

Healthy Parks

Healthy People



Parks



where to find us

Sydney and surrounds



Healthy Parks Healthy People is a new initiative which aims to promote the mental and physical benefits of spending time in parks.



Research has shown that visiting a park can lower your blood pressure and improve your mental wellbeing, and that physical activity is part of good asthma management.

This booklet is published by the Sydney Urban Parks Education and Research (SUPER) Group, who manages *Healthy Parks Healthy People* in NSW, as an easy reference for park enthusiasts. We also hope to encourage new visitors to discover the wide range of activities available in participating parks – Botanic Gardens; Centennial Parklands; Parramatta Park; Sydney Olympic Park and sites managed by the Department of Environment & Conservation–Parks & Wildlife and Sydney Harbour Federation Trust.

In the next 12 months, *Healthy Parks Healthy People* will co-ordinate a number of activities, including its signature event ParkFest, major events for Seniors Week, and a Parks Bike Day – the latter two running concurrently in all venues.

So, put on your trainers, hop on your bike, discover our native flora and fauna, practise your photography, or simply pack a healthy picnic – Sydney's beautiful parks and gardens await you.

The SUPER Group members are Botanic Gardens Trust; Centennial Parklands; Department of Infrastructure, Planning & Natural Resources; Department of Environment & Conservation – Parks & Wildlife; Parramatta Park Trust; Sydney Harbour Federation Trust; Sydney Olympic Park Authority and University of Technology, Sydney.

Supported by Department of Tourism, Sport & Recreation; NSW Department of Health and the University of Western Sydney.

www.healthyparkshealthypeople.com

HEALTHY PARKS HEALTHY PEOPLE

Royal Botanic Gardens and the Domain

Visit Sydney's most beautiful garden, the Royal Botanic Gardens and the parkland of the Domain. Plants from all around the world overlook our spectacular harbour. Walk on the grass, hug a tree, enjoy the plants and wildlife and feel the ocean breeze. Join an art class, take a free guided tour with a knowledgeable volunteer, see an exhibition, attend a performance or meet your friends for coffee or lunch and shopping.

Ph. 02 9231 8125

Mount Annan Botanic Garden

Wallaroos and birds make their home in this huge, all-Australian garden. Bring the family, your bike or your hiking boots and take advantage of the wide open spaces. Picnic by one of the lakes, use the free gas BBQs or dine in the restaurant. Entertain the kids in the best playground in the region and choose some plants from the Gardens Shop to plant at home or give as gifts.

Ph. 02 4634 7925

Mount Tomah Botanic Garden

Views of the Blue Mountains World Heritage Area are a bonus on your stroll among the flora of the high altitude cool climate regions. Blue Mountains eucalypt rainforest, a Bog Garden, a Heath & Heather Garden, woodlands and the Gondwana forest are yours to enjoy. Find a pavilion or garden bench and relax, take a guided ecotour, visit the Wollemi Pines, take home a souvenir and sample the cuisine of the restaurant while enjoying the spectacular view.

Ph. 02 4567 3010



www.rbg Syd.nsw.gov.au

Entry fees Mount Annan and Mount Tomah Botanic Gardens: Adults \$4.40, Concession \$3.30, Children \$2.20, Families \$8.80.



Botanic Gardens Trust
SYDNEY



photography © Botanic Gardens Trust / Jaime Plaza and only used for the agreed purpose.

BOTANIC GARDENS TRUST

Centennial Parklands is alive with over 360 hectares to explore less than five kilometres from Sydney's CBD.



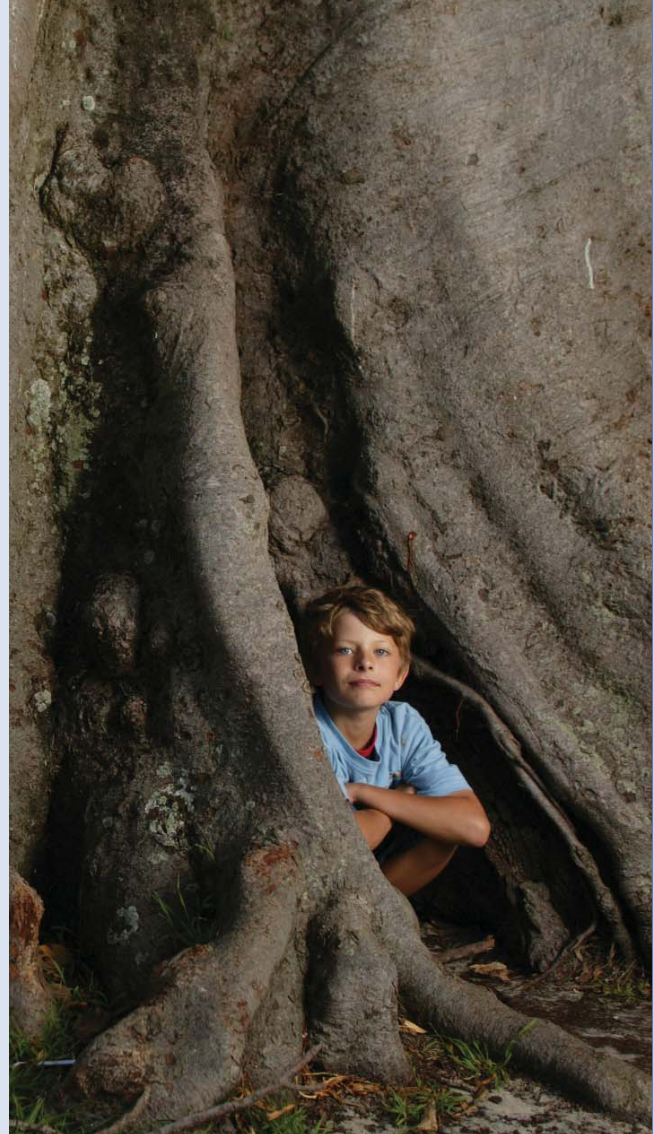
From sunrise to sunset it's the place to be: whether you kick start the day with a birdwatcher's breakfast or finish it under the stars at Moonlight Cinema.

Adventurers of all ages can discover heritage-listed Centennial Park, Moore Park and Queens Park whether on foot, bike, blades or horseback. Join in Ranger-led activities, use some of Sydney's best sports fields or tee off at Moore Park Golf Course.

Then find a tranquil haven to relax in among the oasis of grasslands and ponds bursting with flora and fauna, stunning Victorian Gardens or rugged rocky outcrops of Sandstone Ridge.

Find out more at:

www.cp.nsw.gov.au
Ph: 02 9339 6699
Fax: 02 9332 2148
Email: info@cp.nsw.gov.au



CENTENNIAL PARKLANDS



Discover, Explore, Experience...

Join a Discovery walk, talk or tour! Have fun, get fit and uncover some of the secrets of our national parks.

Discovery

activities give you the chance to experience the bush at night, listen to spooky stories in historic sites, ramble through remarkable rainforests and gain insights into Aboriginal culture and tradition. Join a tour and make new friends or organise a group.

Discovery

tours are suitable for all ages, and available across New South Wales all year round. They're great family holiday activities, and can also be tailored to meet group needs.

To join a Discovery tour,

call 1300 361 967 or visit www.nationalparks.nsw.gov.au "click on the 'NPWS Guided Tours' icon, then choose the park of your choice.

National parks licensed operator tours

Licensed operators offer a complementary range of experiences from bushwalking to whitewater rafting. Call 1300 361 967 for details.

NPWS is part of the
Department of
Environment and
Conservation

D. National Parks
Discovery
Walks Talks and Tours



© Photo by M. van Ewijk/DEC

NSW NATIONAL PARKS



A visit to Parramatta Park offers a wonderful range of recreational and leisure opportunities every day of the week.



Walking trails explore the river, historic monuments and buildings throughout the park including the Colonial Governor's Dairy precinct; the Governor's Bathhouse; the remains of one of our earliest observatories; historic Old Kings Oval and Colonial Rose Hill. Smell the fine perfume of the heritage roses in the Rumsey Rose Garden. Take a quiet stroll or explore the park by rollerblade, wheelchair or jogging.

Parramatta Park is an open air fitness centre with an exercise station, two sports fields, walking and cycle paths and an Olympic-size swimming pool. For golf lovers, there's even a 9-hole course.

Spend time with friends on a picnic by the riverbank, enjoy a social game of cricket, softball or touch football on one of the open playing fields. There are two children's playgrounds to entertain the kids, a car free bicycle area as well as plenty of open space to fly a kite or run around.

**Parramatta Park is close to train, bus and car parking.
Open daily.**

Parramatta Park Trust
Cnr Macquarie & Pitt Sts,
Parramatta
Ph. 02 8833 5000
www.ppt.nsw.gov.au



PARRAMATTA PARK TRUST



Sydney boasts many walks along the foreshores of the harbour, some better known than others.

The Australian Government is returning seven former Defence sites around Sydney Harbour to public access. All have great historic significance and are located in spectacularly beautiful locations.

The Harbour Trust is opening up these sites by building walking tracks and public amenities. A beautiful new walking track has recently been opened connecting Taronga Zoo with Balmoral Beach taking in stunning views and historic fortifications. This walk is open from sunrise to sunset and reveals aspects of the Harbour never before open to the general public.

Alternatively, get out to South Head and stroll past Macquarie Lighthouse, hike through Middle Head down to Chowder Bay, take in the historic Woolwich Dock and Parklands on the Hunters Hill peninsula or take a weekend tour to Cockatoo Island and North Head.

For more information, visit www.harbourtrust.gov.au or phone 02 8969 2100



Australian Government
Sydney Harbour Federation Trust





Get more out of your weekend

Run, walk or cycle our scenic pathways and the mangrove boardwalk. Bike Safaris are Sydney Olympic Park's newest attraction and the perfect way to explore the Park. Choose from any one of our three unique circuit experiences, each with wonderful panoramic views of the entire Park. If you don't own a bike, then hire one from our Information Centre in Bicentennial Park.

Feeling hot? Then splash about in our pool after a hit of tennis or golf.

For the nature lovers...enjoy one of our informative ranger tours where you can explore wetlands, bird hides and mangroves.

After all that activity, why not sit down, relax and simply enjoy the beauty and tranquility of the Park. Picnic at Lake Belvedere and use our BBQ facilities. Plenty of shade structures and tables are available. Stay after dark and catch your favourite film at Movies in the Overflow or listen to the magical Music by Moonlight.

Register Now! Subscribe to What's On Updates
www.sydneyolympicpark.com.au/subscribe
using the special code offer "HPPH"

For all Bookings and Enquiries drop into the Visitor Gateway,
1 Showground Drive or contact 02 9714 7888

SydneyOlympicPark 

Get into life



SYDNEY OLYMPIC PARK

Holiday in the great outdoors



If you enjoy the great outdoors, then you'll love a holiday at a NSW Sport and Recreation centre.

Choose from eleven spectacular locations around NSW, including Lennox Head, Jindabyne, Lake Macquarie and the Hawkesbury River. Each centre offers comfortable accommodation, delicious meals and a huge range of activities. Abseiling, fishing, archery and canoeing are just a sample of what you can try.

Our value for money camps run every school holidays for both children and families starting from \$44 per day.

Phone **13 13 02**
www.dsr.nsw.gov.au



NSW Sport and Recreation is a proud supporter of Healthy Parks Healthy People.