every day to keep yourself motivated.

Step 7. **HAVE FUN! FEEL GREAT!**
Benefits of Regular Physical Activity

• Live longer.
• Lower the risk of heart disease, stroke and high blood pressure.
• Lower the risk of developing type II diabetes and some cancers.
• Control your weight.
• Have a healthier blood cholesterol level.
• Help build and maintain healthy bones, muscles and joints while reducing the risk of injury and osteoporosis.
• Lower stress, increase energy, concentration and self-confidence.
• Feel more relaxed and sleep better.

For best results physical activity should be combined with an ongoing pattern of healthy eating. For recommendations and guidelines go to: www.heartfoundation.com.au

Be SunSmart!

• Walk during cooler times of the day and avoid being outside between 10 am and 3 pm, especially in summer.
• Stay in the shade whenever possible.
• Wear clothes that cover as much skin as possible.
• Wear a broad-brimmed hat and sunglasses.
• Use a broad-spectrum sunscreen with a SPF30+ and reapply every two hours or after swimming or sweating.
Safety Tips for Walking

• Consult with your doctor before starting any physical activity if you have a chronic condition, such as heart disease or diabetes, also if you have not been active for a while.

• Warm up, gently stretch and cool down to prevent muscle soreness and injuries (see pages 9 and 10).

• Slow down if you feel breathless or uncomfortable. If you have chest discomfort, palpitations or pain while walking stop immediately and seek medical advice.

• Take a water bottle with you and drink water before, during and after your walk.

• Be SunSmart (see page 7).

• To improve safety, walk with others or in areas where there are other people.

• Let someone know where you are going and when you should be back.

• If walking with children, the Pedestrian Council of Australia recommends adults hold hands with children under 10 years old when crossing roads.

• Take a mobile phone or know locations of the nearest public telephone in case of an emergency.

• Wear light coloured clothing when walking during twilight to ensure fellow walkers, drivers and cyclists can see you clearly.

• Choose well-fitting shoes with appropriate shock absorption. See a podiatrist if you develop any foot problems.

• When bushwalking take a small first aid kit. First aid courses can also help build your confidence when faced with emergencies.
Stretching Safely

You should stretch before you walk, once your muscles are warm and after you walk to decrease your risk of injury.

Why Stretch?

• Increases flexibility
• Reduces muscle tension and relaxes the body
• Increases body awareness and prepares you for activity
• Promotes circulation and assists with coordination

Tips for Stretching

• Only stretch to a feeling of tension but never pain
• Stretch slowly and gently
• Do not hold your breath when stretching
• Hold each stretch for 10-20 seconds
• Entire stretching session should last 15-20 minutes
• Stretch each muscle group 2-3 times
• Do not bounce or stretch rapidly

The following stretches are intended as an introduction to stretching, for more information contact Sports Medicine Australia at www.smartplay.net
### Stretching Safely

**Quadriiceps Stretch**
Hold onto something for support with one hand, grab your ankle with the other hand, pull ankle towards your bottom.

**Hip Flexor Stretch**
Keep back straight, tuck bottom under, lunge forward on front leg.

**Gastrocnemius Stretch**
Keep knee straight and heel down, feet facing forward.

**Soleus Stretch**
Knee bent over rear foot, feet facing forward.
Walking can be Fun!

Try these tips to increase your physical activity

• Walk when you can, instead of using the car.

• Park your car further away from your destination and walk the rest of the way.

• Take the stairs instead of the lift or escalator.

• Walk or cycle instead of driving to the local shop to buy the newspaper or milk.

• Organise with a workmate to go for a walk during your lunch break or before or after work.

• Try taking public transport to work and leave the car at home. If it isn’t a 10 minute walk to either home or work – get off the bus or train one stop earlier and walk. Or park your car 10 - 15 minutes away.

• At home, try to limit TV and computer time to less than two hours a day.

• Organise for your family to go on active outings such as walks to the beach and park, bike rides and bushwalks.

• Organise to do something active with friends when you catch up socially. Try a walk along the beach and finish at a café.

• Learn to do something active that you’ve never tried before like dancing, golf, surfing, martial arts or rock climbing.
Map Guide

Each map is accompanied by an information box that indicates the:
• Location of the walk
• Approximate number of steps taken
• Approximate time taken in minutes
• Approximate distance in kilometres.

Each walk is graded according to difficulty level. There are three levels of grading.

**Easy.** Suitable for prams and wheelchairs.
Generally on paved or well-maintained paths with minimal curbs.

**Moderate.** May not be suitable for prams or wheelchairs.
May contain rough ground or steeper hills.

**Difficult.** Not suitable for prams, wheelchairs or people who are in poor health or unsteady on their feet. May contain very rough ground on poorly-maintained tracks or steep hills.

Please note the grading levels accompanying each map are intended as a guide only. You are responsible for your own safety; please ensure you are adequately prepared and equipped.

Symbol Definitions

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🚶‍♂️</td>
<td>Suitable for wheelchairs</td>
</tr>
<tr>
<td>🛏️</td>
<td>Toilets</td>
</tr>
<tr>
<td>🛎️</td>
<td>Park</td>
</tr>
<tr>
<td>🏨</td>
<td>Playground</td>
</tr>
<tr>
<td>🚗</td>
<td>Parking Lot</td>
</tr>
<tr>
<td>🍀</td>
<td>Police Station</td>
</tr>
<tr>
<td>🚒</td>
<td>Fire Station</td>
</tr>
<tr>
<td>🚑</td>
<td>Ambulance Station</td>
</tr>
<tr>
<td>🚹</td>
<td>Roadway</td>
</tr>
<tr>
<td>🏀</td>
<td>Park/Sporting Facility</td>
</tr>
</tbody>
</table>

---

Scale (approximation)
Cessnock

Originally inhabited by the Darkinung people, Cessnock is known as the ‘Gateway to Wine Country’ and is the largest urban centre in the local government area. Cessnock has a history rich in mining, but more recently has welcomed the opportunities wine making has offered. As a result, Cessnock has seen a growth in the tourism and hospitality industries. The Cessnock Start your Heart Walks were developed by Coalfields Healthy Heartbeat and are easily recognizable by signs and hearts marked along the pathways.

### Active Cessnock Start your Heart Walk

**Description:** This walk highlights the opportunities in Cessnock for physical activity for the whole family, taking in the sporting grounds, netball and tennis courts near Cessnock High School. The walk then continues along Cumberland Street taking a more peaceful route away from the hustle and bustle of the main street.

<table>
<thead>
<tr>
<th>Steps</th>
<th>Time</th>
<th>Distance</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,000</td>
<td>40min</td>
<td>2.4km</td>
<td>1</td>
</tr>
</tbody>
</table>

### Convent Hill Start your Heart Walk

**Description:** For those who want to get their heart pumping, this walk involves a steep climb up the steps to the top of Convent Hill, to experience breathtaking views across Cessnock to the Watagan Mountains. The pathway winds its way through a natural bushland reserve to Bridges Hill Park then back again, before passing several historical buildings that are included in the Cessnock History Walk on page 15.

<table>
<thead>
<tr>
<th>Steps</th>
<th>Time</th>
<th>Distance</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,100</td>
<td>40min</td>
<td>1.7km</td>
<td>2</td>
</tr>
</tbody>
</table>

**TIP:** The best way to motivate yourself is to find an enjoyable activity that suits you. Do you enjoy doing activities on your own or do you prefer being with other people? It may be as simple as spending more time on the things you already do, like walking, or trying something new, like joining a sports club.
The Cessnock History Walk

Description: The Cessnock History Walk showcases the many significant historic buildings and icons of Cessnock. The walk is available as a full 15 page brochure including the historical background of Cessnock. You can purchase this from Cessnock Library on (02) 4993 4399. Look out for these historic buildings on your walk:

1. Cessnock Fire Station (1906)
2. Masonic Temple (1907)
3. Convent Hill Steps
4. Catholic Hall (1922)
5. Presbytery (1932)
6. Catholic Church (1953)
7. Cessnock Police Station
8. Cessnock Courthouse
9. Cessnock Inn (1957)
10. School of Arts (1924)
11. Memorial Hall
12. Water Board Building (1920)
13. Kearsley Chambers
14. Sarroff Building
15. Wentworth Hotel (1924)
16. Lowes (old Cessnock Coop Society)
17. Jurds (old Cessnock Hotel 1910)
18. Coal Memorial
19. War Memorial
20. Black Creek
21. Australia Hotel (1923)
22. Birthing Houses (1900s)
23. Sylvester’s Bakery (1919)
24. PCYC (1945)
25. Marthaville
26. John Campbell Memorial
27. Cessnock Pool (1934)

The Walkers’ Walk

Description: The Walkers’ Walk was the winner of the Coalfields Healthy Heartbeat ‘Tell us your Walk Competition’, won by Frank and Jan Walker. The Walkers enjoy a healthy and active lifestyle and do this walk every day starting from and finishing at the Masonic Village. This walk takes in the bustling main streets of Cessnock, as well as local parks and sporting grounds.

Steps: 3,700
Time: 45min
Distance: 3km
Grade: 

TIP: Many people find it easier to be active when they exercise with other people. Why not organize a regular walk with a friend, neighbour or family member? This way you can socialize and be healthy and active at the same time.
Kurri Kurri

Located 13km east of Cessnock, the town of Kurri Kurri is home to a proud and active community that has won over 27 town awards over the last 17 years, and was State Tidy Towns winner in 1993. The growth of the town comes from a strong coal-mining history as shown in the many federation-style buildings, grand hotels, old churches and schools, as well as many examples of simple miners' cottages, proudly preserved and maintained by their owners. Kurri Kurri also provides many opportunities to explore the surrounding bushland areas.

Active Kurri Walk

Description: This walk takes in the lively Lang Street, the main street in Kurri Kurri and highlights opportunities for physical activity for the whole family as the walk passes the aquatic centre, netball courts, sporting grounds, skate park and Margaret Johns Park.

Steps: ............4,700
Time: ............60min
Distance: .........3.8km
Grade: ............

Kookaburra Trail

Description: This walk provides the opportunity to explore both the quaint town centre of Kurri Kurri, as well as the natural bushland area along the old Pelaw Main to Weston railway easement. This bushland walk explores Log of Knowledge Park and passes by the rugby grounds, as well as Rotary Park.

Steps: ............4,100
Time: ............50min
Distance: ........3.3km
Grade: ............

TIP: Walking groups are a great way to meet new people and get into a regular walking routine. Being able to socialize and have fun as you walk is a fantastic way to keep yourself motivated. Call Coalfields Healthy Heartbeat on (02) 4991 1304 to find a walking group near you.
Kurri Kurri

The Heritage and Nature Walk was developed by Kurri Kurri Tidy Towns with the aim of providing a walk for all members of the community that highlighted all the natural and man-made heritage Kurri Kurri has to offer. Along the walk are several photographic displays showing images of Kurri’s proud history. For more information go to www.kurrikurri.com

Kurri Kurri Heritage and Nature Walk

Description: The Kurri Kurri Heritage and Nature walk provides several options for people to explore within the town and through natural bushland areas of Kurri Kurri. The walk highlights several historical buildings along Lang Street, as well as Rotary Park, Log of Knowledge Park and a beautiful bushland walk along the old Richmond Vale Railway. Another walking option includes the old Aberdare Junction to Stanford Merthyr railway-line easement, which highlights the distinctive Sand Swamp area in which there are plants unique to the area, as well as a rich diversity in flora and fauna.

$value

Steps: .................. 8,300
Time: ............ 1hr 40min
Distance: .......... 6.6km
Grade: .... to ......

TIP: Find a time that suits you to be active. If you are too tired when you get home at night, try to be active in the morning or build more activity into your lunch hour. Try asking a work colleague to come for a walk or even start a lunch-time walking club.
Kurri Kurri Mural Walk
The Kurri Kurri Mural Walk was developed by the Towns with Heart community group in order to showcase the rich and diverse history of Kurri Kurri and its surrounding villages. In a period of less than four years the success of the mural project has seen over 40 murals painted on local buildings by various artists. Most have been sponsored by local community groups, companies and businesses and highlight the uniqueness of the community. The Kookaburra has come to represent the town of Kurri Kurri and each mural has a Kookaburra in it, some obvious and others not so, but it is always there. See if you can find all of them!

<table>
<thead>
<tr>
<th>MURAL NAME</th>
<th>ARTIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Steam Train</td>
<td>Phil Presker</td>
</tr>
<tr>
<td>2 Antiques</td>
<td>Cindy Staley</td>
</tr>
<tr>
<td>3 Bickmore’s Store</td>
<td>Cindy Staley</td>
</tr>
<tr>
<td>4 Friday Night</td>
<td>Carly Leonard &amp; Brian Standley</td>
</tr>
<tr>
<td>5 Mineworker</td>
<td>Grant Franklin</td>
</tr>
<tr>
<td>6 Drive-in</td>
<td>Jeremy Kang</td>
</tr>
<tr>
<td>7 Pay Office</td>
<td>Greg Slevin &amp; Liz Wallis</td>
</tr>
<tr>
<td>8 Mine Entrance</td>
<td>Harley Kirkwood</td>
</tr>
<tr>
<td>9 Toilet Block</td>
<td>Grant Franklin</td>
</tr>
<tr>
<td>10 Schoolyard</td>
<td>Jennifer Lockhart</td>
</tr>
<tr>
<td>11 Butcher’s Delivery</td>
<td>Cindy Staley</td>
</tr>
<tr>
<td>12 Koori Art</td>
<td>Les Elvin &amp; Local Youth</td>
</tr>
<tr>
<td>13 Garage</td>
<td>Graham Wilson &amp; Local Youth</td>
</tr>
<tr>
<td>14 Kookaburra</td>
<td>Harley Kirkwood</td>
</tr>
<tr>
<td>15 Stairway to Nowhere</td>
<td>Graham Wilson &amp; Local Youth</td>
</tr>
<tr>
<td>16 Heddon Greta Speedway</td>
<td>Jeremy Kang</td>
</tr>
<tr>
<td>17 Abermain Newsagency</td>
<td>Cindy Staley</td>
</tr>
<tr>
<td>18 Wedding</td>
<td>Cindy Staley</td>
</tr>
<tr>
<td>19 On the Buses</td>
<td>Kim, Alexander &amp; Charlotte Barker</td>
</tr>
<tr>
<td>20 Workers</td>
<td>Kim, Alexander &amp; Charlotte Barker</td>
</tr>
<tr>
<td>21 Fire Station</td>
<td>Jeremy Kang</td>
</tr>
<tr>
<td>22 Picnic in the Park</td>
<td>Brian Stanley</td>
</tr>
<tr>
<td>23 Blacksmiths</td>
<td>Chris Fussell</td>
</tr>
<tr>
<td>24 Campfire</td>
<td>Greg Slevin &amp; Liz Wallis</td>
</tr>
<tr>
<td>25 Working Underground</td>
<td>John Dorahy</td>
</tr>
<tr>
<td>26 Christian</td>
<td>John Dorahy</td>
</tr>
<tr>
<td>27 Ashes 2002</td>
<td>Grant Franklin</td>
</tr>
<tr>
<td>28 Bowls</td>
<td>Kim, Alexander &amp; Charlotte Barker</td>
</tr>
<tr>
<td>29 The Bullocky</td>
<td>Sue Linton</td>
</tr>
<tr>
<td>30 Masonic</td>
<td>Jeremy Kang</td>
</tr>
<tr>
<td>31 Spotters Tower</td>
<td>John Dorahy</td>
</tr>
<tr>
<td>32 Maypole</td>
<td>Greg Slevin</td>
</tr>
<tr>
<td>33 Milkbar</td>
<td>John Dorahy</td>
</tr>
<tr>
<td>34 Timbrcutter</td>
<td>Sue Linton</td>
</tr>
<tr>
<td>35 Early Life</td>
<td>John Dorahy</td>
</tr>
<tr>
<td>36 Time Tunnel</td>
<td>Astrid Hubert &amp; Local Youth</td>
</tr>
<tr>
<td>37 Bachelor</td>
<td>David DeCosta-Silva</td>
</tr>
<tr>
<td>38 Werakata</td>
<td>Greg Slevin</td>
</tr>
<tr>
<td>39 No. 10 Locomotive</td>
<td>John Dorahy</td>
</tr>
<tr>
<td>40 Football Heroes</td>
<td>John Dorahy</td>
</tr>
</tbody>
</table>

**TIP:** Set small, achievable goals and work towards them. If you are walking 3 times a week for 10 minutes, then aim for 15 minutes each time next week. Keep track of your achievements.