Elanora State School

Welcome to the Elanora State School Active Travel Map. Our school is working hard to establish healthy lifestyles for all of our students and families.

You can help by walking, riding or catching public transport to and from school, instead of driving the car.

If you live too far away from the school to walk or cycle, try leaving the car 500m or more from school and walk or ride the remaining few blocks.

Try leaving the car at one of our five Park and Stride locations and join other families to walk, ride or scoot to and from school.

We are a healthy active travel school. Choose one of our Top 5 ways to get active! Be healthy!

A family activity - no school supervision.

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Top 5 ways to get active!

Park, and walk or ride the rest of the way
Try leaving the car 500m or more from school and walk or ride the remaining few blocks.

Get on your bike, ride to school.
Ride safely with a buddy. Remember your helmet!

Use your feet, walk to school.
You will feel great when you walk to the school gate. Remember your hat!

Jump on board, catch the bus or train.
Catch the bus or ride the train. Remember to travel safely with a buddy.

Walk or ride to school events.
Walking or riding to or from school events and activities is a great way to be active.

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Children need to develop the knowledge, skills and behaviours to travel safe. Follow these important safety tips:

- obeying the road rules
- travelling with an adult or buddy
- being visible to other road users
- sharing pathways
- learning and practising correct behaviours as a pedestrian, cyclist or passenger
- wearing appropriate clothing and footwear to suit all weather conditions
- encouraging sun safety by wearing appropriate clothing, hat, sunscreen, sunglasses and staying in the shade.

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Practice makes perfect

Before crossing the road, remember the rule – STOP, LOOK, LISTEN and THINK:

- STOP at the kerb
- LOOK right, LOOK left and LOOK right again
- LISTEN for cars approaching
- THINK whether or not it is safe to cross and wait until there is a safe break in traffic and all is clear to cross.

Then keep looking and listening for traffic as you walk straight across the road.

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Did you know?

- Children aged 5 – 12 should participate in at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every single day.
- The cost of buying and maintaining a bike is around 1% compared to a car.
- Walking 400m can burn 105 kilojoules (25 calories).

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The walking and cycling tables below give you an indication of how long it will take you to travel a certain distance. You may be surprised by how far you can travel within a short period of time.

<table>
<thead>
<tr>
<th>Cycling Speed</th>
<th>Distance/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5km</td>
</tr>
<tr>
<td>Slow (15 km/h)</td>
<td>20 mins</td>
</tr>
<tr>
<td>Medium (20 km/h)</td>
<td>15 mins</td>
</tr>
<tr>
<td>Fast (25 km/h)</td>
<td>12 mins</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Walking Speed</th>
<th>Distance/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 mins</td>
</tr>
<tr>
<td>Slow</td>
<td>0.6 km</td>
</tr>
<tr>
<td>Medium</td>
<td>0.9 km</td>
</tr>
<tr>
<td>Fast</td>
<td>1.1 km</td>
</tr>
</tbody>
</table>

Supported by: Queensland Government
Elanora State School

Walks commence 8:15 Fridays; a family activity without school supervision.

**Route 1  Salk Oval**
Start at Salk Oval. Cross Sarawak Ave at signals. Cross-off ramp 93 at zebra. Pass under the M1 & use path on RHS of KP McGrath Dve & tunnel under off-ramp 92 to school.

**Route 2  Elizabeth Soper Gardens**

**Route 3  Pines Shopping Ctr**
Park at the Pines shopping centre. Use the footpath LHS of KP McGrath and cross at the supervised crossing to school.

**Route 4  Lion’s Den**
Start at Lion’s Den park area and proceed RHS of Murtha Dve. Turn right onto KP McGrath Dve. Cross at signals and continue to school.

**Route 5  Kalamunda Close**
Start at Salvation Army on Kalamunda Cl. Proceed LHS to KP McGrath Dve. Cross Kalamunda and continue RHS through to Pines Lane access to the rear of the school.

**Route 6  Laguna Ave North**
Start at Laguna Ave Park. Take the lakeside path to Tahiti Ave and keep on RHS to Palm Beach Ave. Turn left across Tahiti Ave and proceed LHS of Palm Beach Ave. under the M1 and turn left. Cross the slip lane & off-ramp 92. Take the path to the oval gate.

**Route 7  Mallawa Dve**
From the Soccer Club follow RHS Mallawa Dve. Turn right into Colvillea Court and use the easement to Palm Beach Ave. Cross-off ramp 92. Use the signals across Palm Beach Ave & on-ramp 92. Join ‘Laguna Ave’ route under the M1 & to the path to the oval gate.

Disclaimer: Readers responsible for their own assessment of this information and the City of Gold Coast & Education Queensland do not accept responsibility or liability for any incidence arising from suggestions provided in this document.