

## WALKING

Walking is an excellent form of aerobic exercise for most people, increasing physical and psychological wellbeing. It is also accessible to most because it is generally inexpensive and can be done virtually anywhere, alone, or in the company of others.

To further increase the enjoyment of walking, use the opportunity to take a fresh look at the local area and surroundings. Discovering the history of an area, while gaining the physical benefits of exercise, is one way of achieving this.

## BENEFITS OF WALKING

Regular physical activity is only part of a total healthy lifestyle, but the benefits are many.

### Physical Activity

- helps protect against heart disease
- helps to lower blood pressure
- improves blood cholesterol levels
- reduces weight
- reduce anxiety, depression and stress
- helps improve flexibility
- improves sleeping habits
- tones up the circulatory system
- helps slow down the demineralization process (which causes osteoporosis)
- increases bone strength

## RESEARCH

Research suggests that to become and remain fit, we need to exercise vigorously at least 3-5 times a week for 30 minutes each time.

It is recommended that you seek medical advice before exercising if you are over 35 years of age, and have not exercised for some time, or if you have a history of heart disease, are overweight, have diabetes, are a heavy smoker, or suffer from significant shortness of breath.

## REMEMBER

- Avoid walking during hot times of the day.
- Wear loose comfortable clothing, cushioned shoes, and a broad-brimmed hat.
- Use a broad spectrum sun screen (30+).
- Carry water and a piece of fruit.
- Walk at a pace that suits you.

## ENJOY THE EXERCISE

### GRADES:

**EASY** - Relatively gentle grades and good surfaces. Suitable for most people.

**MEDIUM** - Mostly good surfaces, with some rough or steep sections. Average fitness.

**MEDIUM/HARD** - Includes rough or steep sections.

**HARD**-strenuous, involves steep ascents or descents and/or rough terrain. Suitable for fit and experienced walkers only.

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# Historical Walks of Murwillumbah



## "MURWILLUMBAH ON THE MOVE"

## STAY TRIM & KEEP FIT WITH EASY EXERCISE

Enjoy the many and varied historical walks available in our beautiful town.



## HISTORY of MURWILLUMBAH

**The Bundjalung People** lived around this area for thousands of years before Europeans settled here. They were reported to be of much better physique than in other parts of the country. As there was an abundance of food and water in the area, the people led less of a wandering existence. They were healthy, strong and tall, and had more time for leisure and crafts than other tribes. **Captain Cook** sailed past this area in May 1770, identifying and naming two of Tweed Shire's most prominent features, Mt Warning/ Wollumbin and Point Danger (Aboriginal area of Pooningbah). Mt Warning features as a prominent backdrop to Murwillumbah.



Murwillumbah c.1910 Main Street rebuilt after the fire of 1907

Following the arrival of early Europeans, the traditional lifestyle was destroyed, when the Europeans felled trees for timber, cleared the rainforests for agriculture, and fenced the countryside. The effect of these changes, plus the introduction of diseases, caused a rapid decline in the number of Aborigines in the area.

Many of the loggers, farmers and military used the Aboriginal men as a source of cheap labour, while the women worked as cleaners and childminders in exchange for sugar, tea and flour. Sadly their tribes had almost died out by the turn of the century.



Murwillumbah c.1910 Condong Road, the main highway leading to Lismore

**Murwillumbah Township:** "Murwillumbah" is an Aboriginal word named after the inhabitants, the 'Moorong Moobar'. The town was surveyed in 1872 and the first buildings appeared in the 1880's. Development was slow until the town was connected to Lismore by the construction of the North Coast Railway in 1894. In 1907, the town had four banks, 2 newspapers, 3 hotels and a main street lined with shops.

### Cedar Cutters

Cedar trees were felled and floated down the Tweed, to be loaded on ships bound for Sydney and overseas. The timber was used in many early Sydney and local North Coast homes.

**Sugar Cane Farmers** followed in the 1870's. Sugar cane was first imported into Australia in 1817 from Tahiti and was first grown on the Tweed at

Cudgen in 1865. The Condong Mill was built in 1879 and crushing began in 1880. The mill presently produces one third of NSW sugar and is the single largest agricultural industry in the district.

**Dairy Farming** was one of the biggest industries in this area in the 1890's. When the railway was built, butter and pigs were sent to Byron Bay for distribution. Dairying has now been superseded by beef cattle.

### Fire

In 1907 a fire destroyed the town, burning down over approx. 65 buildings, including the sandstone courthouse. The fire, thought to have started in the bakery, raged for 24 hours.

### Floods

In the big flood of 1954, flood water entered the town up to the Post Office. Other floods occurred in 1917, 1918, 1921, and 1974.

### Railway

The opening of the railway in 1894 gave an enormous boost to the town and Murwillumbah was established as the service centre of the Tweed. Murwillumbah still has a picturesque, historic streetscape, both in and around the commercial centre.



Murwillumbah 1917 – In flood, but the show goes on.