

# Walk Ipswich



[ipswich.qld.gov.au](http://ipswich.qld.gov.au)



City of  
Ipswich

---

## Walking

---

Walking is a great, low cost way to get active and explore new areas of your city. Ipswich offers a vast array of beautiful and challenging walks and this Walk Ipswich guide will help you to find a walk to suit every member of the family.

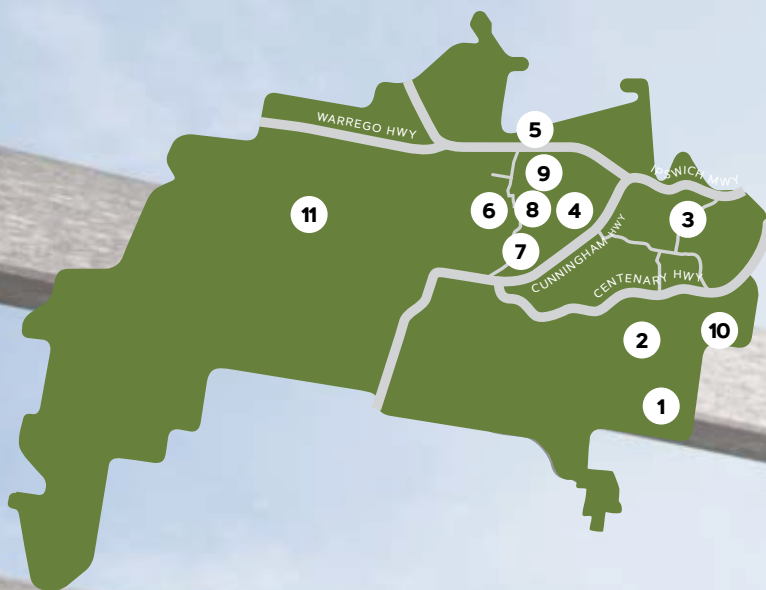
The 'Signature Walk' series are best suited for the whole family and take you through some of Ipswich's landmark sites whilst the 'Great for Fitness' series are longer trails which are great for both walking and running, many of which incorporate outdoor fitness stations.

So lace up your runners and get out there to discover Ipswich on foot.

---

## Regional Map

---



- |   |  |
|---|--|
| 1. Brookwater Fitness Track             | 7. Flinders View Circuit                 |
| 2. Augustine Heights Circuit            | 8. Queens Park/Limestone Park2Park Route |
| 3. Redbank to Collingwood Park Explorer | 9. North Ipswich Wetlands Circuit        |
| 4. Bundamba Fitness Track               | 10. Springfield Lakes Circuit            |
| 5. Colleges Crossing Recreation Reserve | 11. Walloon Circuit                      |
| 6. River Heart Parklands                |  |

# Physical Activity Guidelines



## Children and young people (5-17 years)

For health benefits, children and young people should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.



## Adults (18-64 years)

Adults should accumulate 150 to 300 minutes of moderate intensity physical activity or 75 to 150 minutes of vigorous intensity physical activity each week. Be sure to include muscle strengthening activities on at least two days each week.



## Older Australians (65 years and older)

Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.



# Heart Foundation Walking



Heart Foundation Walking is Australia's largest FREE walking network. It is a social, fun and easy way for people to walk and be active.

Over the past 20 years more than 80,000 Australians have participated in a Heart Foundation Walking group.

## Benefits of Heart Foundation Walking:

- **Increases your enjoyment.**  
For many walkers the social contact is what keeps them coming back year after year.
- **Helps you stay motivated.**  
Knowing there is a group of people waiting for you can provide that extra motivation needed to get out the door.

- **Keeps you committed.**  
Many people find their enthusiasm for being active wanes after only a few months, especially if they experience an injury or illness. By being part of a group, you are more likely to make a commitment to walking regularly.
- **Walking is a safe way to exercise.**  
Walking in a group makes you more visible to motorists and cyclists, and ensures help is at hand should you have an accident or become ill while walking.

To find a Heart Foundation Walking Group near you, please visit [Walking.heartfoundation.org.au](http://Walking.heartfoundation.org.au) or call 1300 36 27 87.



# Walk Safety Advice

- **Take care not to overdo it** – if you have been inactive for a long period of time, start off slowly by taking short walks and gradually build on the length and pace of your walks. Make sure you warm up and warm down, incorporating gentle stretching to reduce injury.
- Clothing is important – a good walking shoe is essential. Look for a shoe that firmly supports your foot. Wearing light or bright colours is also a good idea, particularly when walking in low light levels during dawn, dusk and foggy conditions.
- Be sun safe – wear a broad brimmed hat, sunglasses, sunscreen and long sleeved protective clothing. If possible, avoid walking in the hottest part of the day.
- Be sure to stay well hydrated – bring a bottle of water along with you and take advantage of the numerous free water bubblers in the parklands.
- Keep left when using shared pathways – control your dog and leave room for cyclists and other people to overtake.
- **Cross roads at marked crossings** – cross at pedestrian crossings, traffic signals or pedestrian refuges wherever possible.

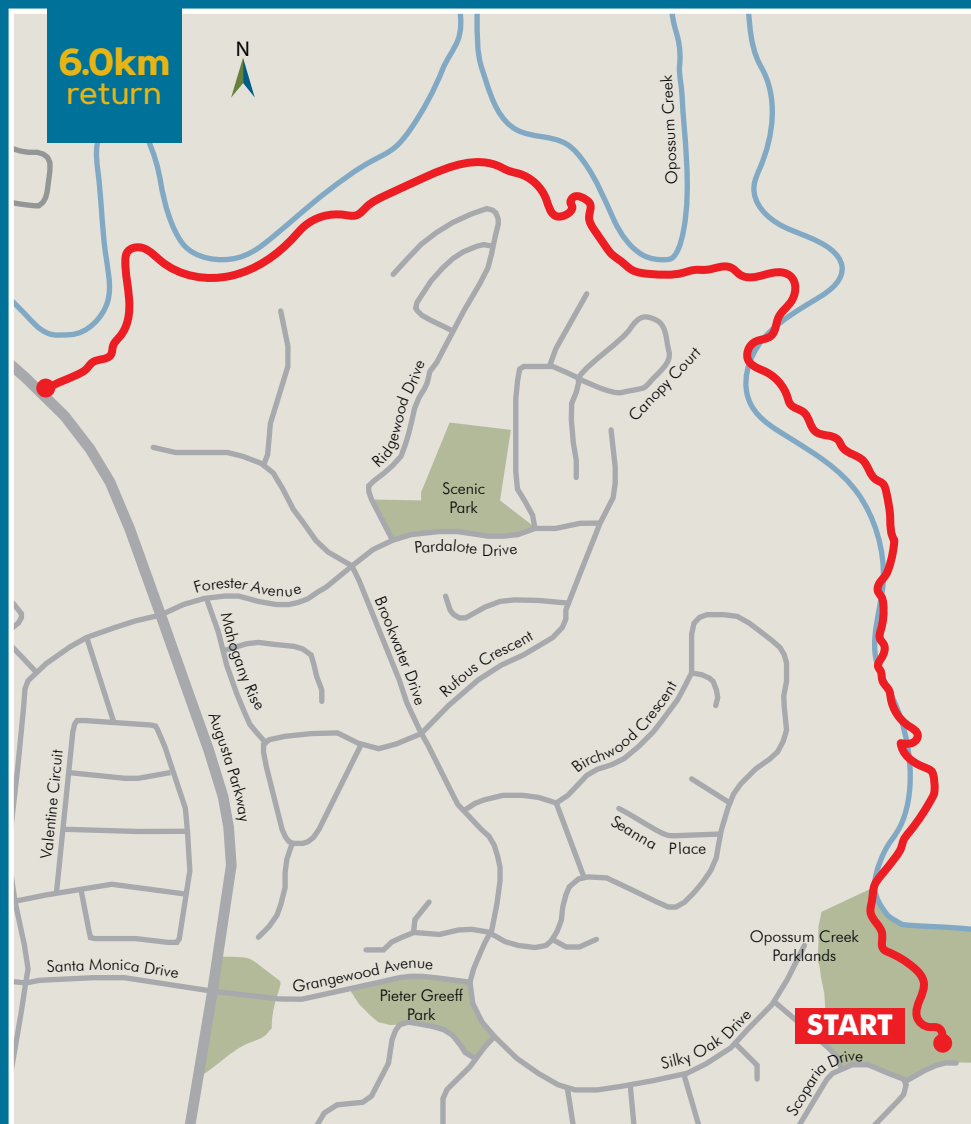


# 1. Brookwater Fitness Track

- 📍 End of Scoparia Drive, Brookwater (car parking available)
- 📍 Great for spotting native fauna – keep an eye out for wallabies. Take in the scenic bushland and flowing creek. Pack a picnic for end of trail refreshments in the park.



Great for fitness





## 2. Augustine Heights Circuit

- 📍 Christopher Street, Augustine Heights (car parking available)  
Stockland Augustine Heights Information and Sales Centre
- 📍 Discover the vast parkland full of playgrounds, open spaces and adventure.



Great for  
fitness





- 📍 Goupong Park, Namatjira Drive, Collingwood Park (car parking available)
- 📌 Ideal for jogging. Be sure to maximise your workout by including the strength and agility station activities along the path. Take care as some road crossings are required on this track.



# 4. Bundamba Fitness Track

- 📍 Rotary Park, 254 Brisbane Road, Bundamba (car parking available)
- 📍 Follow Bundamba Creek as it winds through green open spaces. Take advantage of the strength and agility stations located along the path. Consider combining your walk or run with a swim at the Bundamba Swim Centre.



Great for fitness





# 5. Colleges Crossing Recreation Reserve

- 📍 408-492 Mt Crosby Road, Chuwar (car parking available)
- 📍 A great walk for the whole family. There are plenty of activities to keep your kids busy including a fort, musical wall, spinning seats, tree log tunnel and frog sculptures. Enjoy a splash in the shallows of the bank to cool yourself off on a hot day.





# 6. River Heart Parklands

- 📍 Roseberry Parade, Woodend (car parking available)
- 📍 Enjoy the riverside board walk and learn as you go, taking in the information boards on the history of the river. For a different perspective, plan a visit at night time and be sure to catch the visual lighting display in the river.



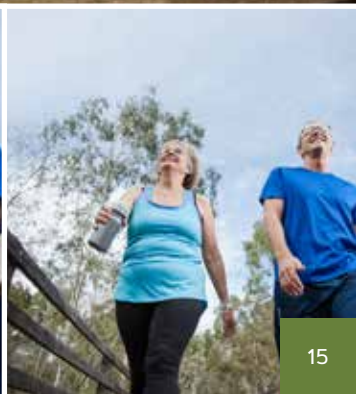
## 7. Flinders View Circuit

- 📍 Fairview Avenue Park, Reif Street, Flinders View (street parking available)
- 📍 A great fitness circuit incorporating Fairview Avenue Park, Paddington Reserve and Lloyd Park which features an urban oasis. Take advantage of the strength and agility stations located in Fairview Avenue Park to maximise your workout.



Great for  
fitness





## 8. Queens Park/Limestone Park2Park Route

- 📍 Selwyn Edwards Drive, Limestone Park, Ipswich (car parking available)
- 📍 Build your fitness on one of Australia's most challenging, but beautiful fun-run courses which is fully signposted. Stop mid-way for a refreshment at Queens Park Café and take in the spectacular views of Queens Park.



Great for  
fitness



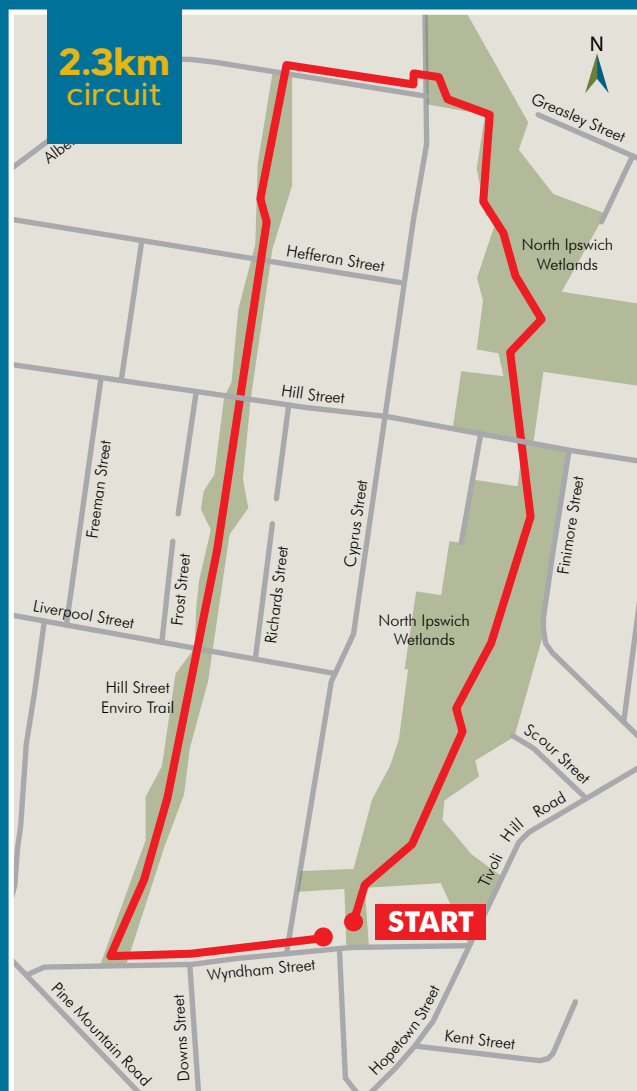


## 9. North Ipswich Wetlands Circuit

- 📍 Wyndham Street, Tivoli (car parking available)
- 📍 Discover this hidden gem in North Ipswich. Ideal for spotting birdlife and taking the family for a casual stroll.



Great for  
fitness



## 10. Springfield Lakes Circuit

- 📍 Springfield Lakes Boulevard, Springfield Lakes  
(car parking available)
- 📍 A picturesque walk around the lakeside. Keep an eye out for the sailboats, birdlife and water dragons that inhabit the area.



Signature Walk

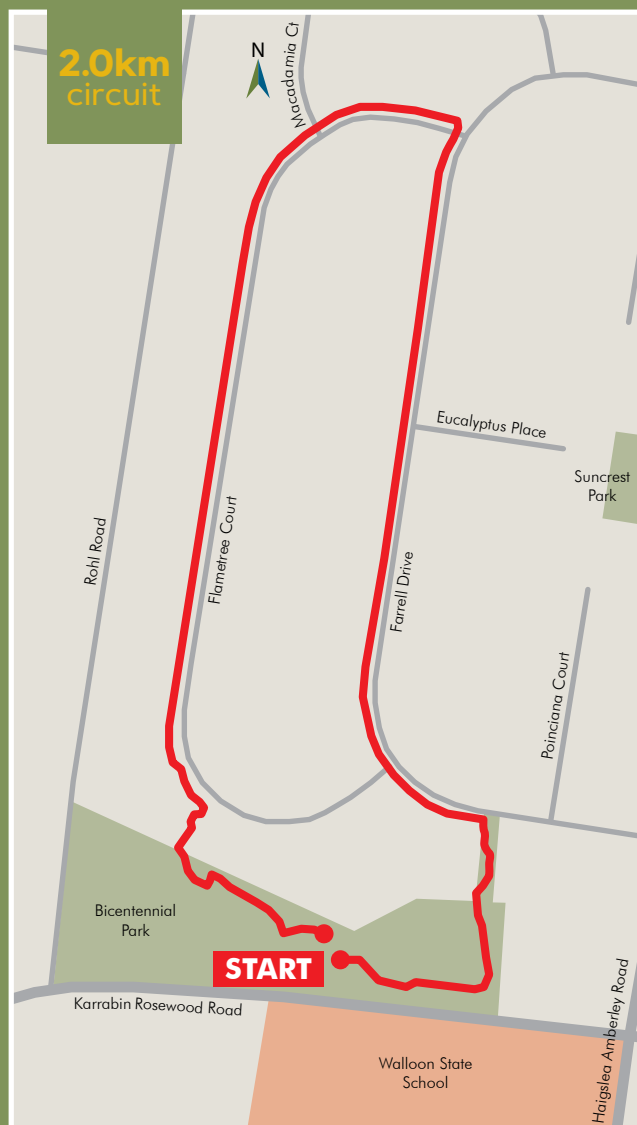


# 11. Walloon Circuit

- 📍 533-569 Karrabin Rosewood Road, Walloon (car parking available)
- 📌 Take in the iconic Henry Lawson Bicentennial Park featuring the Babies of Walloon Memorial and Poets Platform. Walloon Circuit is short, flat and ideal for beginners.



Great for fitness





Ipswich City Council  
PO Box 191, Ipswich QLD 4305, Australia

Phone (07) 3810 6666  
[council@ipswich.qld.gov.au](mailto:council@ipswich.qld.gov.au)  
[ipswich.qld.gov.au](http://ipswich.qld.gov.au)

---

**Join us online:**



/IpswichCityCouncil



/ipswich-city-council



/IpswichCityCouncilTV

A number of these parks remain sacred to the Traditional Owners of Ipswich. Sacred sites are very important to the Traditional Owners, as they provide a link between Country and personal identity and allow the passing on of cultural knowledge. Some of the sacred sites within Ipswich include quarry sites, traditional food resources, story places, pre-contact and historical camp sites, fighting grounds, ceremonial sites, bora rings and women's business sites.