



# Premiers Active April

To register for Active April and all the offers that come with it visit [www.activeapril.vic.gov.au](http://www.activeapril.vic.gov.au)  
 If you would like further information please contact the South Coast PCP on 03 5671 4272



Day 1	Day 2	Day 3	Day 4
<p>Make sure you take advantage of Active April and your 10 free visit pass at your local YMCA!</p>	<p>Walking tracks across Cape Woolamai reveal breathtaking views of cliffs carved by wind and waves.            For more information <a href="http://www.visitbasscoast.com.au/cape-woolamai-walks">www.visitbasscoast.com.au/cape-woolamai-walks</a></p>	<p>The Grand Ridge Rail Trail is 13km between Mirboo North and Boolarra in the Strzelecki Ranges. Whilst taking a stroll, jog, run or cycle stop off and do a few reps on the new exercise equipment stations along the way.</p>	<p>Active April is a great time to bring families together for a walk, jog or run. Check out your local parkrun Australia            Inverloch ParkRun            Churchill Island ParkRun            Koonwarra ParkRun            Grand ridge rail trail ParkRun</p>
Day 5	Day 6	Day 7	Day 8
<p>Check out what markets are on in South Coast and take a stroll amongst the stalls.</p>	<p>Dog lovers, take your dog for a walk or to an off the leash area or beach.</p>	<p>Get out and go for a ride on one of the many South Coast trails. Otherwise join up with like minded people at Phillip Island Cyclists, Inverloch Coastal Crewzers and Leongatha Cycling Club.</p>	<p>Register and join in the Leongatha Fun Run. With various distance which you can walk, jog and run.</p>
Day 9	Day 10	Day 11	Day 12
<p>Can't get out of the house why not complete a short 30 minute workout at home. Just register for Active April to access free videos covering all kinds of exercise range.</p>	<p>San Remo's Good Friday walk for the kids. Choose from either the 8km George Bass Walk or the 3km San Remo town walk.</p>	<p>Join in and cheer with your local football or netball club. Keep active and social within your local community.</p>	<p>Inverloch Kongwak Easter Fair is on for a lovely active and social wonder around with an abundance of fresh local produce.</p>
Day 13	Day 14	Day 15	Day 16
<p>Burn off the Easter calories, put on your walking shoes and explore South Coast tracks and pathways.</p>	<p>Take the kids to the local park and run around with them in a game of 'tiggy' or use the park benches and do a few step ups, push ups, dips, squats and even box jumps.</p>	<p>Grab a ball and shot some hoops at your local school or join a basketball team at either Korumburra, Meeniyan, Foster, Mirboo North, Poowong, Welshpool, Wonthaggi, Phillip Island or Leongatha Basketball Associations.</p>	<p>Long Jetty Port Welshpool is a great location to take a leisurely walk or some recreational fishing.</p>
Day 17	Day 18	Day 19	Day 20
<p>Make a splash! Use one of your free passes to your local YMCA and go for a swim or learn to swim/improve your skills at one of South Coast swimming schools or club.</p>	<p>Get out into nature. Spot a few birds at Swan Lake Trail or Agnes Falls.</p>	<p>Check out the local soccer club. All new players and supporters welcome from under 6's to senior men and senior women's teams.</p>	<p>Bass Coast Rail Trail is a perfect location to take a walk, run or cycle along the 23 kilometre trail which showcases stunning backdrops and coastal views.</p>
Day 21	Day 22	Day 23	Day 24
<p>A round of Golf at one of the local courses or try mini golf or frisbee golf for a change.</p>	<p>Take a 2km circuit walk around Yanakie/Duck Point loop with amazing views of Corner Inlet and Wilsons Promontory.  <a href="http://www.visitpromcountry.com.au/walking-cycling/yanakie-duck-point-loop">www.visitpromcountry.com.au/walking-cycling/yanakie-duck-point-loop</a></p>	<p>The Australian Open maybe over but tennis is a great way to get active. Grab a racquet and some friends or contact your local club.</p>	<p>The Great Southern Rail Trail links from Leongatha to Port Welshpool and is great trail to explore the towns that are linked along it.</p>
Day 25	Day 26	Day 27	Day 28
<p>Take your scooter or skateboard to your local skatepark.</p>	<p>Paddle in the shallow rockpools at Walkerville or on Phillip Island. One of South Coast hidden delights, with plenty of pools and little sandy coves to explore.</p>	<p>Underwater Hockey. An unusual sport but quite popular in Bass Coast. For more information <a href="http://vuhc.org.au/find-a-game/wonthaggi-uwh-club/">vuhc.org.au/find-a-game/wonthaggi-uwh-club/</a></p>	<p>Try Geocaching. Geocaching is an activity that combines today's navigation technology with the excitement of an outdoor adventure. It's basically an outdoor treasure hunt.</p>
Day 29	Day 30		
<p>Desalination Plant Ecological Walk. Take a stroll and explore the desalination plant <a href="http://www.aquasure.com.au/uploads/files/OVDP%20Ecological%20Reserve%20Trails%20Map.pdf">www.aquasure.com.au/uploads/files/OVDP%20Ecological%20Reserve%20Trails%20Map.pdf</a></p>	<p>Last day of the Premier's Active April. Enjoy a walk along Inverloch's Screw Creek. <a href="http://www.visitbasscoast.com.au/screw-creek-townsend-bluff-estuary-walk">www.visitbasscoast.com.au/screw-creek-townsend-bluff-estuary-walk</a> or complete one of your favourite activities.</p>		