



Wellness Walks

Take steps to unwind and recharge

Sunshine Coast
Hospital and Health Service

Wellness Walks Guide

The Wellness Walks Guide aims to inspire and motivate visitors and staff to take a short walk to boost their physical and mental wellbeing. There are a range of short walks on the doorstep of our healthcare facilities that can be enjoyed by anyone, anytime and at any pace.

The Wellness Walks Guide profiles 15 short walks located near our healthcare facilities at Birtinya, Caloundra, Nambour, Maleny and Gympie. Walks are designed to take between four and 33 minutes and are graded easy to moderate walking.

Disclaimer: Some walks have steeper gradients and unlevel pathways, making them less suitable to people who rely on mobility devices and wheelchairs. Walks should be selected to suit mobility requirements. Walking alone, at night or in poor weather conditions is not recommended.

Benefits of Walking

- Improves mood and supports mental wellbeing
- Facilitates social connection
- Connects people with nature
- Improves sleep quality
- Supports the management of weight, blood pressure and cholesterol
- Maintains bone density and reduces the risk of osteoporosis
- Develops physical fitness and reduces the risk of heart disease and type 2 diabetes
- Improves balance and coordination and reduces the risk of falls and injury
- Disrupts sedentary behaviour and boosts recommended physical activity levels

Safety Tips for Walking

- Walk during the day
- Walk with company
- Inform someone of your plan to walk and the location, if walking alone
- Use pedestrian crossings
- Look both ways before crossing streets
- Walk on the left-side of shared footpaths
- Carry your phone and a water bottle
- Wear a hat and apply sunscreen
- Avoid texting on your phone whilst walking
- Remain aware of your surroundings
- Plan to walk a manageable distance
- Select walks to suit mobility requirements

Tips for Staying Motivated

- Walk with company (family, friends or work colleagues)
- Use a tracker to monitor your steps
- Set goals to help maintain healthy behaviours
- Listen to music or podcasts
- Focus on positive matters
- Be present and mindful of your natural surrounds
- Recognise the benefits of a short break and appreciate the time and space
- Acknowledge the health benefits of walking

List of Wellness Walks

Birtinya - Sunshine Coast University Hospital

1. Iddit and Bragg Street Playground
2. Lakeside South and Iddit Circuit
3. Kawana Lake
4. Viridian Park Shelter and Playground
5. Florey Playground
6. Reconciliation Gardens

Nambour – Nambour General Hospital

7. Jasper Bentley Park
8. Gary Evans Walkway

Caloundra – Caloundra Health Services

9. Oval Street and Arthur Street Loop
10. Ben Bennett Bushland Park
11. RSL Memorial Gardens

Gympie – Gympie Hospital

12. Iron Street Park
13. Memorial Park

Maleny – Maleny Soldiers Memorial Hospital

14. Dr. Tony Parer Park
15. Walk of Remembrance



Birtinya – Sunshine Coast University Hospital

The Sunshine Coast University Hospital (SCUH) is located adjacent to Lake Kawana, Barney Moy Lake Reserve, Viridian Park and beautifully landscaped gardens, pathways and playgrounds. Nearby walks vary in length from 5 to 30 minutes, with a minimum distance of 200m and a maximum distance of 1900m. Most walks are suitable for wheelchairs and mobility devices.



Walking can boost mood, lower stress and connect us socially



Walking regularly can improve balance and coordination, reducing your risk of falls and other injuries

1. IDIDIT and Bragg Street Playground Circuit

1300m 15 mins (988 steps)

Exit the main entrance of the Sunshine Coast University Hospital (SCUH) and head towards the Nudibranch statue. Continue walking towards the Transit Centre Crossing on Doherty Street in the direction of the Sunshine Coast University Private Hospital (SCUPH). Cross Bragg Street to be on the lakeside and continue following the path past the Bragg Street playground and gardens. The path eventually arrives at the IDIDIT statue.

Return to SCUH the same way or alternatively, walk back along Kawana Lake and exit the path near the playground. Walk towards the Transit Centre and return to the entrance of SCUH.

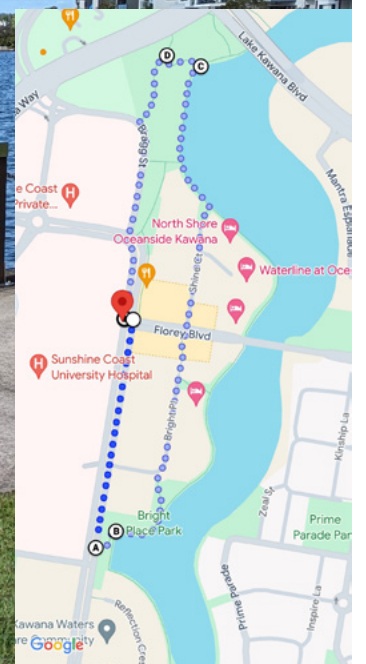


2. Lakeside South and IDIDIT Circuit

1800m 22 mins (1368 steps)

Exit the rear entrance of the Sunshine Coast University Hospital (SCUH) and turn left. Cross the road to face the front of Wishlist House and then cross the road again and walk towards the Revive Building. Continue south along Eccles Boulevard. Take the ramp which leads to Lake Kawana, located directly across from the council recycle bin. Walk along Lake Kawana in a northerly direction past the playground and picnic tables until you reach the IDIDIT statue situated on the grassy banks of the lakeside parklands.

Return to the main entrance of SCUH by following the path past the gardens until you reach Bragg Street playground and then exit the path to cross the road near the Transit Centre. This is one of the most popular walks near SCUH.



Walking increases energy levels and improves blood flow around the body

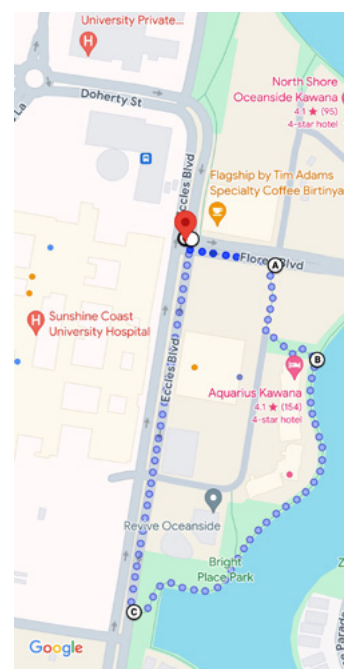


3. Kawana Lake

1300m 18 mins (988 steps)

Exit the main entrance of the Sunshine Coast University Hospital (SCUH) and cross Eccles Boulevard at the traffic lights and continue to walk east along Florey Boulevard. Walk onto the bridge and take in the view of Lake Kawana.

Turn back and walk 50 metres to the stairs that lead down to the lakeside pathway. Follow the path in a southerly direction alongside Lake Kawana until you reach a small playground set back from the path. Exit the lakeside path here by following the path that links with Eccles Boulevard. Walk north along Eccles Boulevard back to SCUH.

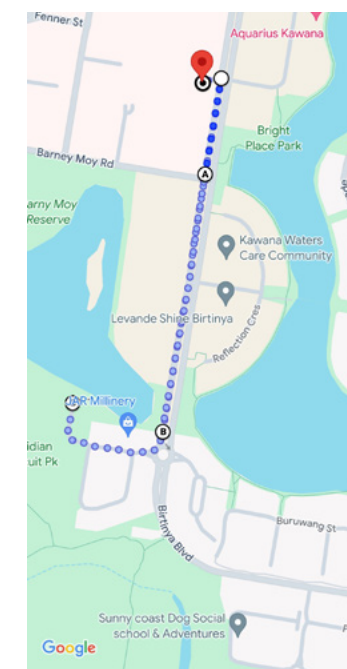


4. Viridian Park Shelter and Playground

1700m 20 mins (1292 steps)

Exit the rear entrance of the Sunshine Coast University Hospital (SCUH) and walk to end of Fraser Lane. Turn south onto Eccles Boulevard and continue walking straight ahead, crossing over Barney Moy Road. Continue on in a southerly direction until you are almost at the roundabout and turn right onto a walking path that leads to Viridian Park. Continue on the pathway until you come to a shade shelter overlooking the Barney Moy Lake Reserve.

Barney Moy Lake Reserve is a quiet, shaded area to relax with seating, toilets and a playground. Retrace your steps to return to SCUH.





Walking can assist to reduce worry and anxiety



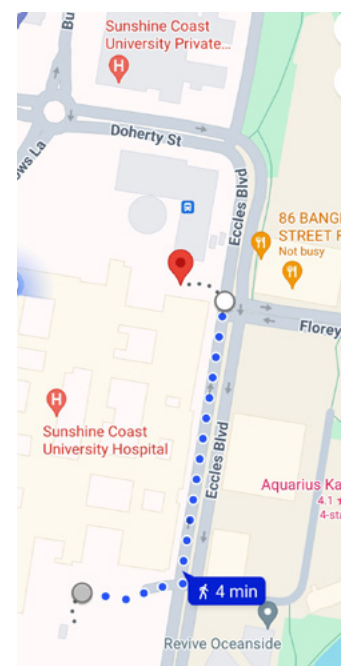
Walking in green spaces benefits our physical, social and mental health

5. Reconciliation Gardens

300m 4mins (339 steps)

Exit the main entrance of the Sunshine Coast University Hospital (SCUH) and head east onto Eccles Boulevard. Follow the footpath south past SCUH and turn right into Frazer Lane. Approach the carpark ahead and follow the pedestrian crossing to the Reconciliation Gardens.

This is a quiet location with seats and shelter to relax. This is a good location for patients to enjoy the outdoors and connect with nature, close to SCUH. Retrace your steps to return to SCUH.



6. Florey Playground

1200m 14mins (912 steps)

Exit the main entrance of the Sunshine Coast University Hospital (SCUH) and turn right to cross at the traffic lights to enter Florey Boulevard. Continue walking along Florey Boulevard until you reach the traffic lights on the corner of Prosperity Drive. Cross Florey Boulevard at the traffic lights and follow the signed pathway leading to Florey playground.

This is a small, quiet playground with shade. This is a good location for children to take a break from the hospital setting. Retrace your steps to return to SCUH.





Nambour – Nambour General Hospital

Nambour General Hospital is situated at the foothills of the Blackall Range, in close proximity to the central business district of Nambour. The area surrounding the hospital has walking paths leading to public parks with shade, tables and seating. These walks may not be suitable for wheelchairs and mobility devices as walking paths are not level and the gradient is steep in places. The walks vary in length from 15 to 32 minutes.

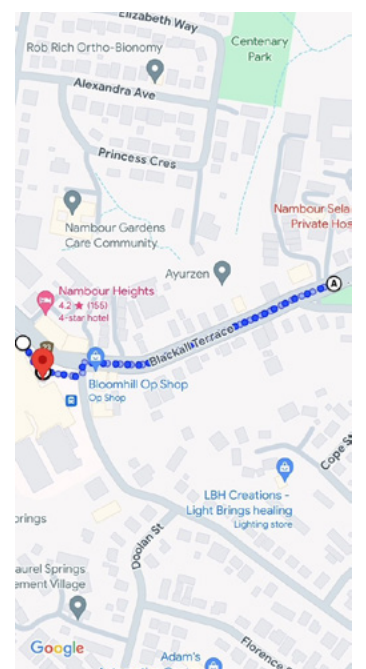


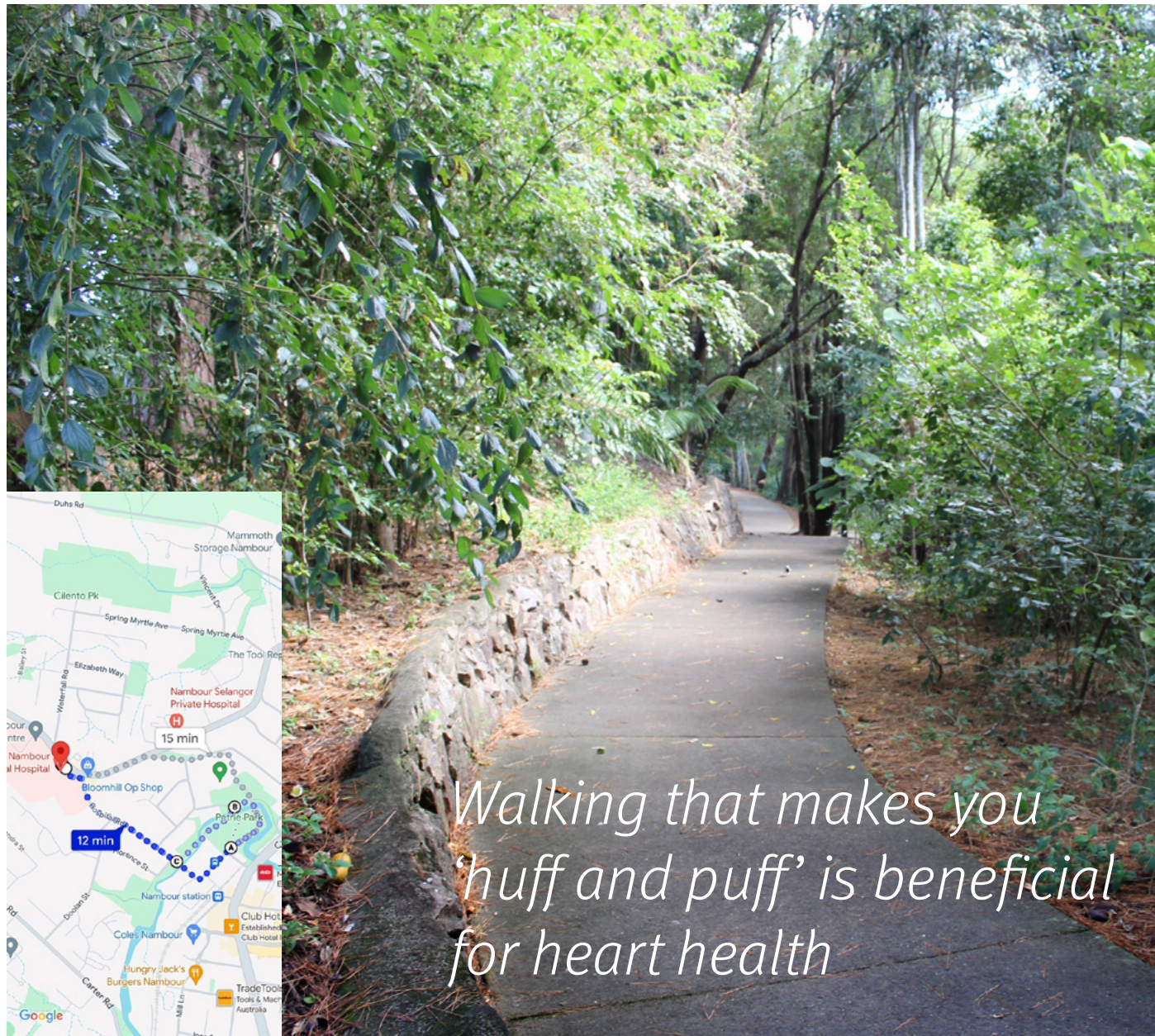
7. Jasper Bentley Park

1100m 15 minutes (1444 steps)

Commence this short walk at Wishlist Coffee House, located on the ground floor of Nambour General Hospital. Exit through the glass sliding doors to the walking path and follow it to the traffic lights and pedestrian crossing on the corner of Hospital Road. Cross the road to Blackall Terrace.

Continue east along the pedestrian footpath on Blackall Terrace until you reach Netherton Street and Jasper Bentley Park. Here you'll find a shaded area, seating and tables. Retrace your steps to return to Nambour General Hospital.





Walking that makes you 'huff and puff' is beneficial for heart health

8. Gary Evans Walkway

2200m 32 minutes (2888 steps)

This is a long walk starting at Wishlist Coffee House, located on the ground floor of Nambour General Hospital. Exit through the glass sliding doors to the walking path and follow it to the traffic lights and pedestrian crossing on the corner of Hospital Road. Cross to the opposite side of Hospital Road and follow the footpath downhill until you reach the bottom and turn left into Price Street. Continue along Price Street past the railway station car park until you reach Petrie Park at the end of the street.

Follow the footpath along Petrie Creek which winds into Gary Evans Walkway. Follow this walkway along the creek, through the park and until it eventually connects with Hospital Road. Turn onto Hospital Road and walk back up the hill towards Nambour General Hospital.



Caloundra – Caloundra Health Service

The Caloundra Health Service is located in close proximity to Ben Bennett Bushland Park and other green spaces dedicated to recreational activity. These walks may not be suitable for wheelchairs and mobility devices, as some paths are not level.



Walking is good for keeping joints healthy and maintaining strong muscles

9. Oval Avenue and Arthur Street Loop

2300m 32 minutes (3018 steps)

This is a long walk starting at the main entrance of the Caloundra Health Service, near Mary Rose Kay Café. Walk to West Terrace and head north to the pedestrian crossing. Cross to the opposite side of West Terrace and follow the footpath north. Turn right into Oval Avenue and follow the pedestrian footpath all the way along towards Kmart Shopping Centre. Continue straight ahead until you reach a pedestrian crossing (opposite the cricket fields). Cross Oval Avenue to link with the walking path next to the cricket field. Follow the footpath as it winds through tall paperbark trees until it connects with Arthur Street.

Carefully cross Arthur Street to connect with the footpath that borders the rugby league fields. Follow the footpath west along Arthur Street until it branches off at the entrance of Ben Bennett Bushland Park. Enter Ben Bennett Bushland Park and follow the path until it meets the end of West Terrace. Exit the park and follow the footpath south along West Terrace. Use the pedestrian crossing opposite the Caloundra Health Service to return to the campus.



Explore what's happening around you; notice the sky, the people, the sounds.

10. Ben Bennett Bushland Park

2300m 33 minutes (3018 steps)

This is a long walk starting at the main entrance of the Caloundra Health Service, near Mary Rose Kay Café. Head to West Terrace and walk south to the corner of Gregson Place. Turn right into Gregson Place and follow the footpath past the Police Station and Gregson and Weight Caloundra Funerals. At the bend cross over the road and follow the shaded footpath along the fence line of the Caloundra Christian College. Continue along the footpath uphill for some distance until you reach a junction. Turn right at the junction and head a short distance downhill to the carpark and entrance of Ben Bennett Bushland Park.

Before entering Ben Bennett Bushland Park, review the explorer map and download it to your mobile phone. Select a trail to follow that connects to West Terrace. Follow the map and walk through the native bushland. Exit the park where the trail connects with West Terrace. Follow the footpath south along West Terrace to return to the Caloundra Health Service.

Note: This is a long walk, but it offers plenty of shade throughout the trails of Ben Bennett Bushland Park. Park trails are gravel and there is no drinking water available.

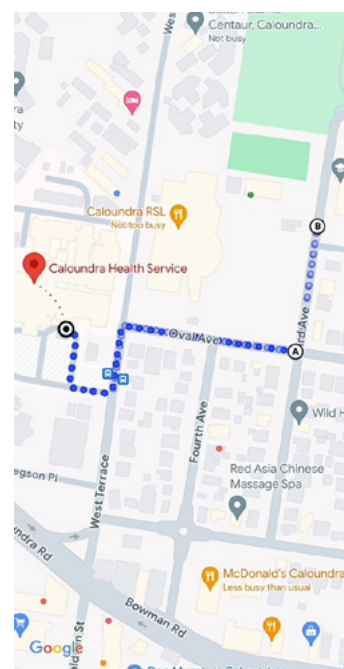


*Walking can provide us
with peaceful moments*

11. Caloundra RSL Memorial Gardens

1100m 15 minutes (1444 steps)

This is a short walk starting at the main entrance of the Caloundra Health Service, near Mary Rose Kay Café. Head to West Terrace and walk north a short distance to the pedestrian crossing. Cross to the opposite side of West Terrace and follow the footpath north. Turn right into Oval Avenue and follow the pedestrian footpath east. Just before you reach the Third Avenue intersection, cross Oval Avenue at the pedestrian crossing onto the north side. Head around the corner into Third Avenue and walk north past the Caloundra RSL carpark. Turn into the carpark at the entrance of the Caloundra RSL Memorial Garden. The garden is quiet and offers shade and seating. Take a moment to pay your respects. Retrace your steps to return to the hospital.



Gympie – Gympie Hospital

Gympie Hospital is located at the top of Henry Street less than 1km from the Central Business District. There are two walks located near the hospital offering green space and peace and quiet to unwind. These walks may not be suitable for wheelchairs and mobility devices as walking paths are not level and the gradient is steep in places.

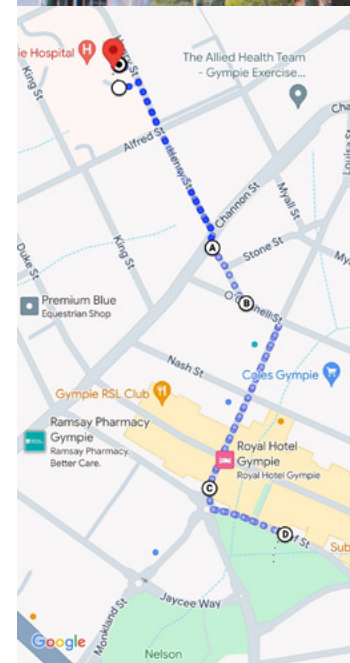
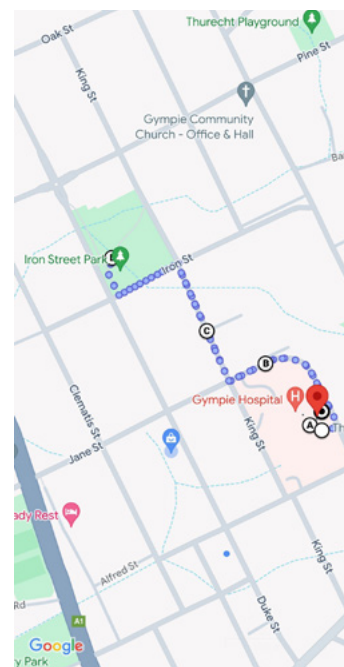


Walking for 30 minutes a day or more most days of the week is a great way to improve or maintain your overall health

12. Hospital to Iron Street Park

1500m 22mins (1968 steps)

Commence this walk at Wishlist Coffee House, located near the main entrance to Gympie Hospital. Walk onto Henry Street and turn left. Follow Henry Street down the hill as it veers to join Jane Street. Carefully cross Jane Street and turn right into King Street. Follow King Street to the intersection of Iron Street and cross the road to enter Iron Street Park. Iron Street Park is a large green space with a footpath through the middle. Follow the footpath through Iron Street Park and then retrace your steps to return to the hospital.



13. Memorial Park Walk

1800m 27 mins (2362 steps)

Commence this long walk at Wishlist Coffee House, located near the main entrance to Gympie Hospital. Walk onto Henry Street and turn right. Follow Henry Street downhill through the Alfred Street and Channon Street intersections until it connects with O'Connell Street. Turn left off Henry Street into O'Connell Street and then turn right at the next intersection into Monkland Street.

Continue walking along Monkland Street, passing Nash and Mary Streets until you reach the roundabout. At the roundabout turn left into Reef Street and follow the footpath to enter Memorial Park. There are seats, shade, toilets, colourful gardens, large trees, a playground and a rotunda located in this park. Retrace your steps to return to the hospital.

Note: This walk may not be suitable for wheelchairs and mobility devices as walking paths are not level and the gradient is steep.



Maleny – Maleny Soldiers Memorial Hospital

Maleny Soldiers Memorial Hospital is located high on the Blackall Range in close proximity to the central township of Maleny. Metres from the hospital is a memorial walk that gently winds through landscaped gardens featuring sculptures, plaques, seating and shade. A walkway also leads to a park opposite the hospital with landscaped gardens, rotunda and seating. Both walks are short in length and suitable for wheelchairs and mobility devices.

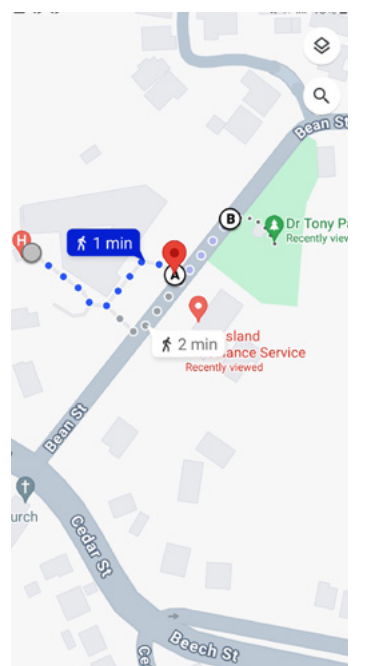


14. Dr. Tony Parer Park

290m 4 minutes (374 steps)

This is a short walk commencing at the main entrance of Maleny Soldiers Memorial Hospital. Follow the footpath to Bean Street and cross the road to the stairs on the opposite side of the road. Walk down the stairs to connect with the footpath below. To avoid the stairs, follow Bean Street south and cross into the entrance of the Queensland Ambulance Service.

Follow the footpath north to Dr Tony Parer Park. Rest in the rotunda which offers shade and seating and admire the landscaped gardens. Retrace your steps to return to the hospital.





13. Walk of Remembrance

604m 8 mins (785 steps)

This is a short walk commencing at the main entrance of Maleny Soldiers Memorial Hospital. Follow the footpath to Bean Street and walk north towards the Walk of Remembrance, built to commemorate the military service of men and women from Maleny in World War 1.

Follow the gently winding walkway and take a seat on benches to admire the colourful plants and landscaped gardens. Stop at the timber arbour, stone centotaphs and plaques to rest and pay your respects. Continue following the walkway to the rotunda and take a few more steps to the deck which enjoys dappled shade from the sprawling canopy of an overhanging mature tree. Retrace your steps to return to the hospital.

An aerial photograph of a park. The top half shows a dense canopy of green trees. Below the trees is a wide, paved path that curves through a grassy area. In the bottom right, there's a small structure, possibly a playground or a building, surrounded by more trees and grass. The overall scene is bright and green, suggesting a sunny day.

Acknowledgements

This resource has been developed with consumer input and has involved the following teams from the Sunshine Coast Hospital and Health Service:

- Health Promotion Team
- Allied Health
- Dietetics and Nutrition
- Communications and Engagement

To suggest additional walks, please email

SCHHShealthpromotion@health.qld.gov.au

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