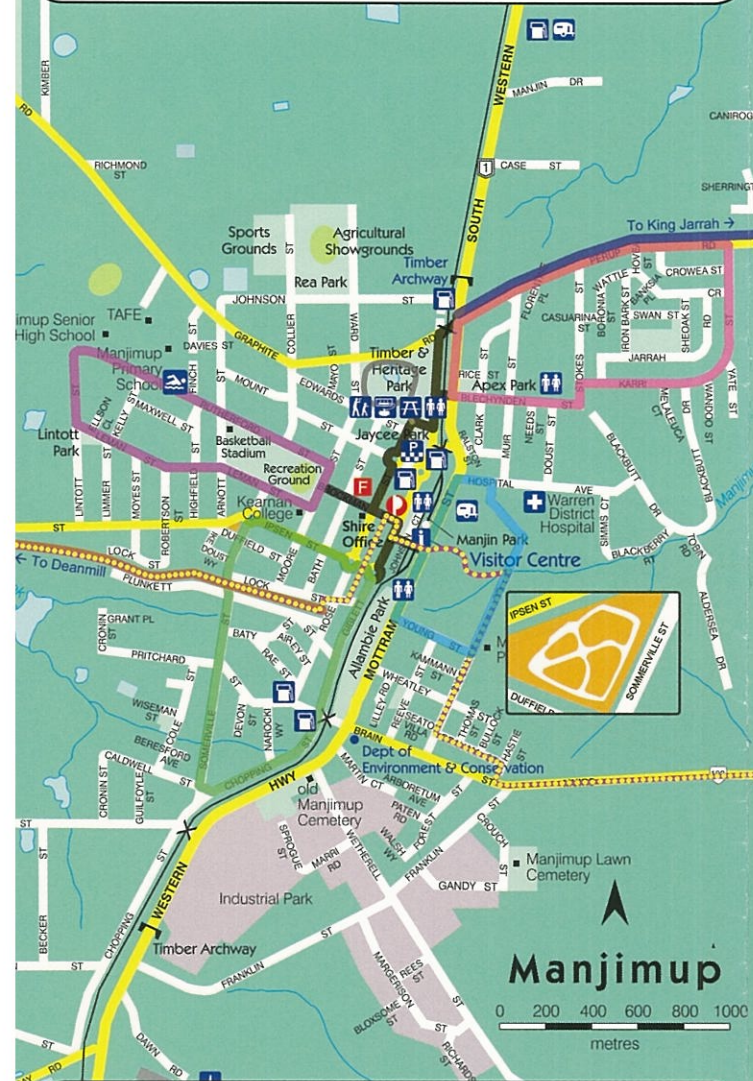


OVERVIEW MAP



LEGEND →

King Jarrah Walk	East Manjimup
West Manjimup	Joining Paths
Deanmill Heritage Trail	Rotary Bike Skills Park
Anunaka	Munda Biddi Trail
South Manjimup	

TIPS FOR SAFE AND ENJOYABLE EXERCISE

- Remember to warm up, stretch & cool down
- Carry water and wear sunscreen and a hat
- Wear comfortable clothing and footwear
- Walk in the cooler parts of the day
- Walk within your own capabilities and at a comfortable pace
- If you have chest pain or any discomfort while exercising, STOP immediately and seek medical advice



BUSH EXERCISE SAFETY

- Tell someone exactly where you are going and what time you expect to be back
- On longer walks/ rides, check weather and track conditions before going and take a map
- Please be aware that snakes are active from early Spring to early Autumn in the area.

Shire of Manjimup

PO Box 1 / Cnr Rose & Brockman Streets,
 MANJIMUP WA 6258
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Walk & Cycle Manjimup



Well Being **WB**
 WARREN • BLACKWOOD
 PROUDLY SUPPORTING



A GUIDE TO WALKING & CYCLING PATHS IN MANJIMUP

BIBBULMUN TRACK

The Bibbulmun Track crosses many towns within the Shire of Manjimup, being Pemberton, Northcliffe and Walpole. The Donnelly River section of the Bibbulmun Track is the closest section to Manjimup, with it passing through the areas of Donnelly Mill Village, One Tree Bridge and Chappels Bridge.

For further information on the Bibbulmun Track visit www.bibbulmuntrack.org.au

MUNDA BIDDI TRAIL

The Munda Biddi is a trail with something for everyone. There are sections of the trail that will suit anyone's cycling ability and pace. The trail is easily accessible by car, so you can begin your journey wherever it is convenient.

For further information on the Munda Biddi Trail visit www.mundabiddi.org.au



CYCLING IN MANJIMUP

You will find well formed cycle paths throughout and around Manjimup. For the little ones you can visit the Rotary Bike Skills Park. Families can venture along the new shared path to King Jarrah, you can cycle out to Deanmill along the Munda Biddi Trail / Deanmill Heritage Trail or if you're really adventurous test your skills on the single tracks in the King Jarrah Reserve.

KING JARRAH RESERVE

The King Jarrah tree is part of a magnificent heritage trail only 3 km from Manjimup. This tree is estimated to be about 500 years old, is 45 metres high and the girth is 2.6 metres wide. A 650 metre sealed trail meanders through the jarrah understory. The trail is suitable for wheelchairs, pushers and bicycles and there is a beautiful undercover BBQ area for picnics. You can also explore some of the great mountain bike tracks that can be found in the bushland within this reserve.



MANJIMUP TIMBER & HERITAGE PARK

The Manjimup Timber & Heritage Park is a family oriented park set on 10 hectares of natural bushland, with meandering pathways taking you through natural bush and landscaped gardens. After your walk take the kids down to enjoy the adventure playground while enjoying a cup of coffee from the café.



Be active every day of the week – incorporating at least 30 minutes of physical activity each day will see improvements in your health

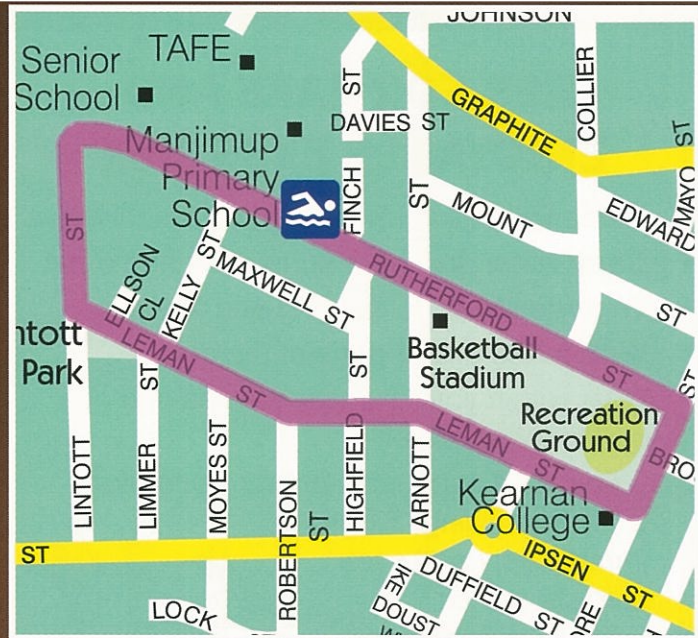
(Australia's Physical Activity and Sedentary Behaviour Guidelines)





KING JARRAH WALK
 Distance: 3.5 km (one way)
 Walk Time: 2 hrs return

Starting at Manjimup's iconic Timber & 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 and Heritage Trail. This new path is a great walk for the whole family. Bring your dog and let the kids ride alongside you on their bikes.



WEST MANJIMUP
 Distance: 2.8 km
 Walk Time: 30 mins

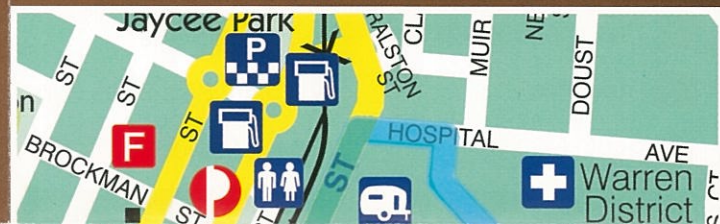
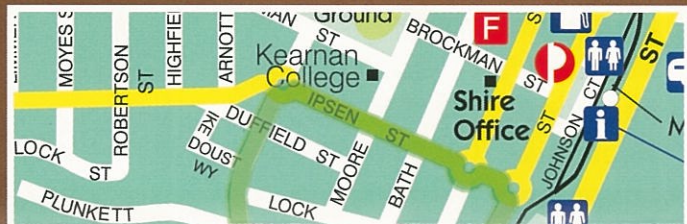
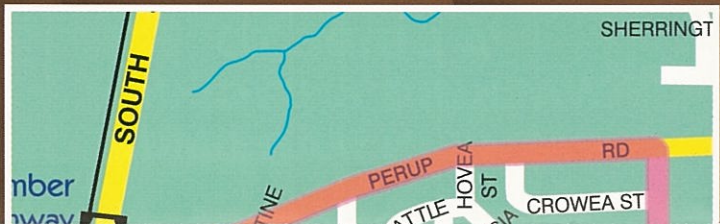
This well defined walk circuit takes in three schools, the Manjimup Recreation Grounds and the Manjimup Regional AquaCentre. This is a perfect route to drop the kids off at school and get some exercise or finish with a dip at the AquaCentre.

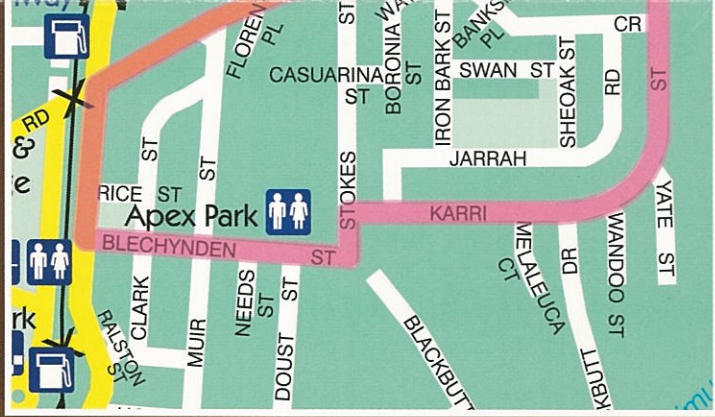


DEANMILL HERITAGE TRAIL
 Distance: 5.5 km (one way)
 Walk Time: 4 hrs return

The Deanmill Heritage Trail is an old rail line that has been converted into a walk/bicycle track. It also forms part of the Munda Biddi Trail. This moderately flat, well defined trail takes you through bush and farm land, and finishes at the Deanmill Football Oval. Enjoy the abundance of wildflowers on display in Spring.

Indicated times for each walk are based on moderate fitness levels and pace





ANUNAKA
 Distance: 3.4 km
 Walk Time: 45 mins

This well defined loop takes in some of the area's most beautiful homes and great views from the top of Karri Street. This loop also links up with the new path from Manjimup to King Jarrah.



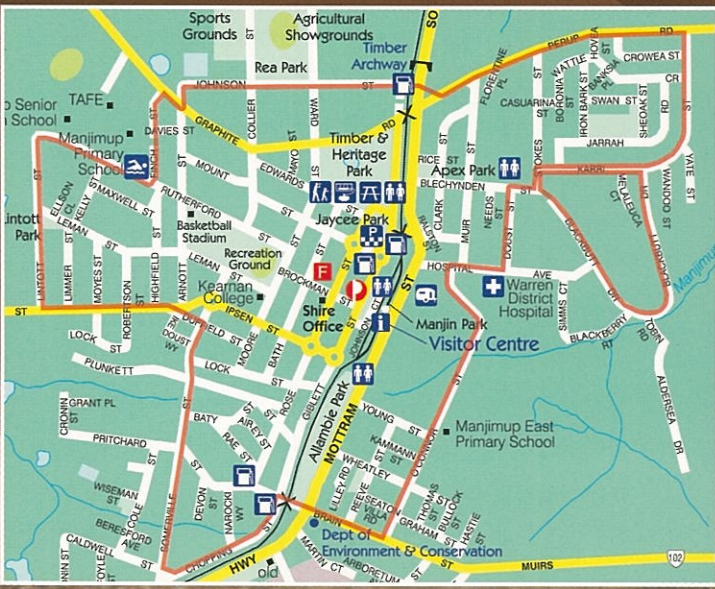
SOUTH MANJIMUP
 Distance: 3.2 km
 Walk Time: 40 mins

This loop is a reasonably flat walk with a slight rise along parts of Somerville Street. Enjoy semi rural views along parts of this circuit.



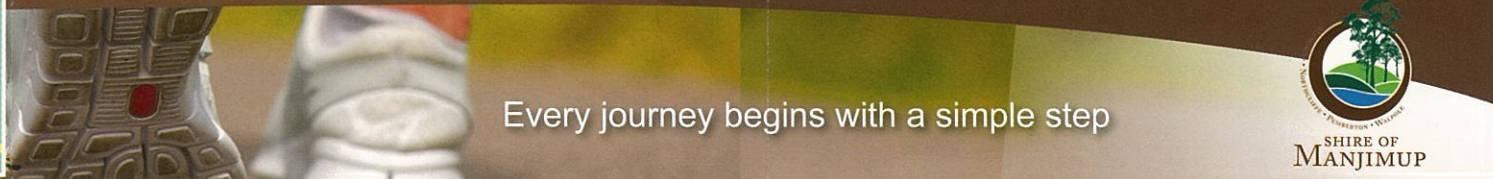
EAST MANJIMUP
 Distance: 2 km
 Walk Time: 20 mins

Starting in beautiful Manjin Park this loop will take you alongside two small natural bushland reserves and the East Manjimup Primary School.



THE MANJI LOOP
 Distance: 12 km
 Walk Time: 2.5 - 4 hrs

This walk is not for the faint hearted. It incorporates the many hills surrounding the town centre including the notorious Blackbutt Drive. Take in the farm land and great views that encompass the towns edge. For the less adventurous you can take out the Blackbutt loop. This is a great walk to get the heart pumping.



Every journey begins with a simple step



SHIRE OF MANJIMUP