

## walking

Walking can help you lose weight, improve flexibility and is a great way to stay motivated.

Walking in our natural environment with family and friends is an ideal opportunity to stay fit and enjoy the flora and fauna unique to the Swan area.

The Bells Rapid Walk Trail is the second of a series of walk trail brochures to be developed by the City of Swan.

## be active together

Be Active Together is a joint City of Swan and Eastern Perth Public Community Health Program.

For more information telephone 9378 9068.

# Bells Rapid

## walk trail



A walk trail brochure developed for you by the City of Swan and

Be Active Together



Let's make it happen



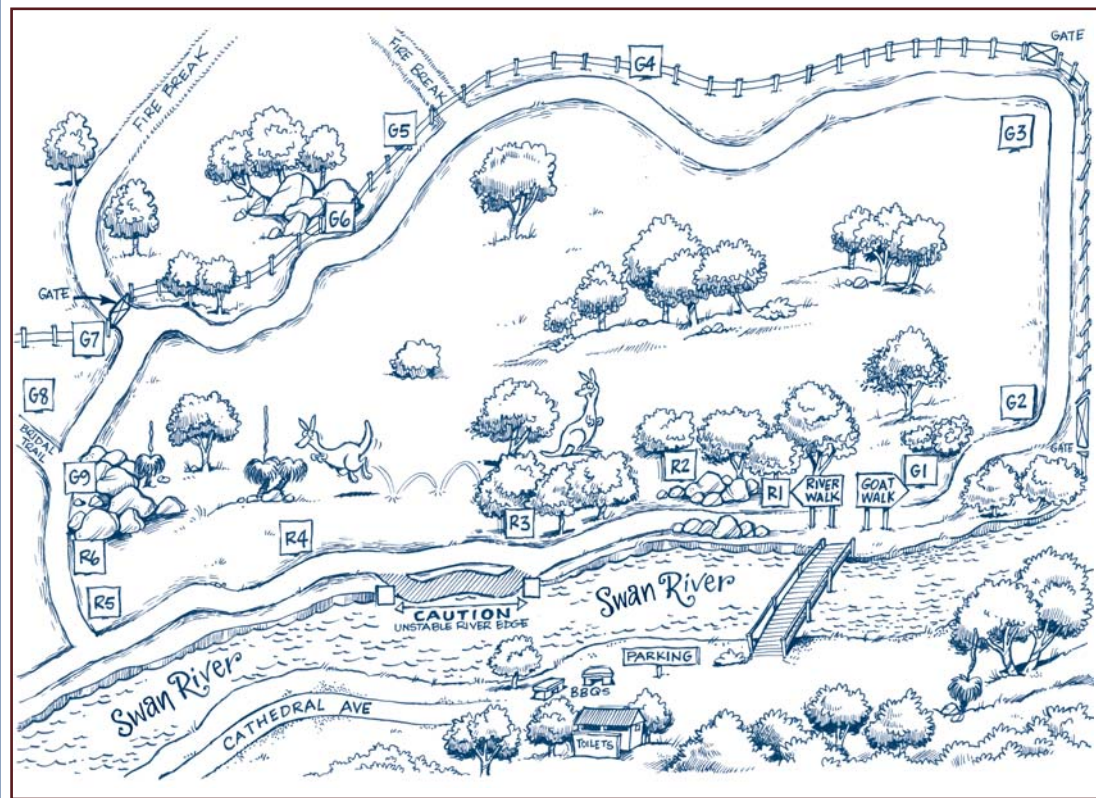
# bells rapid walk trail

This scenic walk along the Swan River, home of the famous Avon Descent, is noted for being one of the best vantage points for the event with its majestic boulders and rushing waters in the winter.

Bells Rapid is also the habitat of the beautiful grey kangaroo which can be seen at certain times of the year in abundance. You will enjoy scenic views of countryside and coastal plains on this unique circuit walk trail.

## walk details

<b>Length:</b>	River Walk (2.5km)	Goat Walk (3km)
<b>Grade:</b>	Flat walk most of the way with small rocky section (Note unstable river edge area marked on map below) Goat Walk has steep inclines, loose gravel sections and medium level fitness required	
<b>Walk time (Approx):</b>	River Walk (45 mins)	Goat Walk (1 Hr & 15 mins)
<b>Where is it:</b>	About 15km from Midland off Great Northern Highway down to end of Cathedral Avenue, Brigadoon	
<b>Travelling time:</b>	Approx 45 mins from Perth	
<b>Facilities:</b>	BBQ and toilets	
<b>On-site Information:</b>	Markers on trail	
<b>Best Season:</b>	Winter / Spring	



## walk trail key

### Goat Walk

- G1 Turn right over the footbridge, follow trail upstream
- G2 Turn left at t-junction and continue up hill
- G3 Turn left at fence and gate and follow along fire break
- G4 Continue along firebreak, look out back down over valley
- G5 Proceed down hill (CAUTION: Loose gravel)
- G6 See if you can spot 'Buttock Boulder' amongst a cluster of boulders on your right
- G7 At the top of small incline turn left at gate
- G8 Veer left with bridle trail on your right
- G9 Continue down towards river (Joins River Walk)

### River Walk

- R1 At end of the footbridge, turn left and follow trail alongside the Swan River
- R2 The trail will cross over a small rocky section
- R3 The path will fork. Take the right trail (CAUTION: Do not use left trail as the river edge is unstable)
- R4 Continue along trail until you reach a rocky section on your right
- R5 Return along the trail you came
- R6 A small rise of rocky section will take you to join the goat walk and on to the fire break trail. This section requires medium fitness

