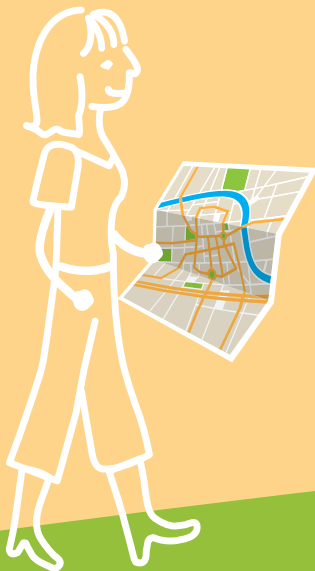




Invite staff to add their local knowledge to the map, especially those who live locally or have worked in the area for a long time. They'll know the short cuts and hidden gems.



Map your local area

Walking maps are a fantastic resource to help staff connect with the local community and increase their support for local businesses.

- 1** Decide on the purpose of your walking map: walking break, walking meeting, or map of the shops and facilities near your workplace.
- 2** Go walking:
 - Note the route, including street names
 - Photograph and note the location of each point of interest - park, café, post office, pharmacy, train station etc.
- 3** Download your photos onto the computer (photos must be less than 2MB).
- 4** Go to www.walkingmaps.com.au – register, then create your walking map*.
- 5** Share walking map with staff, or print and display it in a central area.
- 6** Go walking!

* Need a hand? Check out these [useful tips](#), or contact us.

www.victoriawalks.org.au
info@victoriawalks.org.au • (03) 9662 3975



Take new employees for an orientation walk to highlight local shops, facilities and public transport options.



Map walks around your workplace to encourage staff to step out more often. Add simple incentives or an easy competition to spice it up!

Example Map:

Geelong Hospital Lunchtime Walk 1
 55 Bellerine Street, Geelong VIC 3220, Australia
 by HTGWalks

Time: 27 m
 Length: 2.2 km
 Difficulty: Easy
 Rating: ★★★★★

Starting and finishing at Geelong Hospital, this walk takes in some beautiful views over the Geelong Waterfront.

Geelong Hospital Lunchtime Walk 1
 created by HTGWalks

Ideal for employees and visitors alike, this walk is the ideal way to pack a bit more physical activity into your day. Follow Swanston Street down to the bay and enjoy the magnificent views, then pace yourself for the long, slow climb up Bellerine Street and back to the hospital. With cafes on the way, you can buy your lunch or BYO and stop at one of the many seating areas along the way and just enjoy the views.

Points of Interest

- Shared pathway**: Click to the left on this shared pathway that will lead you all the way to the waterfront.
- Seating area overlooking the bay**: A great spot to sit down and enjoy the views.
- Spectacular views over the waterfront**: The view just before you begin your descent down to Eastern Beach.
- Bollards on Eastern Beach**: Check out the bollards on Eastern Beach as you go - note that there is plenty of seating available in this section of the walk as well.
- Austin Park**: Plenty of seating and picnic tables available at Austin Park for you to sit down and enjoy your lunch.
- Cafe Go**: Stop and pick up some lunch or grab a coffee hit on your way back to the hospital.

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