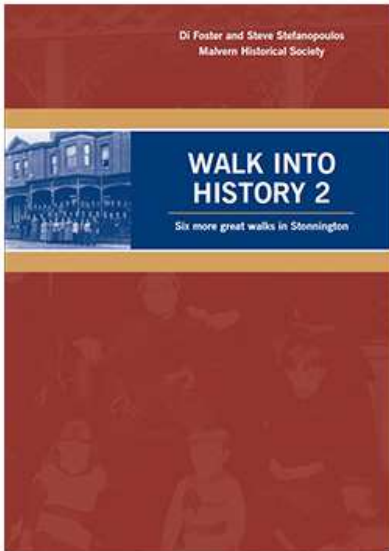


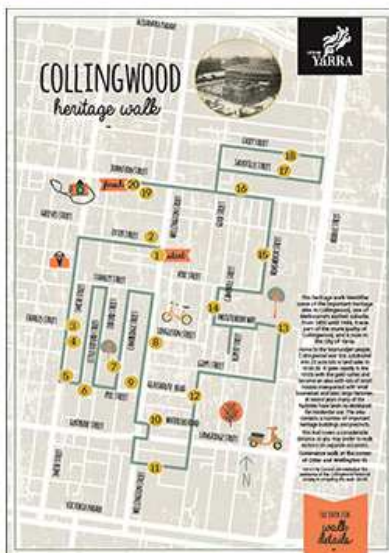
# Make COVID-19 work for you – compiled by Ian Mair



With everybody in lockdown and our time to exercise limited, pounding around the suburban streets and alleyways can soon become repetitive and boring. How often do you pass an old building or house that you barely give a second glance? You have seen it many times before. But do you ever wonder what is in its past and how it shaped the very area where you live?

You could join a local Historical Society if you were really keen, but they are in lockdown too! For many of us there is another way to combine our passion for walking and exercise with a deeper appreciation of the area around us. A number, but not all, of the City Council areas in which we live provide free self-guided walking maps and notes to significant buildings and sites of interest. Some Councils even have free Apps with downloadable walking routes, including historic images and audio descriptions to guide you on your walk.

The walks vary in level of detail provided but generally fall into the bracket of 1 -2 hours walking. The links below will get you started and make COVID-19 work for you as you learn about where you live.



## APPS:

- **Museums Victoria Walk Through History (App)**  
<https://museums victoria.com.au/apps/walk-through-history/>
- **Parkville Heritage Walks (App)**  
<https://www.parkvilleassociation.org.au/publications>
- **Bayside Walks and Trails (App)**  
<https://www.bayside.vic.gov.au/walks-and-trails-smartphone-app>
- **Glen Eira Self-Guided Walking Tours (App)**  
<https://www.gleneira.vic.gov.au/our-city/sports-and-leisure/self-guided-walking-tours>

## PDF Booklets and Brochures:

- **City of Melbourne**  
Thematic History – A History of the City of Melbourne’s Urban Environment (151 pages)  
<https://www.melbourne.vic.gov.au/SiteCollectionDocuments/history-city-of-melbourne-urban-environment.pdf>
- **City of Bayside Walks**  
<https://www.bayside.vic.gov.au/bayside-walks>
- **City of Boorandara Local History Trails**  
<https://www.boroondara.vic.gov.au/about-council/history-and-demographics/local-history/local-history-trails>
- **City of Darebin**  
<http://www.darebin.vic.gov.au/Darebin-Living/Parking-and-Transport/Transport?a=F972FD83BF75426BA157BFD3A1DB379A#Walking>
- **City of Glen Eira Self-Guided Walking Tours**  
<https://www.gleneira.vic.gov.au/our-city/sports-and-leisure/self-guided-walking-tours>
- **City of Maribyrnong Heritage Trails and Walks**  
<https://www.maribyrnong.vic.gov.au/Discover-Maribyrnong/Our-history-and-heritage/Heritage-Trails-and-Walks>
- **City of Moonee Valley Walking and Cycling**  
<https://mvcc.vic.gov.au/play/my-outdoors/walking-cycling/>
- **City of Port Phillip Walk Booklets**  
[https://heritage.portphillip.vic.gov.au/Whats\\_on/Walking\\_in\\_Port\\_Phillip](https://heritage.portphillip.vic.gov.au/Whats_on/Walking_in_Port_Phillip)
- **City of Stonnington Historic Walks**  
<https://www.stonnington.vic.gov.au/About/About-Stonnington/History-and-heritage/History-of-Stonnington/Local-history-publications#section-5>
- **City of Yarra Heritage Walks**  
<https://www.yarracity.vic.gov.au/the-area/visiting-yarra/heritage-walks>

