

# Keep Moving

Exercises, walks and cycling routes in Darebin, developed for and by people over 50 – whatever your level of fitness and however much physical exercise you do or don't do.

## This project includes:

How to access *Keep Moving* walks and rides online

Keep Moving – Your Own Way

Keep Moving – Active Observation

Keep Moving – Walks

- 1: Ceres to Bell Street (Merri Creek)
- 2: Yarra Bend/Boathouse Circuit
- 3: Merri Creek Circuit
- 4: Alphington Station to Northland
- 5: Rushall to Ceres (Merri Creek)
- 6: Northland to Bundoora
- 7: Northland to Plenty Road

Keep Moving – Bike Rides

- 1: Reservoir/Edwards Lake Loop
- 2: Reservoir to Macleod
- 3: Alphington/Darebin Park Loop
- 4: Alphington to Northcote (4a & 4b)
- 4a: Alphington to Fairfield
- 4b: Fairfield to Northcote
- 5: Preston to Rushall
- 6: Preston to Reservoir

Keep Moving – History Rambles

- 1: St Georges Rd/Northcote West
- 2: Edwards Lake and Park
- 3: East Westgarth
- 4: Preston South/Gowerville
- 5: Northcote Town Hall Precinct



The **Keep Moving** project presents a range of free activities which allow for exercising in your own way, in your own time, on your own or with friends or family, using resources in local areas. It has been designed in sections so that you can pick and choose which currently interest you, taking along only the information needed for one route or activity. Australian Government guidelines recommend older Australians do 30 minutes of 'moderate activities' each day, including specific exercises to promote strength, flexibility and balance at least two to three times a week.

## This project was developed and produced by U3A Darebin volunteers:

Robyn Hartley, Christine Pinniger and Joanne Singleton - Local Research

Kevin Ritchie – Walks, John Aneaud - Bike Rides, Paul Michel - History Rambles

Ann Ritchie - Project Leader, Bette Moore – Proof reading, Janet Marlow – Producer

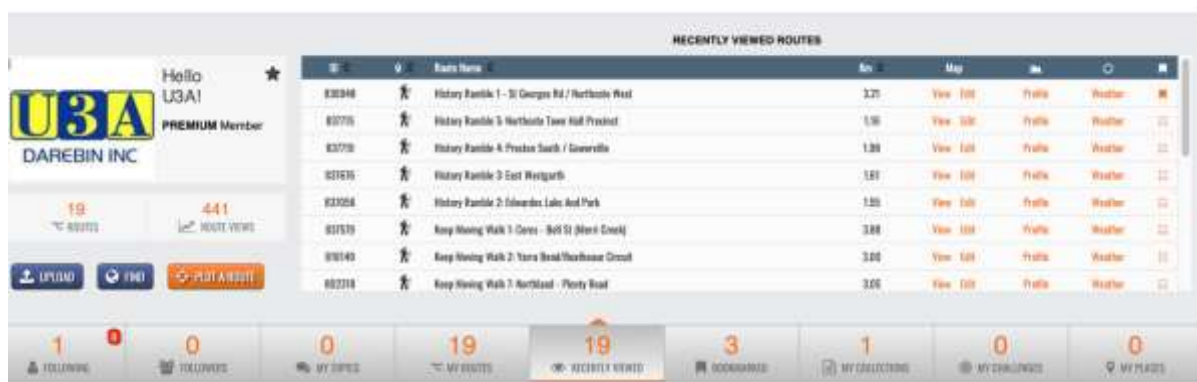
**With support from:** Darebin City Council, U3A Network ACFE, Clifton Hill/Fitzroy Community Bank, and the assistance of Ged Kearney MP, Federal Member for Cooper.

## How to access Keep Moving walks and rides online

Go to [plotaroute](http://plotaroute.com) [www.plotaroute.com](http://www.plotaroute.com) and sign into the U3A Darebin account, using:

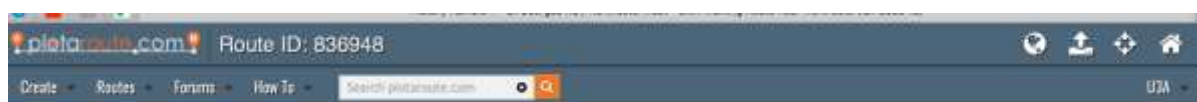
Email [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au) Password *fitness* (all lowercase).

This will take you to a window with a list of all our walk, ride and history ramble routes.



Click on [View](#) to see the full details of any route you are interested in.

The top of a Route page will look like this (below). You can then choose to download the route or click on the [Routes](#) button to return to the list,



Click on one of buttons (see below) to download the route to save on your smart phone or tablet, print a route or save a PDF file to print later when needed.

NB. *History Ramble* notes can be printed in full from our website, [www.u3adarebin.com.au](http://www.u3adarebin.com.au)



Good luck and Keep Moving!

*U3A Darebin*

Contact us:

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