

# HIKING SAFETY

## TRIP PLANNING

- **Pick the right trail:** Choose a trail that suits your fitness level, experience, the weather, and time of year.
- **Never go alone:** Hike with a friend or group whenever possible.
- **Know your route:** Download offline maps or carry a printed map.
- **Tell someone:** Always inform a trusted person of your route and expected return time.

## WHAT TO WEAR

- Long-sleeved shirt, long pants or shorts
- Sturdy, enclosed footwear
- Sun hat (or beanie in cold weather)
- Raincoat
- Warm layers in cold weather

## WHAT TO BRING

- Backpack
- Water (min. 1 litre per hour of walking)
- Energy-rich snacks and meals
- Map or phone map app (downloaded/offline access)
- Wet weather gear (raincoat, rain pants)
- Sunscreen and sun hat
- First aid kit (blister care, bandages, personal medication)
- Whistle
- Mobile phone (coverage may be limited)

## ON THE TRACK

- **Start early:** Especially in summer to avoid peak heat.
- **Stick together:** Stay with your group
- **Stay on trail:** Follow marked paths and trail markers.
- **Leave no trace:**
  - Take all rubbish with you.
  - Don't feed the animals.
  - Don't pick flowers or disturb the environment.

## FIRST AID

- **Blisters:** Stop early and cover hot spots to prevent worsening.
- **Sprains:** Use the RICE method – Rest, Ice, Compression, Elevation.
- **Snake Bite:** Stay still, apply a pressure bandage, and call for help.

## EMERGENCY PREPAREDNESS

### If lost:

- Pause and think about where you last were.
- Check your map/phone map app.
- Retrace your steps if safe, or stay where you are and call for help.

### In an emergency:

Call triple zero (000).

# FAMILY FRIENDLY

## Trails of Perth



## HikeWest



HikeWest is the peak body for hikers. We believe that hiking is for everyone.

Supported by



In partnership with





## Yellagonga Regional Park Joondalup

Up to 5 km | 1–3 hrs | Grade 1 dual-use paved, limestone and boardwalk

Explore a variety of walks at Yellagonga Regional Park, including the Neil Hawkins Park to lookout return (5 km). Lake Goollelal Circuit (4.8 km) is a family-friendly walk. Beenyup Swamp Circuit (2.4 km with limited facilities) is an easy stroll along a boardwalk and walking trail.



## Whiteman Park, Whiteman

1–5 km | 1–3 hrs | Grade 1 paved

Choose your own trail adventure at the sprawling Whiteman Park through banksia woodlands and wetlands, most of which are paved and obstacle-free. Families can explore the Whiteman Park Children's Forest. Download an *activity sheet* before you go.



## John George Trail, Woodbridge

5 km | 1–3 hrs | Grade 1 paved or gravel option

One of the city's most scenic trails, John George Trail is a dual-use path along the Swan River linking the Woodbridge Riverside Park & Play Space to Reg Bond Reserve. It's the perfect place for families to enjoy the nature inspired playground with plenty of shade and BBQ facilities.



## Lake Leschenaultia, Chidlow

3 km | 1–3 hrs | Grade 1 unsealed gravel path

Walk the lake perimeter of Lake Leschenaultia to view a range of native trees like marri and wandoo, together with an abundance of bird life. It's a great place for a picnic and a swim in summer.



## Whitby Falls, Mundijong

1.5 km | 1–3 hrs | Grade 1 paved

Wander along the accessible path to Whitby Falls. You can observe native flora and fauna along the stream as you pass livestock at Whitby Farm. The 1.5 km return loop has multiple tables along the trail where you can relax and enjoy a picnic. Families can explore the Nature Play WA Play Trail for this location!



## Settlers Common (East), Armadale

1–5 km | 1–3 hrs | Grade 1 paved

The 1 km Jeeriji trail is wheelchair and pram friendly. Home to a diverse range of flora, the bushland at Settler's Common offers beautiful scenery, guiding you through a diverse range of landscapes. Extend your walk to include up to 5 km of unsealed Grade 2 trails.



## Canning River Regional Park, Wilson

1.5–4 km | 1–3 hrs | Grade 1 paved

Explore a variety of accessible trails from this location including the Banksia Hill Loop Trail (1.5 km) or the Butterflies, Birds & Bridges Trail (4 km) that will take you over sedge meadows, through mature woodlands, over creeks and amongst the crowns of a paperbark forest. Families can explore the Nature Play WA Play Trail at this location.



## Tomato Lake, Kewdale

1.6 km | 1 hour | Grade 1 dual-use paved

A vibrant nature sanctuary with a paved dual-use pathway around the perimeter, *Tomato Lake* is the perfect place to enjoy a picnic and watch an abundance of bird life.

