



## Travel and Accommodation Subsidy Program

The Victorian Patients Transport Assistance Program (VPTAS) is available to provide partial reimbursement of expenses, for people who need to travel a distance of at least 100km one way to attend a specialist medical appointment. For more information call the **VPTAS Claims Office 1300 737 073**

### Loddon Mallee Region

Commonwealth Carelink Centres target their support services towards individuals, clients, carers, general practitioners, health professionals and service providers. For more information and guidance call the toll free number **1800 052 222**

## Physical Activity

Everyone knows that maintaining a healthy lifestyle includes eating right and being physically active almost every day. For adults, only 30 minutes of moderate activity is needed to reap the benefits of lower blood pressure, reduction of the risk of certain chronic diseases, such as heart disease and type 2 diabetes and decreasing the likelihood of developing osteoporosis.

Being more active, can also improve your mental health and provides opportunities for skill development and social connections.

It doesn't have to be complicated or take up too much time... so get moving while taking in the sites of Bendigo.

**So park your car and take a walk or ride a bike and check out some of the exciting places around Bendigo!**

## MAKING IT EASIER TODAY.



The Getting Around Project is funded through the Victorian Government's Transport Connections Program, a cross-government initiative to help communities with limited transport options improve access to services and activities.

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## Getting Around Bendigo

Bendigo is a vibrant contemporary regional centre, boasting beautiful streets created from one of the world's greatest gold rushes. Every visit will reveal new surprises and experiences.

The following operators and organisations offer a range of services and programs that respond to community-based and client transport needs.

- Public Transport Victoria** on **1800 800 007**  
For TTY, call **(03) 9619 2727**
- V/Line Coach and Train Services 136 196**
- Bendigo Railway Station (03) 5440 2739**
- Christians Bus Company (03) 5447 2222**
- Strathfieldsaye Transit** (Strathfieldsaye to Bendigo) **0414 737 534**
- Mclvor Transit** (Heathcote to Bendigo) **(03) 5447 1076**
- Bendigo Taxis 13 10 08** Wheelchair accessible taxis can be booked directly on **(03) 5444 1271**
- City of Greater Bendigo** (Home and Community Care) **(03) 5431 0900**
- Red Cross** (Medical Transport) **0428 626 634**

## Cycling

Cycling is a great way to get to work, the shops or school and is a great way to get exercise and get to know your town. Pump up your tyres, grab your helmet and you're ready to go! For riding routes, tips or support visit Bicycle Network Victoria on **www.bv.com.au** or call on toll free **1800 639 634**

## Walking

Walking is easy, social, fun and free! People walk for many reasons, to relax, for exercise, to get somewhere, because the dog needs it, because it's cheap or just to get out of the house. Walking around the town centre is a great way to travel and it's something you can start doing right now.

For walking information, tools and support visit Victoria Walks website on **www.victoriawalks.org.au** or call on **(03) 9667 1326**



### Some more exciting places around Bendigo to discover ...

Bendigo Community gardens are a great way to socially connect with others as well as grow food. Greater Bendigo is proud of its community gardens and the people who make them possible.

Tour de Home Grown is a bicycle tour which visits community gardens and fruit trees across Greater Bendigo. For more information visit **www.fallingfruitbendigo.weebly.com/events**

If browsing a selection of local produce is more your style visit a farmers market listed below.

Farmers Markets are a fun and exciting opportunity to have access to locally grown produce. Greater Bendigo has series of public markets each month for everyone to enjoy.

## Companion Card

The Companion Card is for people with a significant permanent disability, who always need a companion to provide attendant care support to attend community venues and participate in activities. The card allows the holder to be charged only one admission fee. For more information call **Companion Card Program** on the toll free number **1800 650 611**

## Multi Purpose Taxi Card Program

The Multi Purpose Taxi Card gives members half price taxi fares, paying up to \$60.00 per trip. To be eligible, you must have a disability that restricts your ability to access public transport on your own without assistance. For more information call **Victorian Taxi Directorate** on the toll free number **1800 638 802**



### Around Bendigo you can...

Take a walk through Rosalind Park on your way to The Capital Theatre to take in a show or get your heart rate up and walk to the top of the Poppet Head and admire the beautiful view of the city.

Lake Weeroona is about a 15 minute walk from the CBD along the pedestrian path and while you're there feed the ducks or take a stroll along the boardwalk.

If the kids are wanting to use up some energy, take a bike from the CBD to the Discovery Centre where children can explore over 100 interactive exhibits, you won't know what to try first!

If you're in the mood for some history, start at the RSL Military Museum then wander down to the Golden Dragon Museum and the Chinese Gardens and learn about the Chinese culture in Bendigo. It's about a 20 minute walk between the two!

## Farmers Markets

### Bendigo Community Farmers Market

2nd Saturday of each month  
Williamson St (Rosalind Park end)  
9:00am - 1:00pm

### Heathcote Region Farmers Market

3rd Saturday of each month  
Barrack Reserve Park, High Street  
9:00am - 1:00pm

### Elmore Community Market

2nd Saturday of each month  
Elmore Trotting Track, Elmore-Raywood Rd  
8.30am - 3:00pm



- ### Heat Respite
- Suggested airconditioned destinations**
- Bendigo Art Gallery
  - Bendigo Information Centre
  - Cinema
  - Library
- Shaded parks with seating**
- Civic Gardens
  - Library Gardens
  - Rosalind Park



**Buses services to Bendigo Hospital from the Train Station (and return)**

- 5 Route 5 - Eaglehawk** via Sandhurst Rd - 7 mins (approx half hourly on weekdays)
- 7 Route 7 - Eaglehawk** via Neangar Park - 8 mins (approx hourly on weekdays)
- 10 Route 10 - Epsom** via Goynes Rd - 8 mins (approx hourly on weekdays)

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## BENDIGO ACCESS MAP

**Public transport to Bendigo Hospital**

- 5** Bus route & number
- A** Bus stop with shelter

**Gradients**

- Up to 1 in 20 - *minimal*
- Up to 1 in 14 - *medium*
- Very steep

**Accessibility**

- Accessible parking bay(s)
- Accessible unisex WC
- ATM Accessible ATM
- Taxi rank
- TTY Phone
- A** Audible pedestrian crossing
- Universal access route
- Mobility/walkways
- Scooter/ wheelchair recharge

**Amenities**

- Public phone
- Unisex WC (non accessible)
- Infant feeding rooms
- Seating
- Baby change
- Storage locker
- Drinking fountain
- Supermarket
- Car park