

**The Heart Foundation advises**

Adults should aim for at least 30 – 45 minutes of moderate intensity physical activity at least five times a week (min 2.5 hrs a week). Examples include brisk walking, easy jogging, gardening or even vacuuming!

OR

15 minutes of vigorous intensity physical activity at least five times a week (min 1.25 hrs a week) Examples include team sports, AFL, netball, sprints or hill climbing.

**TIP – Break it up!**  
Short on time? Multiple shorter periods of 10 minutes throughout the day is still good for your physical and mental health!

Walking and jogging route signage is up in your town or suburb now - lace up, hit the pavement and explore your neck of the woods!

This project forms part of our ongoing work toward becoming Australia's most liveable regional city. We have 85km worth of walking and jogging routes throughout Dampier, Karratha, Roebourne, Wickham and Point Samson and look forward to seeing you enjoying them.

Route maps are also available online at [www.karratha.wa.gov.au/walking-routes](http://www.karratha.wa.gov.au/walking-routes)


## Walk it Jog it

Your guide to walking and jogging around The City of Karratha




# Walking & Jogging Routes




**Nickol** 


|                   |       |         |
|-------------------|-------|---------|
| Red               | 3.4km | 33 mins |
| Pink              | 820m  | 8 mins  |
| Yellow            | 4.3km | 45 mins |
| Green             | 2.1km | 21 mins |
| City Spine Nickol | 1.8km | 18 mins |

**Baynton** 

|        |       |         |
|--------|-------|---------|
| Red    | 2.3km | 23 mins |
| Pink   | 480m  | 5 mins  |
| Yellow | 2.4km | 25 mins |
| Green  | 3.1km | 31 mins |
| Blue   | 3.5km | 35 mins |

**Millars Well** 

|                    |       |         |
|--------------------|-------|---------|
| Red                | 2.9km | 30 mins |
| Yellow             | 2.1km | 21 mins |
| City Spine Millars | 1.7km | 17 mins |

**Pegs Creek** 

|                 |       |         |
|-----------------|-------|---------|
| Red             | 1.8km | 13 mins |
| Yellow          | 2.9km | 30 mins |
| City Spine Pegs | 1.9km | 20 mins |

**Bulgarra** 

|                     |       |         |
|---------------------|-------|---------|
| Red                 | 3km   | 33 mins |
| Yellow              | 3.5km | 35 mins |
| City Spine Bulgarra | 2.8km | 28 mins |

Finding enjoyable ways to be active is key to building and maintaining a healthy lifestyle!

Active travel such as walking, cycling, running or using public transport are easy ways to increase your daily physical activity levels.

Being physically active helps improve your daily mood as well as:

- Reduce feelings of stress and anxiety;
- Improve self-confidence;
- Improve concentration;
- Reduce feelings of sadness and isolation.

