

Take a walk on the wild side...

Urban parks and reserves	Features	Length or Type
North Lismore Banyam/Baigham Park	A track links Bridge Street to Alexandra Parade overlooking the creek, stormwater treatment wetlands and Landcare.	380m
Pritchard Park	A Landcare restoration site with open grassy areas alongside the rainforest and Wilsons River.	Parkland
Central Lismore Riverbank Walk	A sealed path overlooking the Wilsons River with cultural heritage signage.	1.3km
Elizabeth Gardens	A sloping grassy park with seating and views over Lismore.	Parkland
Lismore Heights Rotary Park	Mixed surface trail through a dry rainforest remnant with resident Flying-fox and Sacred Ibis. Beware of droppings.	1km
Claude Riley Reserve	Enjoy sunset views and the nightly bat flyout from this historical lookout with a picnic shelter.	Lookout
East Lismore Lismore Rainforest Botanic Gardens	A range of walks including a sensory garden, a stone labyrinth at the summit, rainforest gullies and more.	5km
Wilsons Walking Track	Follows a traditional Widjabul walking track along the ridge connecting Keen Street and Amaroo Place to Robinsons Lookout.	3km
Goonellabah The Arboretum	A quiet sealed walk through a Big Scrub rainforest planting and bush regeneration site with over 60 different species.	1.6km
Tucki Tucki Creek Recreation Park	From Oliver Avenue through Birdwing Butterfly Gully to Hepburn Park, this area has subtropical rainforest along the creek, open parkland and picnic tables.	2.1km
South Lismore Nesbitt Park	Playgrounds, liberty swing and a jogging track beside Leicester Creek.	1km
Bob Gates Memorial Recreation Reserve	Commonly known as Lismore Lake, this 10ha wetland is habitat for 106 species of birds.	Parkland and lake



“ Take time out in nature and feel the benefits. ”

“An average of 22 minutes of physical activity a day, such as a brisk walk, can significantly reduce the risk of heart disease and diabetes. ”

“Being in nature allows the mind to become quiet and let go of everyday worries. ”

Lismore City Council acknowledges Parks Victoria for use of the *Feel blue Touch green* trademark.

Feel blue
Touch green®



Feel blue Touch green

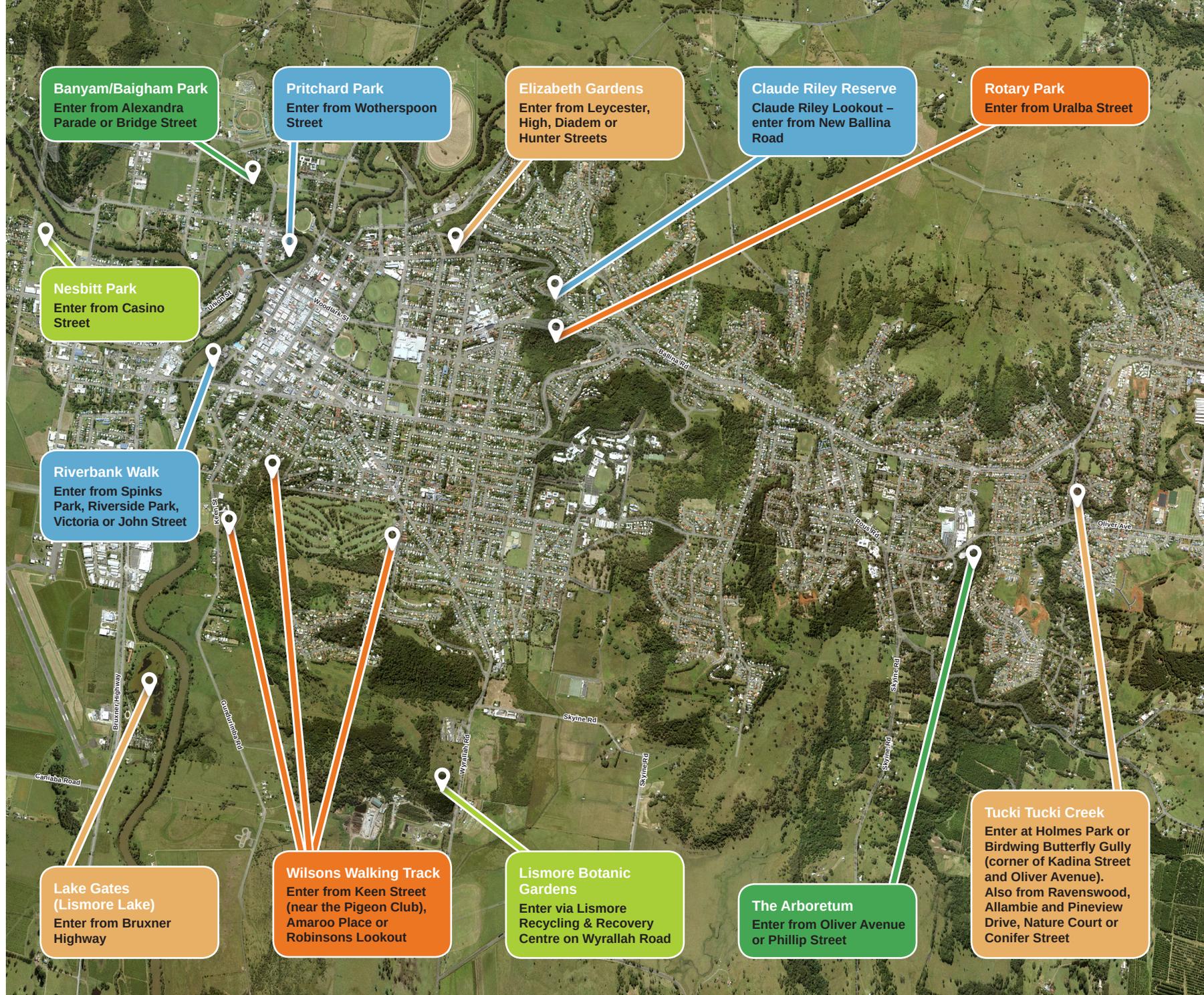
Take a walk in
Lismore's urban
reserves and
reconnect to nature

Explore Lismore's best parks and walking tracks

Being in nature allows the mind to let go of everyday worries, reduces stress and calms nerves.

Add a walk and you'll get the benefit of exercise with some fresh air and the chance to spot some local wildlife. Children also benefit from time in nature where their imaginations can run wild and they learn resilience and self-regulation. You don't need to walk or drive far to experience one of Lismore's natural treasures. There's a range of parks and reserves that offer beautiful scenes and peaceful walks.

Through the Biodiversity Management Strategy, Council is funding improvements to our urban green reserves (more walking tracks and increased ecosystem restoration) and would like to see the community using and enjoying these precious areas. The Friends of the Lismore Rainforest Botanic Gardens in East Lismore is a partner in *Feel blue Touch green*, and is developing a Healing Forest. This has a labyrinth and contemplation sites, and there are short and longer walks that take you into the hoop pine forest.



Banyam/Baigham Park
Enter from Alexandra Parade or Bridge Street

Pritchard Park
Enter from Wotherspoon Street

Elizabeth Gardens
Enter from Leycester, High, Diadem or Hunter Streets

Claude Riley Reserve
Claude Riley Lookout – enter from New Ballina Road

Rotary Park
Enter from Uralba Street

Nesbitt Park
Enter from Casino Street

Riverbank Walk
Enter from Spinks Park, Riverside Park, Victoria or John Street

Lake Gates (Lismore Lake)
Enter from Bruxner Highway

Wilsons Walking Track
Enter from Keen Street (near the Pigeon Club), Amaroo Place or Robinsons Lookout

Lismore Botanic Gardens
Enter via Lismore Recycling & Recovery Centre on Wyrallah Road

The Arboretum
Enter from Oliver Avenue or Phillip Street

Tucki Tucki Creek
Enter at Holmes Park or Birdwing Butterfly Gully (corner of Kadina Street and Oliver Avenue). Also from Ravenswood, Allambie and Pineview Drive, Nature Court or Conifer Street