



Media Release: 2 September 2009

Seven Bridges Walk strides ahead in 2009

The annual Seven Bridges Walk (7BW) in Sydney, which is now in its fourth year, is being held on **Sunday 25 October 2009** and is shaping up to be the biggest event to date. The course will be open from 8.00am to 5.00pm on 25 October and you can register online at www.7bridgeswalk.com.au as of Wednesday, 2 September 2009. This is a great day out for the whole family and it is FREE to participate.

Chairman of the Pedestrian Council of Australia Harold Scruby said today, "Over the last three years, the Seven Bridges Walk has allowed Sydneysiders and visitors to Sydney to explore and appreciate the city from many different angles. Participant numbers have increased every year as the event has grown in stature. We are very proud to say that the 7BW has also supported four very worthy charities over the years. This event provides everyone with a fantastic opportunity to walk around the most beautiful harbour in the world and across the seven iconic bridges that link the city - all while being active and healthy"

This year the Seven Bridges Walk will be part of Crave Sydney, a major new celebration of Sydney's unmatched way of life, offering 31 days of food, outdoor art and fun.

Mr Scruby continued "While walking in a clockwise direction along the 25 kilometre route, participants will experience the Sydney Harbour Bridge, Pyrmont Bridge, ANZAC Bridge, Iron Cove Bridge, Gladesville Bridge, Tarban Creek Bridge and the Fig Tree Bridge.

"You can start at any of the seven Villages and walk as much or as little of the 25km clockwise closed loop circuit course as you like. New for the Seven Bridges Walk in 2009, each Village will have a local community atmosphere through food, music and activities at each location. Join in all the different activities at each of the seven Villages and explore the walkways of Sydney as well. The villages will be located at Cadmans Cottage in the Rocks,

Pymont Bay Park, King Georges Park in Rozelle, Hunter Hill Scout Hall, Blaxlands Corner Central Park in Lane Cove, Brennan Park in Wollstonecraft and Burton Street Park in Milsons Point.

The event is a great way to stay fit, be involved in a community activity and raise money for charity. You can be a sponsored walker, make donations online at www.7bridgeswalk.com.au or show your support as you cross any of the Seven Bridges on event day. “

Mr Scruby added: “Since its inception in 2006, over 24,000 walkers have viewed Sydney from many different perspectives and have raised over \$100,000 for the four official event charities, *beyondblue: the national depression initiative*, The Cancer Council NSW, Diabetes Australia – NSW and The Heart Foundation NSW – who all advocate walking as one of the best ways to combat the illnesses they treat”.

Seven Bridges Walk is one of seven events in Crave Sydney. Other events include Sydney International Food Festival, Art & About, Darling Harbour Fiesta, Sydney Harbour Island Hopping, World’s Funniest Island, Seven Bridges Walk and Breakfast on the Bridge.

For more information on Seven Bridges Walk visit www.7bridgeswalk.com.au and to plan your Crave Sydney experience visit www.cravesydney.com.

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