

- Start at the Mannum Kindy (Cnr Male Rd and Adelaide Road)
- Head north along Male Road
- Turn right along Bretag Street
- Turn right along Greening Street
- Turn right along Walker Avenue (this will take you past the Mannum Community Hub and Garden – feel free to drop in and pick some veggies to take home; it will also take you past the School playground – stop and have a play on some of the equipment)
- Turn right along on Adelaide Road towards the Mannum Green Shopping Centre. Have a drink out of the drinking fountain at Mannum Green Shopping Centre
- Cut through to Male Road again and loop back to the kindy.

Route:

Distance: 2.2 kms
Time to walk: Approx 40 minutes with young children
Terrain: Mostly flat, with some paved footpaths, some gravel footpaths
Facilities: Drinking Water Fountain, playground, public toilets
Difficulty: Easy
Good walk for: If you need to duck into the shop, if the kids want to run around on the school oval, if you want to check out the community garden. This route is also great for bikes.
Key features: Mannum Green Shopping Centre, Mannum Community College, Mannum Kindergarten and Rural Care, Mannum Leisure Centre, Mannum Community Hub and Garden.

Loop 1: School and Kindy Loop

Distance: 2.3kms
Time to walk: Approx 40 minutes with young children
Terrain: Some paved footpaths, some gravel footpaths, briefly on roads, some hills
Facilities: Drinking Water Fountain, playground, public toilets, bike rack, scooter rack, BBQ
Difficulty: Medium
Good walk for: Children who are into cycling and skating; children who like sport and want a break at the local oval; a good mix of history learning and play, families looking for a longer, more challenging walk
Key features: Views of the River Murray, Sk8 Park, playgrounds, Historic Mannum Pumping Station, liberty swing, past Unforgettable Houseboats, BBQ, shelter and seats

Loop 2: Pumping Sk8 Loop

Distance: 2.5 kms
Time to walk: Approx 45 minutes with young children
Terrain: Some paved footpaths, staircases, some gravel footpaths, briefly on roads, some hills and reserves
Facilities: Park benches, shelters, bird watching
Difficulty: Medium - Challenging
Good walk for: Children who enjoy nature, bird watching and/or fishing, and are looking for a foot-ride along the ferry
Key features: Views of the River Murray, Bird Watching Hut, nature reserves, public toilets, ferry, fishing spots, lookout (optional), caravan park, ferry (optional)

Loop 3: Bird Watching Loop & Lookout

Loop 4: Main Street Meander

Time to walk: Approx 40 minutes with young children
Distance: 1.7kms
Terrain: Footpaths, mostly flat with a couple of small + steep hills, 2 sets of stairs
Facilities: Park benches, shelters, water fountain, bike rack, interpretive signage, shops, BBQs, public toilets, playgrounds,
Difficulty: Medium
Good walk for: People who want off-road footpaths, people who want the challenge of climbing two staircases, people interested in taking a break at a beautiful Riverside Reserve and some of the best views of Mannum's stretch of River. Also plenty of shops and refreshments.
Key features: Views of the River Murray, Mannum Dock Museum, possible glimpses of river houseboats, Mary Ann Reserve, historic Golden Stairs, Visitor Information Centre, ferry crossing (optional), great walkways.
Route:

- Begin at Mary Ann Reserve, near the Mannum Rowing Club.
- First head up the flight of stairs just behind the boat ramp to get up on the main street (Randell St).
- At the top of the stairs cross the road, and use the footpath to head left (uphill) along Randell St.
- About 100 metres up, you will come across the Anna Street Walkway on your right, take this and keep on heading up hill.
- Carry on along this walkway until you come across the Golden Stairs on your right. Slowly and carefully take these stairs back down to Randell Street.
- At the bottom of the stairs, head left along Randell Street and take in the historic buildings. Just before you reach the ferries, stop and cross over to the other side of the road where the Mannum Visitor Information Centre and Museum is. This is a great place to visit for kids, with a fantastic interpretive display on paddle steamers set-up in the museum.
- From here, head back to your starting point along the River-side footpath of Randell Street. If you want to along this route, you can cut through the carpark and front lawn of the Pretoria Hotel to find Riverside staircase that takes you back on to Mary Ann Reserve and past a children's playground.
- Otherwise, you can carry on along Randell Street footpath and make the next left down Wattle Street and back to Mary Ann Reserve.

This map highlights the routes that have been recommended by families of the Active Under 5s project at Mannum Kindergarten and Rural Care.

Why is it important to think feet first?

- Think Feet First is walking, cycling or scooting to get to your destination
- It means less pollution from cars and saves you money
 - Keeps us healthy and makes us feel good as it helps to wake up our bodies and our brains
 - Gives us time to share with family or friends
 - Allows children to learn and practice road safety
 - Is a way of getting to know more about what's going on in the neighbourhood and
 - Is an exciting adventure in itself

How can you think feet first more often?

- Make commitments to leave the car at home
- Schedule in time and set reminders
- Get organised so that you have time to enjoy the walk. Pack water bottles, healthy snacks or lunch to enjoy as part of your journey
- Record your journey on a chart and note new things you see along the way and
- Always remember to Stop, Look, Listen and Think when crossing the road

The Mannum Active Family Map is an initiative of Mid Murray OPAL, Department of Planning, Transport and Infrastructure and the Mannum Kindergarten and Rural Care.

MANNUM ACTIVE FAMILY WALKS

A greener, healthier and more active way of travelling

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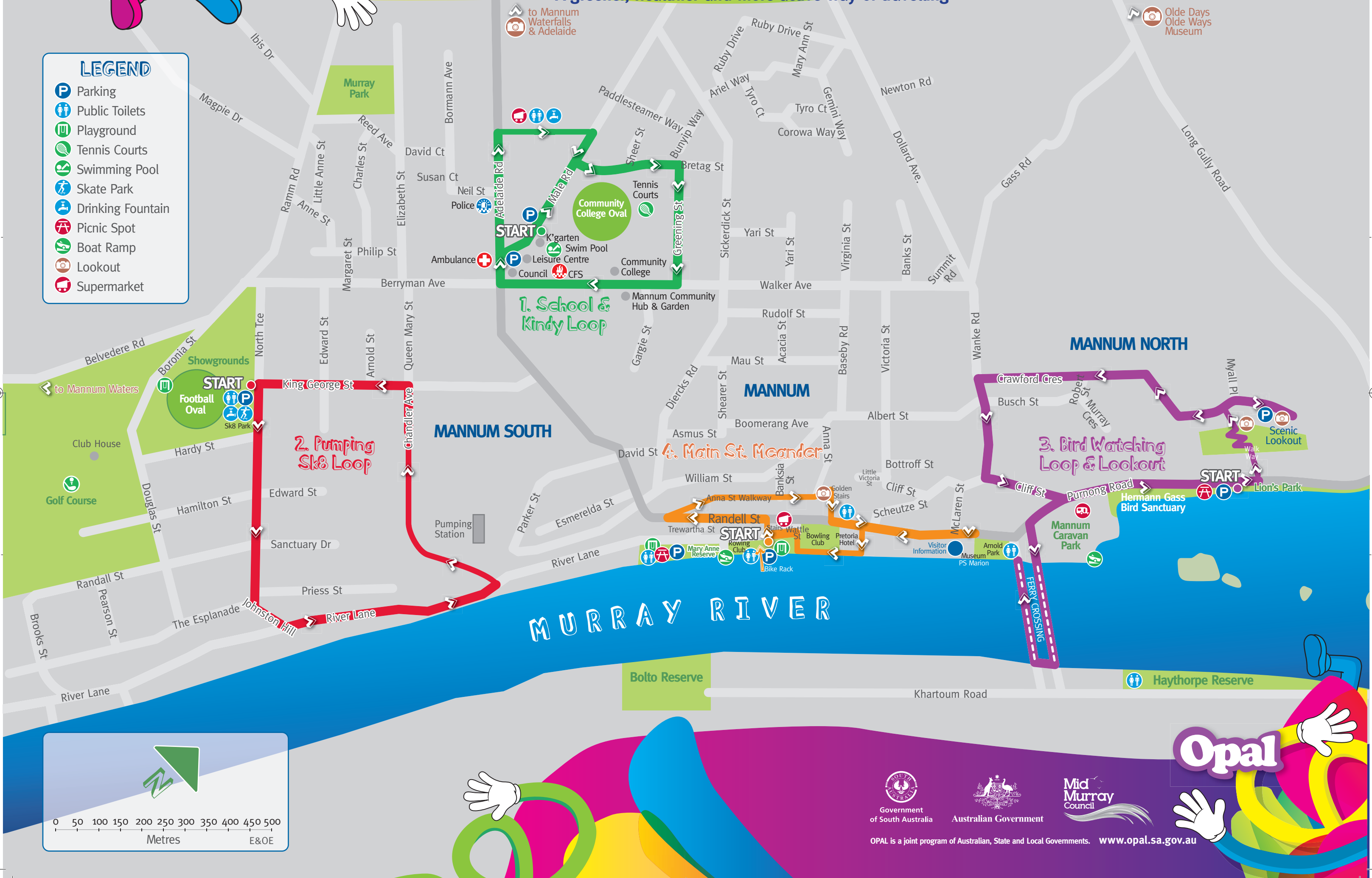
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LEGEND

- Parking
- Public Toilets
- Playground
- Tennis Courts
- Swimming Pool
- Skate Park
- Drinking Fountain
- Picnic Spot
- Boat Ramp
- Lookout
- Supermarket



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Metres E&OE



Government of South Australia



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Mid Murray Council

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