

Canberra Two Day Walk Inc.

PO Box 3114, Weston Creek, ACT, 2611, AUSTRALIA.

telephone/fax: (61) 2-62886401

email: aussiewalk@aussiewalk.com.au

www.aussiewalk.com.au

(ABN No. 47 366 712 201)

Canberra Capital Year Round IVV Walk (2 Route Options)

This walk has been established by the Canberra Two Day Walk (CTDW) Association and is sanctioned by the IVV (International Federation of Popular Sport) as being eligible for credit towards IVV achievement awards. If doing the walk unguided, and you wish to obtain the IVV stamp for your record book, please send the required fees and the answers to the questions to CTDW, together with the walker's IVV record book(s) and a stamped, self-addressed envelope. The books will then be stamped and returned by mail. If a number of such "postal arrangement" walks are proposed to be carried out, then the IVV record books, answers, fees etc, need only be sent after all the walks have been completed. Alternatively you can get the stamps from the IVV stand when attending the Canberra International Walking Weekend, or at one of the monthly IVV/Lions Group Walks – see the website for all the details of these walks.

There are two options for this walk:

- **Route A** is the original route takes you through Telopea Park, and
- **Route B** is the new route option takes you up and down Anzac Parade past all of the memorials.

This is one IVV year round walk with two route options.

For IVV **event** credit, only one of **either** of the variations to the walk can be done in each six month period (Jan – Jun or Jul – Dec). For IVV **distance** credit, you can walk either route as many times as you wish.

Both route options are 10 km long, and nominally start at Parliament House. Free parking is available underneath Parliament House, but there is a 3 hour time limit (there are also toilets in the car park). Visitors to Canberra are encouraged to visit Parliament House – entry is free. However, as the walk is circular, it may be started and finished at any other point along its route. Both walk route options may be walked in either direction; however, the following route descriptions are for walking the routes clock-wise.

Please also note that you participate entirely at your own risk.

Route Description

1. Starting at the Parliament House forecourt facing across the lake to the War Memorial, turn L to follow the footpath which runs along the road around the main building complex.
2. Just after the bend in the path (to L), cross the road towards the glass observation/security box on the other side, and follow the adjacent bitumen sealed path into the gardens.
3. Follow this path as it winds through the gardens. About 50m past Exercise Station No. 5 take the branch to R.
4. This path continues under a road bridge, past a small picnic ground, and a small store building (the old survey hut used to set out Canberra originally in 1911)
5. Continue through an underpass, across a road, through some treed area, to Alexandrina Drive (which you cross) and then turn R onto the path which runs along the lake. You will see the Chinese Embassy on your right.
6. The path runs along Flynn Drive, passing Lennox Gardens (on your left) and the Hyatt Hotel (on your right), and then along the lake's edge to Commonwealth Ave Bridge.

7. Follow the path underneath the bridge, and then immediately L onto the ramp which takes you onto the East side of the bridge. Continue along the bridge footpath to the other end of the bridge.
8. Go down the steps immediately to the right at the end of the bridge (not the ramp). (Take the left of the two sets of stairs - not the set leading under the bridge). Cross the road near the bottom of the stairs, and take the path that runs along the edge of the lake. (Lake on your right). You will pass the Captain Cook Memorial Jet on your right and the Japanese Memorial, the Globe, the National Capital Exhibition Centre and coffee shop (on the hill), and the Canadian Flag pole all on your left.
9. Stay on this wide concrete path (part of the newly constructed RG Menzies Walk) until the surface changes for a wide bridge – **do not cross this bridge** – instead turn L onto a narrower bitumen path and walk around Nerang Pool (water on your right).
10. Continue along this path until you reach the blue/yellow/red metal sculpture at the pool’s edge (“the Secateurs”). Take the R branch, and follow it around (with the pool still on your right).

Route A Option: Original Route to Telopea Park

(green route on map – red route is common to both walks)

11. Take the next R branch to proceed across the causeway (water on either side of you) to the other side of the pool. Turn L at the T intersection to continue along the paved path to the very end, through a car park on your left until you reach the Emergency Services Memorial. The path zigzags on the left side of the memorial and then rejoins the RG Menzies Walk path just prior to Blundell’s cottage.
12. You will pass Blundell’s Cottage (on your left), the memorials to the Merchant Navy and HMAS Canberra (on your right), and then the Carillon (on your right). Further to your left are toilets and the Police Memorial (up an embankment).
13. At the end of the RG Menzies Walk (turning circle), take the bitumen path to the left and up the embankment (veering R) onto Kings Ave Bridge.
14. At the far end of the bridge, continue on the main footpath along Kings Ave, following the road bend. Then carefully cross the curving road to the traffic island, and then across the next road to the far corner of King Edward Terrace – see map detail for this section. (Note: Do not take the earlier branch off to the right, as this leads to a more dangerous road crossing.) Turn R, and follow path to lake.
15. At the lake edge, turn R onto the path along the lake and under the bridge.
16. Continue along this path, which eventually goes through a small park (Bowen Park) and then follows Wentworth Ave.
17. At the intersection with Mundaring Drive, turn R, crossing Wentworth Ave (divided road) with the traffic lights, into Telopea Park.
18. Continue along the path through Telopea Park crossing the drain, and then continuing along the drain (following the path with the white line), until you come to the toilet building (on your right). Turn R, past the toilets, to the road that runs along the park. Cross this road, and continue into New South Wales Crescent (passing the school grounds on your left on the other side of the road).
19. Cross Young St, turn R into Macquarie St. (Note the old style cottages you pass.)
20. Turn L into Bourke St (opp. Brassey Hotel).
QUESTION Route A: When was the Brassey established?
21. Next R into National Circuit, and continue along this road until Kings Ave (main divided road after the Robert Garran Offices).
22. Cross Kings Ave (with the lights), and continue on the far side. Follow the bend to the right, and at the end of the concrete path cross over to the other side of the curved road (Walpole Cres.). Continue (to the R) along the path, which continues along King George Tce towards Old Parliament House.
23. Enter the gardens and walk through. As you exit the gardens, turn L and keep Old Parliament House on your right. Parliament House will be straight ahead on the top of the hill.
24. Cross Queen Victoria Terrace at the pedestrian (zebra) crossing then veer right. Take the main path on the grassed strip leading up to the new Parliament House. (The path has flagpoles along it.)
25. At the top end of the path, cross two roads and return to the Parliament House forecourt

Congratulations on finishing your walk. We trust you enjoyed it, and will tell others about it.

Route B Option: Anzac Parade Memorials

(blue route on map – red route is common to both walks)

11. Instead of turning right across the causeway, continue straight ahead past the “fort” playground and outdoor amphitheatre on your left.
12. When you get to the outdoor chess set (on your right just before the toilet), turn L and go through the tunnel that passes under Parkes Way.
13. At the end of the underpass there are steps that take you up to a car park. Cross the car park until you get to Constitution Ave.
14. Turn R and walk along Constitution Ave until you reach Anzac Parade. Cross Constitution Ave at the lights and continue along the footpath on the L side of Anzac Parade.
15. You will pass memorials (on your left) for New Zealand, Desert Mounted Corps, Vietnam, Korea, Army and finally the Australian Hellenic Memorial at the end of the road.
QUESTION B: What flags are flying at the Hellenic Memorial?
16. Cross at the lights to the Australian War Memorial grounds. Visitors to Canberra are encouraged to detour off the walk to visit the War Memorial – opens at 10am, entry is free, donations are optional.
17. Turn R and proceed along the front of the War Memorial grounds until you get to the next crossing at the lights to head down the other side of Anzac Parade.
18. You will pass memorials (on your left) for Kemal Ataturk, Navy, Nurses, Air Force, Rats of Tobruk and finally back to the other half of the New Zealand Memorial.
19. Cross Constitution Ave again at the lights and turn L, then cut through the office car park to Wendouree Drive.
20. Follow this road under Parkes Way, and past Blundell’s Cottage on your left. Rejoin the RG Menzies Walk then turn L to continue along the shore of Lake Burley Griffin (lake on your right.)
21. You will pass the memorials to the Merchant Navy and HMAS Canberra (on your left), and then the Carillon (on your right). Further to your left are toilets and the Police Memorial (up an embankment).
22. At the end of the RG Menzies Walk (turning circle), take the bitumen path to the left and up the embankment (veering R) onto Kings Ave Bridge.
23. At the far end of the bridge, continue on the main footpath along Kings Ave, following the road bend into King Edward Terrace. Carefully cross the curving road to the traffic island, and then across the next road. Continue down King Edward Tce with the National Gallery on your right until you get to the pedestrian (zebra) crossing. Turn L and cross the road.
24. The Old Parliament House gardens will be ahead on your right. Cross another pedestrian (zebra) crossing at King George Terrace and enter the gardens and walk through. As you exit the gardens, turn L and keep Old Parliament House on your right. Parliament House will be straight ahead on the top of the hill.
25. Cross Queen Victoria Terrace at the pedestrian (zebra) crossing then veer right. Take the main path on the grassed strip leading up to the new Parliament House - the path has flagpoles along it.
26. At the top end of the path, cross two roads and return to the Parliament House forecourt

Congratulations on finishing your walk. We trust you enjoyed it, and will tell others about it.

**Also note our main event of the year,
the Canberra International Walking Weekend,
on either the last weekend in March or the first weekend of April each year.**

-0-0-0-0-0-0-0-0-0-0-0-0-0-



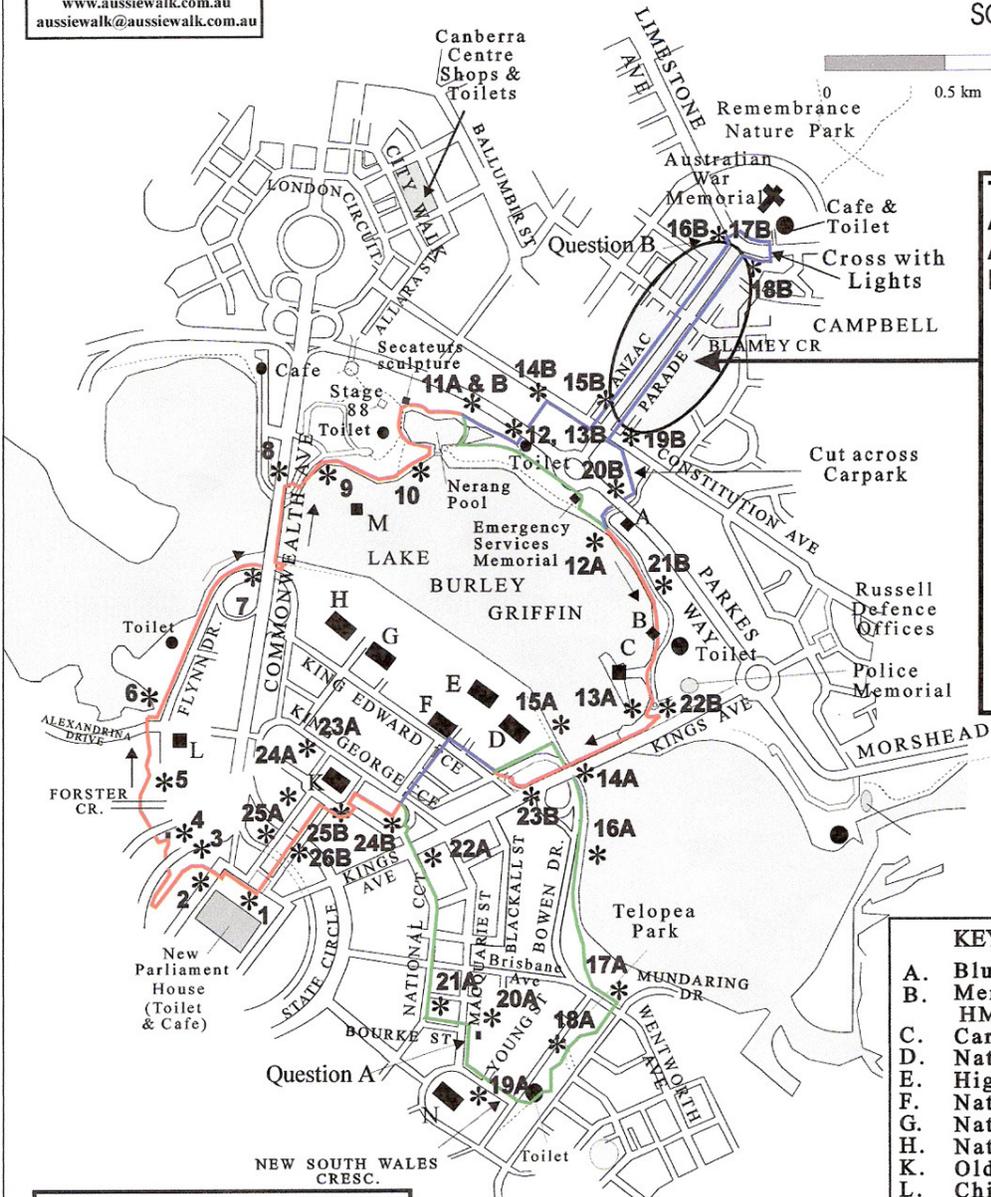
CANBERRA YEAR ROUND IVV WALKS

10 km (Common route plus either option)

!! IMPORTANT !!
For your safety and comfort
please follow the
indicated route.

Tel: 02 6288 6401
PO Box 3114 Weston Creek,
ACT 2611
www.aussiewalk.com.au
aussiewalk@aussiewalk.com.au

SCALE:
0 0.5 km 1.0 km 1.5 km



**THE MONUMENTS
ALONG
ANZAC
PARADE**

- A = New Zealand/Australia
- B = Desert Mounted Corps
- C = Australian Vietnam Forces
- D = Australian Nat. Korean War
- E = Australian Army
- F = Australian Hellenic
- G = Rats of Tobruk
- H = Royal Australian Air Force
- J = Australian Service Nurses
- K = Royal Australian Navy
- L = Kemal Ataturk
- M = Australian War Memorial

KEY TO LANDMARKS

- A. Blundell's Cottage
- B. Merchant Navy & HMAS Canberra Memorials
- C. Carillon
- D. National Art Gallery
- E. High Court
- F. Nat. Portrait Gallery
- G. Nat. Science Centre
- H. National Library
- K. Old Parliament House
- L. Chinese Embassy
- M. Captain Cook Fountain
- N. School
- * Route Description Point
- Common Route
- Telopea Park Route A option
- War Memorial Route B option

NOTES:

1. Keep left on paths.
2. Please walk in single file on Commonwealth and Kings Ave bridges, and watch out for bicycles.
3. Please cross roads at lights wherever possible.