

Walking for fun and fitness

Walking is one of the best ways to stay fit and healthy. It is easy on the body, can be done at a pace that suits you, needs no special equipment, and can be done alone – or with your dog or your family. It is also especially enjoyable to do in unique areas like the Canning River Regional Park.

To help you get the most out of your walk, there are a few tips you should consider:

- Remember to warm up and stretch before and after your walk to avoid injury and stiffness.
- When you start walking, begin slowly and build the pace – and distance - gradually.
- In summer particularly, walk in the cooler part of the day.
- Slip (on a shirt), slop (on sunscreen), slap (on a hat) and wear comfortable shoes.
- Drink plenty of water before, during and after your walk.
- If you have chest pains or discomfort while walking, stop immediately and seek medical advice as soon as possible.
- If you are unwell or injured, avoid walking. Wait until you are fully recovered.
- Walk with a friend – it's more enjoyable and always safer.
- Keep to the paths.
- Enjoy yourself!

Code of Conduct

The Canning River Regional Park is registered as part of the National Heritage Estate and is co-managed by the City of Canning, the Department of Conservation and Land Management, the Swan River Trust, and the resident volunteers of the area.

Help us keep it special by:

- Keeping your dog leashed while walking in the Park.
- Keeping to the paths - people and pets can threaten native animals, and native animals like snakes can also be a threat to people and pets.
- Responsibly disposing of rubbish and garden plant material – dumped prunings or lawn clippings will introduce weeds into the Park.
- Enjoying the wildlife by watching and listening only. Feeding native animals such as black ducks threatens their health and well-being.
- Using the barbecues supplied and keeping open fires out of the Park.

You can also actively help by joining one of the Canning River volunteer programs to assist with the protection of this unique environment (for information, contact the City of Canning).

Further Information

Do you want to know more about the Canning River, its wildlife or the volunteer programs in the area? Contact the City of Canning on 9231 0655 or the Department of Conservation and Land Management on 9431 6500, or explore the websites at <http://www.canning.wa.gov.au> and <http://www.calm.wa.gov.au> .



WALKING THE CANNING RIVER REGIONAL PARK INTERPRETATIVE TRAILS

- **Butterflies, Birds & Bridges Loop**
- **Woodloes Walk**

Healthy living, healthy ecosystems



The Canning River Regional Park Interpretative Walk Trails are supported by the East Metropolitan Population Health unit.

There are numerous paths available for walkers throughout the Canning River Regional Park. This brochure describes the features of two:

- 'Butterflies, Birds and Bridges Loop' around the river from Kent Street Weir to Greenfield Street footbridge and return; and
- 'Woodloes Walk' from Mason's Landing to Kent Street Weir.

Both trails are easily accessible and immediately adjacent to recreation sites with parking and toilet facilities. The trails are accessible for people with disabilities or people with prams and pushers.

Butterflies, Birds & Bridges Loop

Biodiversity - the spice of life

Park your vehicle at Wilson Park (Kent Street Weir) and allow about an hour and a half to experience what could be considered the best walk in the Regional Park.

Biodiversity is simply the diversity of life in all its forms. While vascular plants, mammals, birds and reptiles are the most visible components of biodiversity, they make up less than 2% of the total. It is the less noticeable invertebrates (insects and the like) and the microflora including fungi, mosses and lichens that make up most of the variety of life forms. Pause for a while along the path to really look for these smaller examples of life. Their forms and lifestyles are amazing.

An example of the great diversity of life can be seen in a single tree.

A large old flooded gum is like a high rise

apartment building accommodating many different tenants. The lower-basement dwelling ants, worms and termites are busy amongst the roots. Slaters, beetles, centipedes and millipedes occupy the upper basement level amongst the leaf litter. A huge variety of spiders, insects and their larvae live beneath the bark. Wasps and sawflies lay their eggs in the leaves. Scrub birds nest, feed and roost in the tree. The parasitic mistletoe hangs on the branches. In turn it provides fruit for a variety of birds, and the lorikeets sip nectar from the flooded gum blossom when it flowers.



If a single tree can be considered an apartment building, this walk trail could be likened to leading you through a number of different suburbs, all with different features and inhabitants. You will cross over creeks where you can glimpse some of the wonders of the aquatic world, including animals dependent on the water for all or parts of their life cycles, like dragonflies. You will walk through mature flooded gum woodlands where the swathes of open ground attract the foraging of the larger birds like magpies. You will stroll amongst the crowns of a paperbark forest near Greenfield Street footbridge and be tantalised by the myriad of

insect sounds and bird calls. As you cross the Canning River and pass the lagoon, you will have opportunities to view some of the many birds which rely on the River. The River, its surroundings and the abundant wildlife contributes to the area's registration as part of the National Heritage Estate.



Woodloes Walk

The Canning and its people

Consider arranging to be picked up by a friend at Mason's Landing before starting off on this walk. Otherwise, allow a couple of hours to walk up to Mason's Landing and back to Kent Street Weir along the same route.



CANNING RIVER REGIONAL PARK