

## Getting Braybrook on its feet

Braybrook residents are urged to explore their neighbourhood on foot with the launch by Victoria Walks of a series of maps designed to highlight interesting walking routes in the area.

Ben Rossiter, Executive Officer of Victoria Walks said many people report barriers to walking like not knowing where to walk; having no-one to walk with or being concerned about personal safety.

“Over the last nine months, Victoria Walks has been working with the City of Maribyrnong and the Braybrook community to map good quality, interesting neighbourhood walking routes to provide opportunities for women, in particular, to be active and connect with their community.

“*Let’s Walk* maps make it easier for people, particularly women, to walk in Braybrook” said Dr Rossiter. “It is about building a healthy and friendly community by populating neighbourhood streets with walkers”.

“We have been thrilled by the interest and support of the City and many local residents wanting to get more people out and about, walking and talking in Braybrook” said Dr Rossiter.

The Mayor of the City of Maribyrnong, Cr Catherine Cumming, said *Let’s Walk Braybrook* provides opportunities for residents to celebrate the best of Braybrook.

"This series of maps highlights some of Braybrook's treasured sites, art works and busy hot spots," said Mayor Cr Catherine Cumming. The 4 different map trails are:

- *Let’s Walk* Braybrook Streets
- *Let’s Walk* Braybrook Park
- *Let’s Walk* Dinjerra Primary School
- *Let’s Walk* Kinder Smith Reserve

Research shows that walking is the most popular recreational activity of Australians, and thanks to *Let’s Walk* there are a lot more people pounding the pavements in Braybrook.

*Let’s Walk* is a new community program being trialled in Braybrook with a hope to be rolled out across Victoria. More information on *Let’s Walk* Braybrook, including maps of the walks:

[www.victoriawalks.org.au/Lets-Walk](http://www.victoriawalks.org.au/Lets-Walk)

The *Let’s Walk* Braybrook project is supported by the Victorian Government.

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