



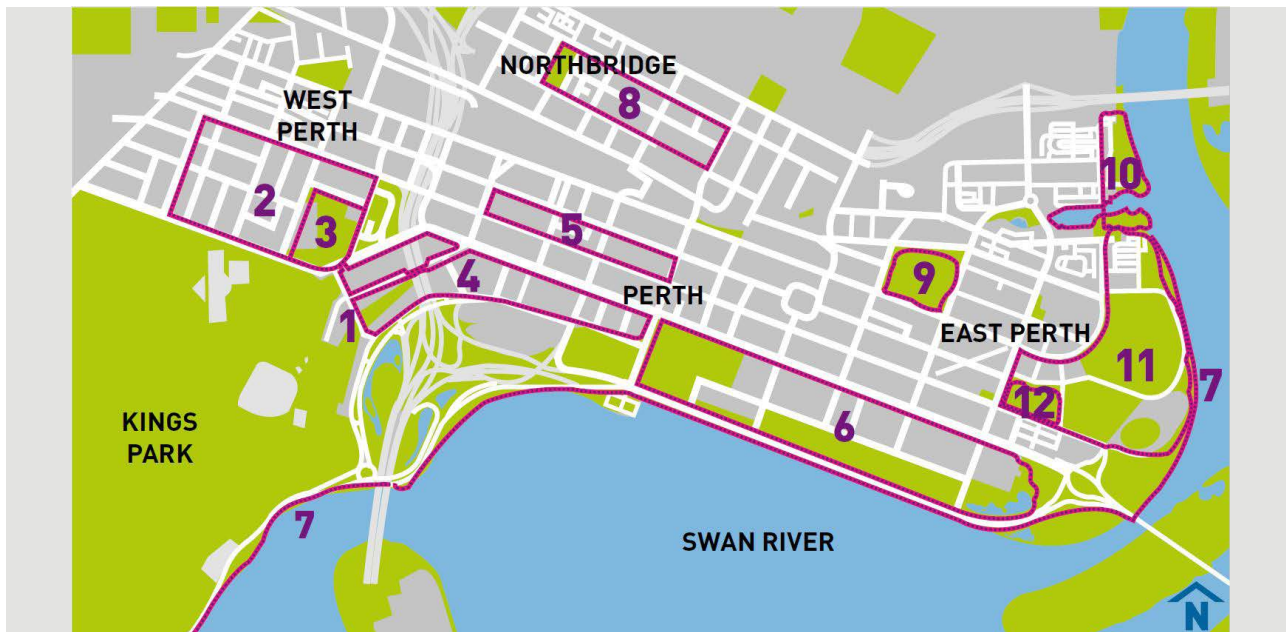
Walking and jogging paths in Perth

Whether it is a refreshing lunchtime walk or a weekend jog along the riverside, unwind while you overlook the spectacular views of the Swan River and the city skyline from Jacob's Ladder lookout to Claisebrook Cove. Take a break from your day and enjoy thirty minutes amongst the beautiful backdrop that is the city of Perth.

For more information, please speak to one of our friendly associates at the Concierge desk or visit panpacific.com/perth/fitness



PAN PACIFIC
PERTH



1. Jacob's Ladder	0.2km	4. The Esplanade	3.1km	7. The Swan River	8.2km	10. Claisebrook Cove	2.3km
2. Parliament Route	2.5km	5. City	2.0km	8. Northbridge	2.1km	11. East Perth	3.2km
3. Mount Street Route	2.4km	6. Riverside	4.35km	9. Wellington Square	1.00km	12. Queens Gardens	0.7km

*Please note that walking and jogging route completion times in this guide are approximate and will vary depending on individual fitness levels. All routes (with the exception of route 10), have a footpath along every part of the route. As some central city routes experience heavy traffic please allow extra time for completion.

Jacob's Ladder

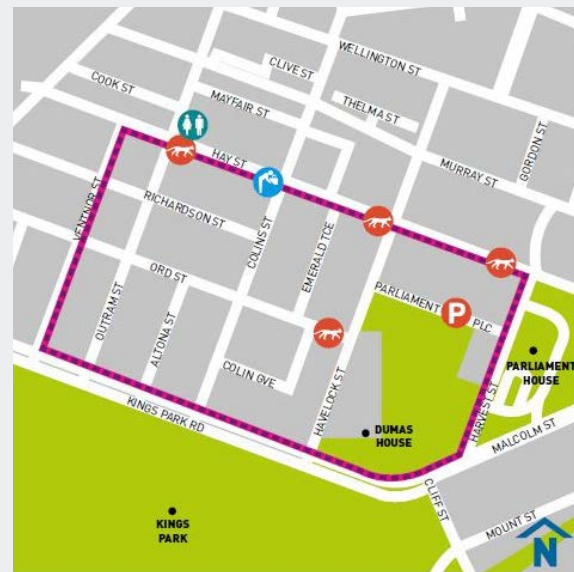


242 Steps

With 242 steps Jacob's Ladder is a fantastic challenge to include in your fitness regime

You can walk, jog or run up Jacob's Ladder to suit your fitness level. The spectacular views awaiting at the top are well worth the effort.

Parliament Route










2.5km

A steady walk past Parliament House through the leafy streets of West Perth

Distance: 2.5 km
Number of steps: 3012
Walking time: 28 minutes

LEGEND

-  CAT BUS
-  WATER FOUNTAIN
-  TOILETS
-  PARKING
-  PLAY GROUND
-  PARK
-  GYM

Mount Street Route



2.4km

Take a lunchtime walk through West Perth - challenge yourself and include Jacob's Ladder in this route

Distance:	2.4 km
Number of steps:	2880
Walking time:	27 minutes

The Esplanade










2.5km

Jog or walk this central route which combines the challenge of Jacob's Ladder and Mount Street

Distance:	3.1 km
Number of steps:	3720
Walking time:	40 minutes
Jogging time:	20 minutes (allow a few extra minutes for Jacob's Ladder)

LEGEND

-  CAT BUS
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City



2km

Take this perfect lunchtime walk through the Murray and Hay street malls

Distance: 2 km
Number of steps: 2400
Walking time: 22 minutes

Riverside



4.35km

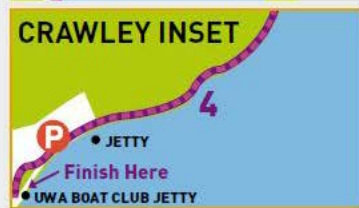
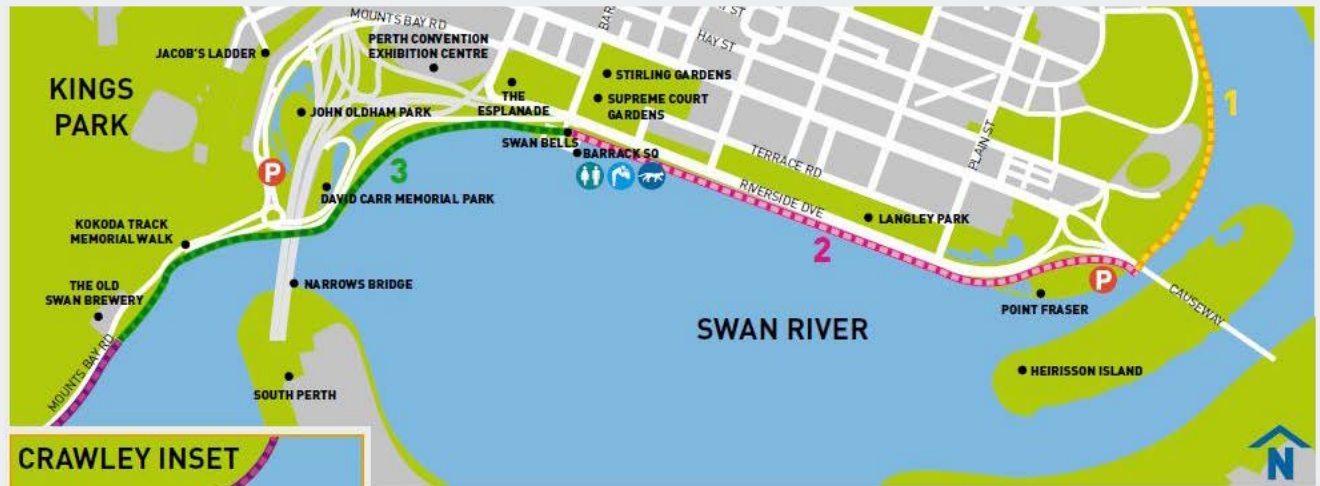
Step outside your office and walk or jog this scenic city route

Distance: 4.35 km
Number of steps: 5220
Walking time: 48 minutes
Jogging time: 29 minutes

LEGEND

- CAT BUS
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- TOILETS
- PARKING
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The Swan River



8.2km

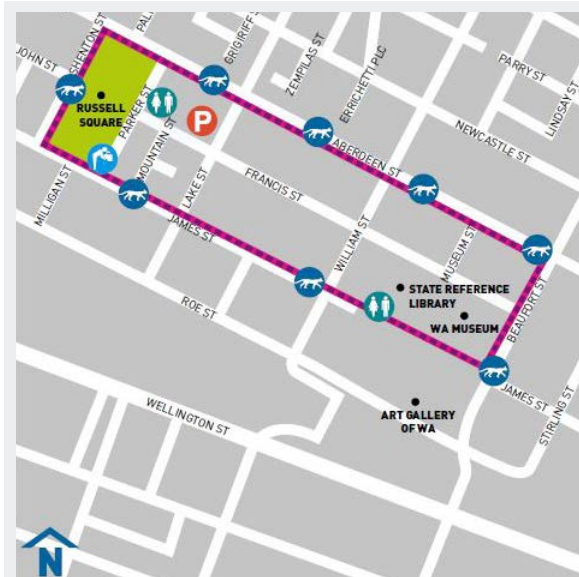
Walk or jog - it is up to you how far you want to go!
Break off and challenge yourself with the Kokoda Track leading up through Kings Park or take a loop around one of the parks and gardens lining this route

	ROUTE	DIST (KM)	NO. OF STEPS	WALK TIME	JOG TIME
1	Claisbrook Cove - Causeway	1.6km	1920	18 mins	11 mins
2	Causeway - Swan Bells	2.3km	2760	25 mins	15 mins
3	Swan Bells - The Old Swan Brewery	2.1km	2520	23 mins	14 mins
4	The Old Swan Brewery - UWA Boat Club Jetty	2.2km	2640	24 mins	14.5 mins
	TOTAL Riverside Distance	8.2km	9840	90 mins	54.5 mins

LEGEND



Northbridge



2.1km

Take a quick and easy walk through Northbridge

Distance: 2.1 km
Number of steps: 2520
Walking time: 23 minutes

Wellington Square



1km

Endure a loop or two around Wellington Square

Distance: 1 km
Number of steps: 1200
Walking time: 11 minutes

LEGEND

- CAT BUS
- WATER FOUNTAIN
- TOILETS
- PARKING
- PLAY GROUND
- PARK
- GYM

Claisebrook Cove



2.3km

Take a walk around Claisebrook Cove and enjoy the wonderful array of public art that lines this route

Distance: 2.3 km
 Number of steps: 2760
 Walking time: 25 minutes

East Perth










3.2km

Walk or jog past sporting landmarks the WACA and Gloucester Park. Take in the Queens Gardens on your way around

Distance:	3.2km	QUEENS GARDENS
Number of steps:	3840	Distance: 0.7km
Walking time:	35 minutes	Number of steps: 840
Jogging time:	21 minutes	Walking time: 8 minutes

LEGEND

-  CAT BUS
-  WATER FOUNTAIN
-  TOILETS
-  PARKING
-  PLAY GROUND
-  PARK
-  GYM



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