

LET'S GET ACTIVE

Why not start some healthy habits? Explore Glenmore Park's natural features and get fit in the process.

With recommended walking and cycling tracks mapped out for you, it's easy to find Glenmore Park's fitness stations to firm, strengthen and tone different areas of your body and get in shape. It's always a great way to get to the shops or parks without relying on a car.


In addition to these tracks, Glenmore Park is filled with many other footpaths that make it easy to reach your destinations.


Below is a rough guide of how long it takes to burn off that afternoon snack or dessert.

Distance	Walking (Calories burned)	Running (Calories burned)
1km	51	76
2km	102	152
5km	255	380
10km	510	760

















Note: These are estimates only.


LEGEND

 **Walking / Cycling Tracks**
Follow these recommended paths to discover Glenmore Park's best natural features and fitness stations.

 **Fitness Stations**
See back for detailed map and descriptions on the 8 Glenmore Ridge fitness stations.

 **Bus Route**
Buses conveniently connect your home with Glenmore Park's shops, schools and parks.

-  Playing Field
-  Golf Course
-  Café
-  Nature Reserve
-  Skate Park
-  School
-  Wetlands
-  Playground
-  Community Centre
-  Picnic Area
-  Shopping
-  Parking
-  Bush Walking
-  Post Office
-  Toilets
Subject to retail or council opening hours
-  Bird Watching

 This map has been printed with care for the environment and is produced on 100% recycled paper.

Please note this map shows indicative locations and distances.

*To protect the environmental significance of Mulgoa Reserve, please refer to entry signage for usage restrictions and keep to established trails.

