

ONE FOOT FORWARD

the walk for mental health

Our Where to Walk Guide

One Foot Forward is the perfect opportunity to get outdoors, get socially connected and walk, run, or roll in some of Australia's most beautiful destinations. Whether you're looking for scenic views, beautiful gardens or tranquil paths, we've curated a selection of the best walking spots to complete your One Foot Forward challenge in each Australian capital city. Each location offers unique experiences, with several wheelchair-accessible options to ensure that everyone can participate.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where these beautiful walks are located. We recognise Aboriginal and Torres Strait Islander peoples continuing connection to land, water and culture and pay our respects to Elders past, present and emerging.



Black Dog
Institute

Ngambri (Canberra), Australian Capital Territory

We recognise the Ngunnawal people as traditional custodians of the ACT and surrounding region.

Lake Burley Griffin

Description: A scenic lake with various walking paths around its perimeter.

Accessibility: Wheelchair accessible paths, smooth surfaces.

Highlights: Iconic landmarks such as the National Gallery and National Library, beautiful views of the lake and city.

Distance: 5km (Central Basin Loop) or 16km (Full Circuit)



Australian National Botanic Gardens

Description: A heritage-listed botanical garden with the world's most comprehensive display of living Australian native plants.

Accessibility: Wheelchair accessible paths, disabled parking, and restrooms available.

Highlights: Rainforest Gulley, Paperbark Treehouse and Garden, and the Red Centre Garden.

Distance: 3.5km of various interconnected paths



Weston Park

Description: A large parkland area on the western side of Lake Burley Griffin.

Accessibility: Wheelchair accessible paths, picnic areas, and restrooms.

Highlights: Playgrounds, mini-golf, and tranquil lakeside walking paths.

Distance: 2.5km loop



Ngambri (Canberra), Australian Capital Territory

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Jerrabomberra Wetlands

Description: A protected wetland area with bird hides and walking trails.

Accessibility: Wheelchair accessible boardwalks and hides.

Highlights: Bird watching, nature walks, and educational signage.

Distance: 2km loop



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Gadigal Land (Sydney), New South Wales

We recognise the Gadigal people as traditional custodians of Sydney

Royal Botanic Garden

Description: A historic garden in the heart of Sydney with extensive walking paths.

Accessibility: Wheelchair accessible paths, disabled parking, and restrooms available.

Highlights: Sydney Opera House views, themed gardens, and the Calyx.

Distance: 3.5km of various interconnected paths



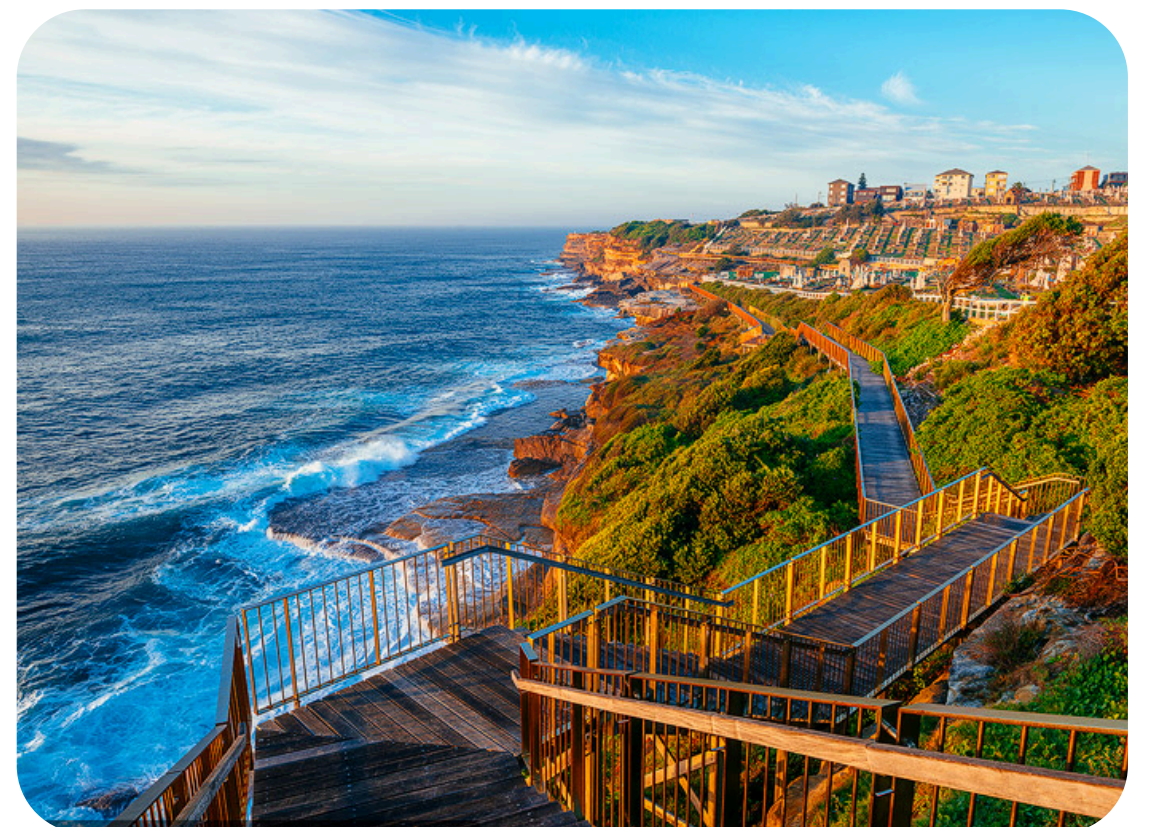
Bondi to Coogee Walk

Description: A coastal walk with stunning ocean views and beaches.

Accessibility: Some sections are wheelchair accessible, particularly around Bondi and Coogee beaches.

Highlights: Bondi Beach, Bronte Beach, and cliffside views.

Distance: 6km one way



Centennial Parklands

Description: A large urban park with lakes, gardens, and walking paths.

Accessibility: Wheelchair accessible paths, restrooms, and parking.

Highlights: Birdlife, landscaped gardens, and the equestrian center.

Distance: 3.8km if you take the Grand Drive Loop



Gadigal Land (Sydney), New South Wales

We recognise the Gadigal people as traditional custodians of Sydney

Manly Beach to Shelly Beach Walk

Description: A beautiful pathway stroll from scenic Manly Beach to the gorgeous Shelly Beach.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Views of Manly beach and beautiful swimming spots along the way.

Distance: 1km one way



Parramatta River Walk

Description: A riverside path that runs along the Parramatta River.

Accessibility: Wheelchair accessible paths and amenities.

Highlights: Riverside scenery, historic sites, and wildlife.

Distance: 15km (from Parramatta to Sydney Olympic Park)



Naarm (Melbourne), Victoria

We recognise the Wurundjeri and Bunurong people as traditional custodians of Melbourne

Royal Botanic Gardens

Description: A renowned garden with beautiful walking paths and diverse plant collections.

Accessibility: Wheelchair accessible paths, disabled parking, and restrooms available.

Highlights: Ornamental Lake, Guilfoyle's Volcano, and the Australian Forest Walk.

Distance: 3.5km of various interconnected paths



Yarra River Trail

Description: A scenic trail following the Yarra River through Melbourne.

Accessibility: Wheelchair accessible paths in many sections.

Highlights: River views, parks, and cityscapes.

Distance: 38km (Main Yarra Trail)



Albert Park Lake

Description: A picturesque lake surrounded by parkland and walking paths.

Accessibility: Wheelchair accessible paths, restrooms, and parking.

Highlights: Birdlife, boat hire, and city skyline views.

Distance: 5km loop



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Naarm (Melbourne), Victoria

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Fitzroy Gardens

Description: A historic garden with landscaped lawns and pathways.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Conservatory, Cook's Cottage, and ornamental fountains.

Distance: 2km of various interconnected paths



Merri Creek Trail

Description: A peaceful trail along the Merri Creek with native bushland.

Accessibility: Some sections are wheelchair accessible.

Highlights: Native plants, bird watching, and natural landscapes.

Distance: 21km (Coburg to Dights Falls)



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Meanjin (Brisbane), Queensland

We recognise the Turrbal people people as traditional custodians of Brisbane and its surrounding regions

South Bank Parklands

Description: A vibrant parkland on the Brisbane River with various walking paths.

Accessibility: Wheelchair accessible paths, restrooms, and parking.

Highlights: Streets Beach, cultural institutions, and lush gardens.

Distance: 2km of various interconnected paths



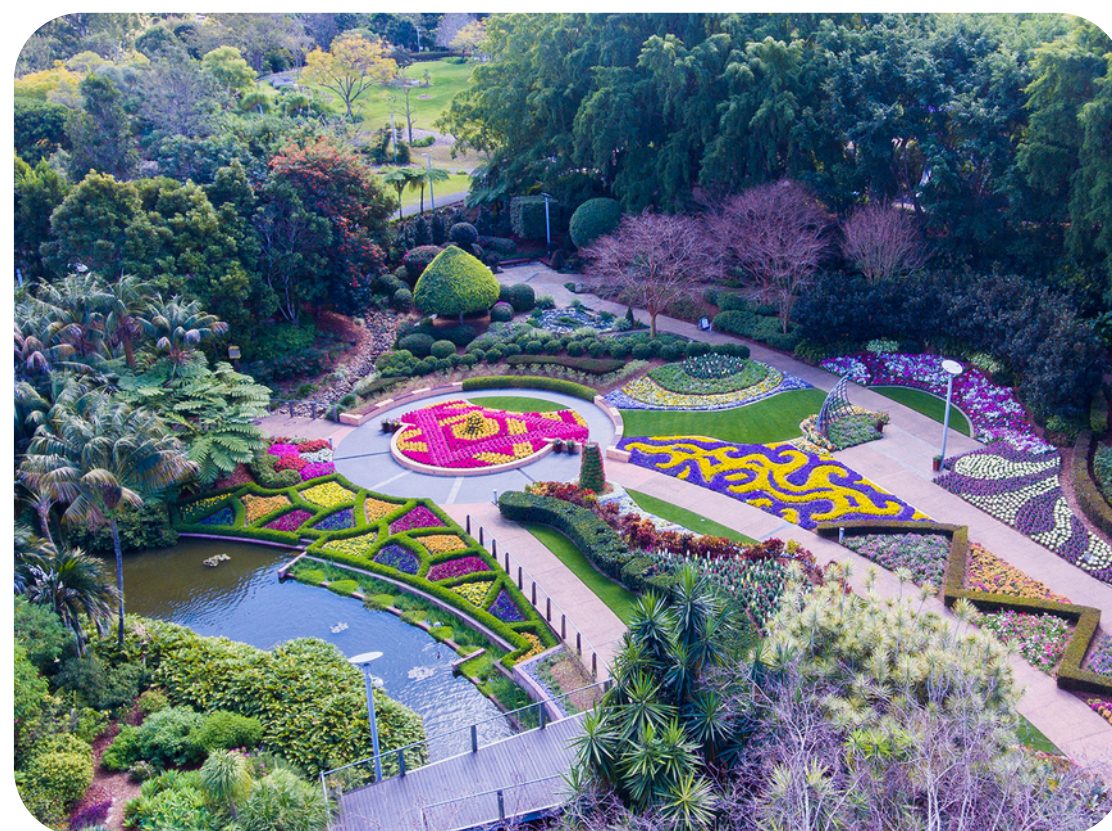
Roma Street Parkland

Description: A beautifully landscaped park in the heart of Brisbane.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Spectacle Garden, rainforest walks, and water features.

Distance: 1.5km of various interconnected paths



Kangaroo Point Cliffs Park

Description: A riverside park with walking paths along the cliffs.

Accessibility: Some paths are wheelchair accessible.

Highlights: Cliffside views, rock climbing, and riverside scenery.

Distance: 1.5km one way



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Meanjin (Brisbane), Queensland

We recognise the Turrbal people as traditional custodians of Brisbane and its surrounding regions

City Botanic Gardens

Description: A historic garden with a variety of plant species and walking paths.

Accessibility: Wheelchair accessible paths, restrooms, and parking.

Highlights: Bamboo Grove, ornamental ponds, and historic trees.

Distance: 2km loop



Mt Coot-tha Botanic Gardens

Description: A large botanic garden with themed sections and walking paths.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Japanese Garden, Tropical Dome, and scenic views.

Distance: 5km of various interconnected paths



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Tarndanya (Adelaide), South Australia

We recognise the Kurna people as traditional custodians of Adelaide and its surrounding plains

Adelaide Botanic Garden

Description: A lush garden with diverse plant collections and walking paths.

Accessibility: Wheelchair accessible paths, restrooms, and parking.

Highlights: Palm House, Bicentennial Conservatory, and rose garden.

Distance: 2.5km of various interconnected paths



River Torrens Linear Park

Description: A picturesque park along the River Torrens with walking and cycling paths.

Accessibility: Wheelchair accessible paths in many sections.

Highlights: River views, birdlife, and recreational areas.

Distance: 30km (Henley Beach to Athelstone)



Gleneilg Beach

Description: A popular beach with a coastal walking path.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Beach views, Jetty Road shops, and seaside atmosphere.

Distance: 2km coastal walk



Tarndanya (Adelaide), South Australia

We recognise the Kurna people as traditional custodians of Adelaide and its surrounding plains

Mount Lofty Botanic Garden

Description: A botanic garden in the Adelaide Hills with walking trails.

Accessibility: Some paths are wheelchair accessible.

Highlights: Cool climate plants, lakes, and panoramic views.

Distance: 3.5km of various interconnected paths



Morialta Conservation Park

Description: A park with walking trails through rugged landscapes and waterfalls.

Accessibility: Some wheelchair accessible trails, particularly the Morialta Falls Valley Walk.

Highlights: Waterfalls, native wildlife, and rock formations.

Distance: 2km (Morialta Falls Valley Walk)



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Boorloo (Perth), Western Australia

We recognise the Whadjuk people of the Nyoongar as traditional custodians of Perth

Kings Park and Botanic Garden

Description: A large park with native bushland, gardens, and walking paths.

Accessibility: Wheelchair accessible paths, restrooms, and parking.

Highlights: War Memorial, Lotterywest Federation Walkway, and panoramic views of Perth.

Distance: 5km (Law Walk)



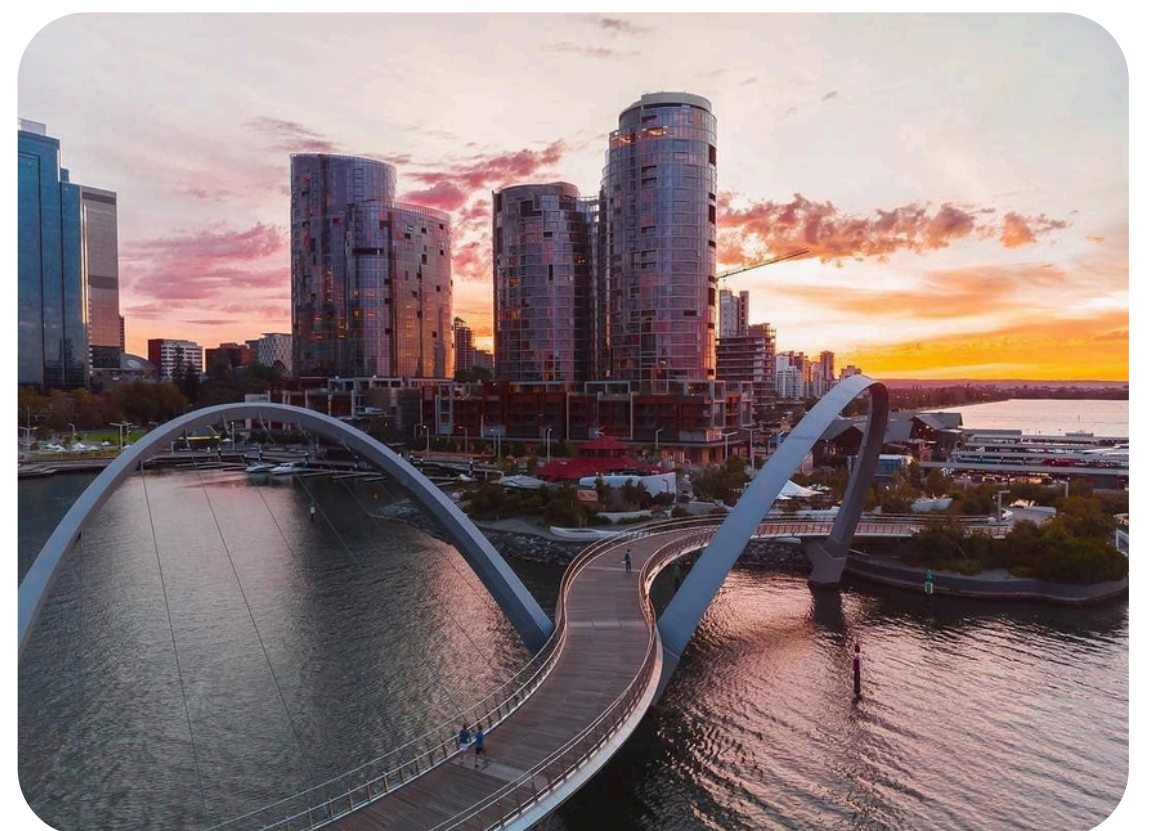
Elizabeth Quay

Description: A waterfront precinct with promenades and public art.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Swan River views, public art, and dining options.

Distance: 1.5km loop



Cottesloe Beach

Description: A famous beach with a scenic coastal walk.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: Beach views, historic pavilions, and vibrant atmosphere.

Distance: 1.5km coastal walk



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Boorloo (Perth), Western Australia

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Herdsman Lake Regional Park

Description: A wetland reserve with walking trails and abundant birdlife.

Accessibility: Wheelchair accessible paths and bird hides.

Highlights: Wetlands, wildlife, and nature walks.

Distance: 7km loop



Matilda Bay Reserve

Description: A riverside park with walking paths along the Swan River.

Accessibility: Wheelchair accessible paths and facilities.

Highlights: River views, picnic areas, and University of Western Australia proximity.

Distance: 4km return



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Nipaluna (Hobart), Tasmania

We recognise the Palawa people as the traditional custodians of Hobart

Royal Tasmanian Botanical Gardens

Description: One of Australia's oldest botanical gardens, featuring an extensive collection of native and exotic plants.

Accessibility: Wheelchair accessible paths, disabled parking, and restrooms available.

Highlights: Japanese Garden, Lily Pond, and Subantarctic Plant House.

Distance: 2km of various interconnected paths



Battery Point Sculpture Trail

Description: A historical walking route through one of Hobart's oldest suburbs, featuring sculptures and historic homes.

Accessibility: The trail is mostly accessible, though some sections involve cobblestone streets and slight inclines.

Highlights: Historic houses, stunning waterfront views, and public art sculptures.

Distance: 2km loop



Mount Wellington (kunanyi) Lenah Valley Track

Description: An accessible track on Mount Wellington offering a taste of the mountain's natural beauty.

Accessibility: Wheelchair accessible with a smooth, well-maintained path.

Highlights: Views of the surrounding forest, rock formations, and glimpses of Hobart below.

Distance: 1.2km return



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Nipaluna (Hobart), Tasmania

We recognise the Palawa people as the traditional custodians of Hobart

Hobart Rivulet Track

Description: A flat, easily accessible track that runs along the Hobart Rivulet, suitable for a peaceful walk through nature.

Accessibility: Wheelchair accessible paths, with a well-maintained surface.

Highlights: Cascades Gardens, wildlife, and the historic Cascade Brewery visible at the end.

Distance: 2.7km one way



Cornelian Bay Foreshore Walk

Description: A scenic coastal walk along the foreshore with stunning views of the Derwent River.

Accessibility: Wheelchair accessible with smooth paths and flat terrain.

Highlights: Waterfront views, Cornelian Bay Boathouses, and picnic areas.

Distance: 2km loop



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Gulumoerrgin (Darwin), Northern Territory

We recognise the Larrakia people as the traditional custodians of Darwin

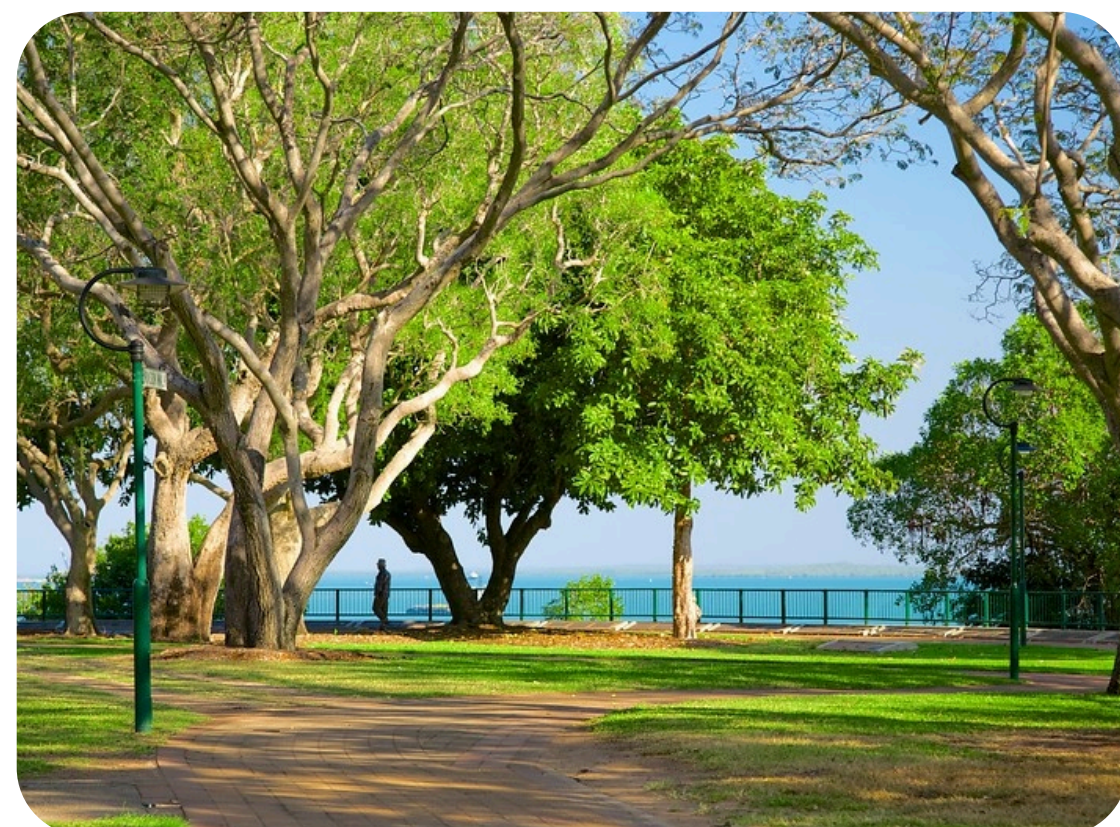
Bicentennial Park

Description: A beautiful park along Darwin's Esplanade, offering scenic views of Darwin Harbour.

Accessibility: Wheelchair accessible paths, with flat and well-maintained walkways.

Highlights: Darwin Cenotaph, playgrounds, and shaded picnic areas.

Distance: 2km loop



East Point Reserve

Description: A coastal reserve with walking paths, military history sites, and native wildlife.

Accessibility: Some paths are wheelchair accessible, particularly around the main picnic and viewing areas.

Highlights: WW2 relics, mangroves, and views of Fannie Bay.

Distance: 3.5km loop



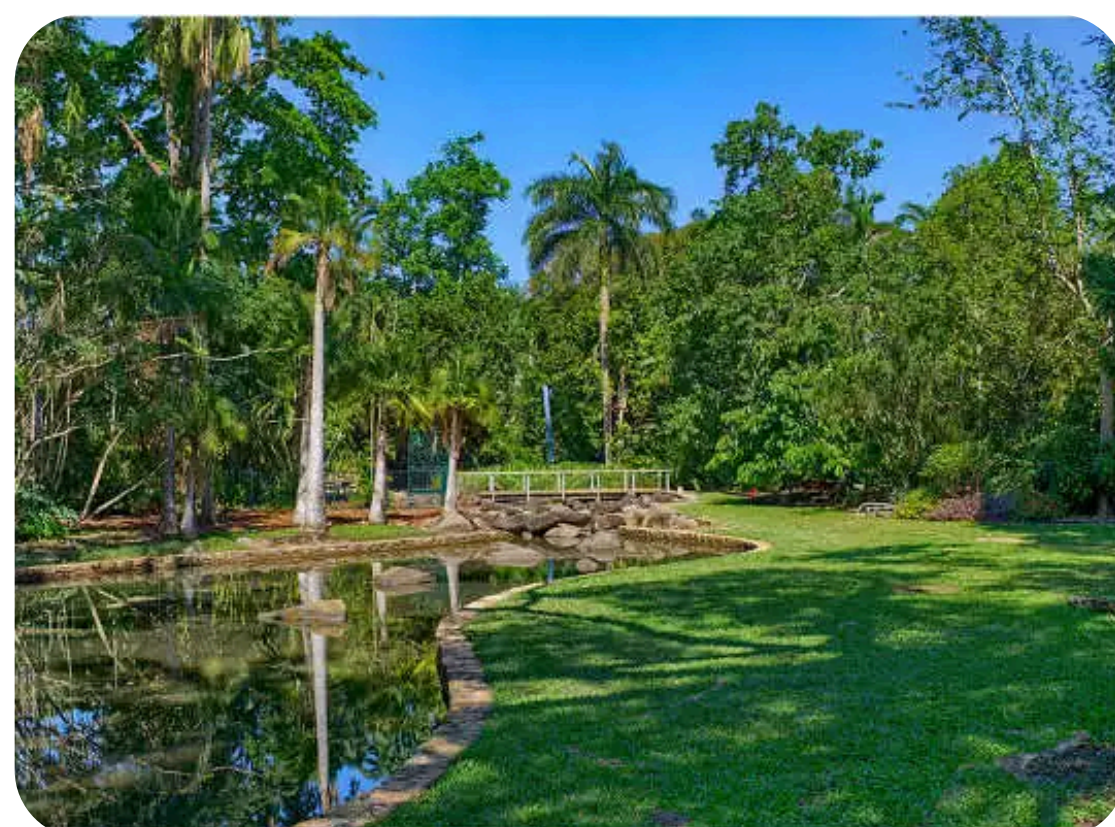
George Brown Darwin Botanic Gardens

Description: A large garden featuring tropical flora, walking trails, and a rainforest gully.

Accessibility: Wheelchair accessible paths, disabled parking, and restrooms available.

Highlights: Rainforest Walk, Tiwi Wet Forest, and the tropical plant collections.

Distance: 4km of various interconnected paths



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Gulumoerrgin (Darwin), Northern Territory

We recognise the Larrakia people as the traditional custodians of Darwin

Nightcliff Foreshore Walk

Description: A popular coastal walk with stunning ocean views, shaded picnic spots, and local art.

Accessibility: Wheelchair accessible paths, with flat and even surfaces throughout the walk.

Highlights: Sculptures, sunset views, and the Nightcliff Jetty.

Distance: 6km return



Charles Darwin National Park

Description: A nature reserve with bushwalking tracks, wetlands, and WW2 bunkers.

Accessibility: Some tracks are accessible, but most are not wheelchair-friendly due to uneven terrain and steps.

Highlights: Mangrove boardwalk, interpretive displays, and panoramic views of Darwin.

Distance: 3km of various trails



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