

GENERAL INFORMATION

Manjin Rec Plaza

The Manjin Rec Plaza is a central, family friendly hub, with facilities that cater for several recreational activities including skateboarding, scooter riding and BMX riding, with linkages to additional walking and riding trails. The plaza also offers an outdoor gym, 3-on-3 basketball court, a children’s playground and a water bottle refill station.

Walking & Cycling in Manjimup

You will find well-formed paths throughout Manjimup. For BMX enthusiasts and scooter/ skateboarders visit Manjin Rec Plaza. Families can venture along the shared path to King Jarrah, cycle out to Deanmill along the Munda Biddi Trail / Deanmill Heritage Trail, or if you’re really adventurous, test your skills on the single track out at the King Jarrah Reserve.

Indicated walking and cycling times for each trail/route are based on moderate fitness levels and pace.

Be Active & Stay Healthy

Being active every day of the week by incorporating at least 30 minutes of physical activity will see improvements in your health.

Australia’s Physical Activity and Sedentary Behaviour Guidelines states:

- Doing any physical activity is better than doing none.
- Be active on most, preferably all, days every week.
- Accumulate 2.5 to 5 hours of moderate intensity physical activity or 1.5 to 2.5 hours of vigorous intensity physical activity per week.

Path/Trail Classification

- Class 1: Easy
- Class 2: Intermediate

HIKING TIPS

- Follow the “Leave no Trace” Principles while hiking and bush walking through the Southern Forests.
- Notify someone of your plans.
- Make sure you take plenty of water. Take at least 2 litres per person per day, more on hot days.
- Ensure you have the correct clothing to suit the conditions and time of year. A sun hat is necessary in summer and sunglasses are a good idea.
- Always carry a first aid kit.
- Make yourself a healthy trail mix to keep your energy levels up on the longer walks.
- Always stay on the designated trails and be careful not to trample the flora and fauna.
- Remember to take all your rubbish home with you.
- Light fires in fire rings only. Never leave a fire unattended and always extinguish it when you leave. Be aware of the prohibited fire regulations.
- It is an offence in Western Australia to pick wildflowers.
- The Southern Forests are home to snakes, some venomous. Be careful when walking.

For further info:

For all inquiries, please contact the friendly staff at the local Visitor Centre.

Manjimup Visitor Centre
151 Giblett Street, Manjimup
Phone: 08 9771 1831
info@manjimupwa.com
Facebook @VisitManjimup
Instagram @exploresouthernforests

or visit the following websites
totaltrails.com.au
trailswa.com.au



Explore the
SOUTHERN FORESTS
AND VALLEYS
WALK & CYCLE
MANJIMUP AND SURROUNDS



A GUIDE TO WALKING AND
CYCLING PATHS AND TRAILS



MANJIMUP
HERITAGE PARK



The Manjimup Heritage Park is a 12 hectare family-orientated Park, with meandering pathways taking you through natural bush and landscaped gardens. Visit one of the museums or historic Hamlet, take the kids down to enjoy the adventure playground and the 17m high slide, and relax with a cup of coffee from the park café.

There are a number of easy walks throughout the Park which can take in the sights of the native bushland, bush school, towerman’s hut, Commonwealth grove, community garden and Historic Hamlet.





ONE TREE BRIDGE

1 Karri Glade Path Class 2 | 400m loop | 🚶 15mins

This easy walk trail loops through the forest and takes you past some magnificent old karri trees. It is suitable for all levels of fitness and is a great introduction to the karri forest for those who would prefer a short walk.

2 Four Aces to One Tree Bridge Link Trail Class 2 | 1km (one way) | 🚶 20mins | 🚲 10mins

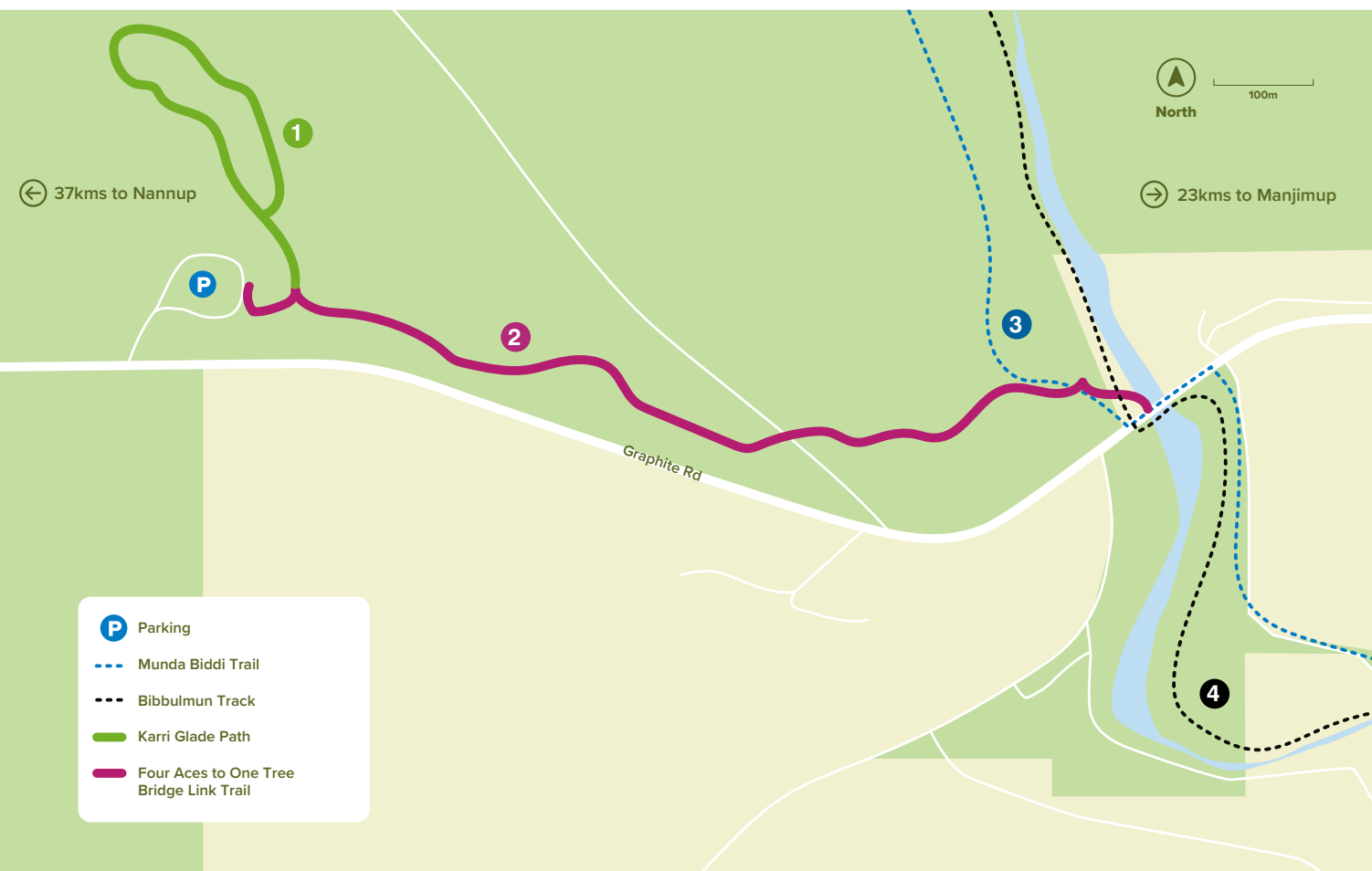
Why not walk between One Tree Bridge and Four Aces rather than driving? This gently sloping trail meanders through the karri forest. You can visit the remains of the bridge that was made from a single, massive karri tree at One Tree Bridge and see four enormous karri trees growing in a perfectly straight line at Four Aces.

3 Munda Biddi Trail Class various | Up to 1,000kms | 🚲 Various

At over 1,000kms long, this long distance cycling trail links Mundaring to Albany and intersects many of the settlements and towns in the Shire of Manjimup. You can ride any section of this trail, and a good place to start is at One Tree Bridge or the interp shelter at Manjin Rec Plaza. For more information visit www.mundabiddi.org.au

4 Bibbulmun Track Class various | Up to 1,000kms | 🚶 Various

The Bibbulmun Track is one of the world's great long distance walk trails, stretching 1000kms from Perth to Albany. The closest section to Manjimup town passes through areas of Donnelly Mill Village, One Tree Bridge and Chappels Bridge. To plan your walk, whether it is a short walk or multi-day treks visit www.bibbulmuntrack.org.au



MANJIMUP

1 Linear Path Class 1 | 7.5kms (return) | 🚶 1.2hrs | 🚲 40mins

Formerly an unused rail corridor, the Linear Path acts as the north-south 'spine' of the Manjimup town. Connecting with the Deanmill Heritage Trail and the King Jarrah path, it provides a scenic, 13km long, car-free recreational space. It links many of Manjimup's major destinations.

2 Deanmill Heritage Trail Class 2 | 11kms (return) | 🚶 1.3hrs | 🚲 1hr

The Deanmill Heritage Trail is an old rail line that has been converted into a walk/bicycle track and is a part of the Munda Biddi Trail. This moderately flat, well defined trail takes you through bush and farm land, and finishes at the Deanmill settlement.

3 The Manji Loop Class 2 | 12kms | 🚶 2.5-4hrs | 🚲 1-4hrs

This sealed walk encircles Manjimup town centre. Take in the farm land and great views that encompass the town's edge. Although a long trail, the small hills and easy terrain allow for all levels of fitness and ability.

4 King Jarrah Path Class 2 | 7kms (return) | 🚶 1hr | 🚲 30mins

Starting at Manjimup's iconic Heritage Park or anywhere along Perup Road in Anunaka, you can walk or cycle out past the Manjimup Country Club to the beautiful King Jarrah Reserve. This path is a great walk for the whole family; bring your dog and let the kids ride alongside you on their bikes.

King Jarrah Reserve

The magnificent King Jarrah tree is part of a nature trail only 3 km from Manjimup. This tree is estimated to be about 500 years old, is 45 metres high and has a girth of 2.6 metres wide. A 600 metre sealed trail meanders through the jarrah understorey. The trail is suitable for wheelchairs, pushers and bicycles and there is a beautiful undercover BBQ area for picnics.