

## Palmerston parks and playgrounds

### 1 Marlow Lagoon

**Location:** Elrundie Avenue, Marlow Lagoon

**Features:** Playgrounds, BBQs, water bubbler, shaded seating, picnic area, toilets

### 2 Joan Frejo Park

**Location:** Duwun Road, Rosebery

**Features:** Scattered play, exercise stations, tap, BBQ's, shaded playground

### 3 Sanctuary Lakes

**Location:** Lakeview Boulevard, Gunn

**Features:** Water bubbler, BBQs, playground, seating, shade trees

### 4 Dunbar Park

**Location:** Dunbar Street, Gray

**Features:** Shade trees, shaded picnic table, seating, 2 x playgrounds

### 5 Confalonieri Park

**Location:** Essington Avenue, Gray

**Features:** Community garden, fitness equipment, seating

### 6 President Park

**Location:** Driver Avenue, Driver

**Features:** Physical activity equipment, shaded playground, seating, picnic area, shade trees

### 7 Tiverton Park

**Location:** DeMestre Court, Moulden

**Features:** Shade trees, seating, shaded playground, half basketball court

### 8 Woodroffe Park

**Location:** Woodroffe Avenue, Woodroffe

**Features:** Picnic table, playground, shade trees, climbing wall, seating

### 9 Reggie Park

**Location:** Bryant Terrace, Gunn

**Features:** Shaded picnic, BBQ, shade trees, childrens walk

### 10 Gager Park

**Location:** Gager Way, Gunn

**Features:** Shaded picnic area, tap, playground, shade trees

### 11 Flinders Park

**Location:** Adelaide Place, Durack

**Features:** 2 x playgrounds (multi age), picnic seating, seating, BBQ, tap

### 12 Bill Lewis Park

**Location:** Hutchison Terrace, Bakewell

**Features:** Walkway, shade trees, seating

### 13 Golden Grove Park

**Location:** Larrakia Road, Rosebery

**Features:** Picnic table, playground, shade trees

### 14 Palmerston Skate Park

**Location:** Via underpass or Roystonea Avenue, Palmerston

**Features:** Skate park, shade trees, picnic table

### 15 Palmerston Water Park

**Location:** Via underpass or Roystonea Avenue, Palmerston

**Features:** Water slides, splash pools, toilets, BBQs, water bubblers, shaded seating

### 16 Palmerston BMX track

**Location:** Elrundie Avenue, Marlow Lagoon

**Features:** BMX racing track

### 17 Eric Asche Park

**Location:** Bunda Court, Farrar

**Features:** Shaded playground, BBQ, shade trees, open park space

### 18 Phyllis Uren Park

**Location:** Farrar Boulevard/Nutwood Crescent, Farrar

**Features:** Playground, covered picnic areas

### 19 Hobart Park

**Location:** Hobart Cres, Johnston

**Features:** Parking, half basketball court, shaded playground, flying fox, picnic tables

### 20 Haydon Park

**Location:** Haydon Street, Rosebery

**Features:** 2 shaded playgrounds, bubbler, shade trees, seating

### 21 Essington Park

**Location:** Priest Circuit, Gray

**Features:** Playground, covered picnic seating, shade trees

### 22 Escarpment Walk

**Location:** Gager Park, Gunn (access via Gager Way)

**Features:** 2.7 km nature walk from Gunn to Bakewell

### 23 Palmerston Leisure Centre

**Location:** Bonson Terrace, Driver

**Features:** Tennis Courts, netball courts, aquatic centre

## Your pocket guide to outside

Getting outdoors is where the real adventure begins.

The map provides locations, list of parks, playgrounds and trails. It will give you all the details you need and for some inspiration, check out the list of 20 things to do with your kids.

## Give your kids an outdoor boost

Playing outdoors in nature is important for kids.

It provides opportunities to:

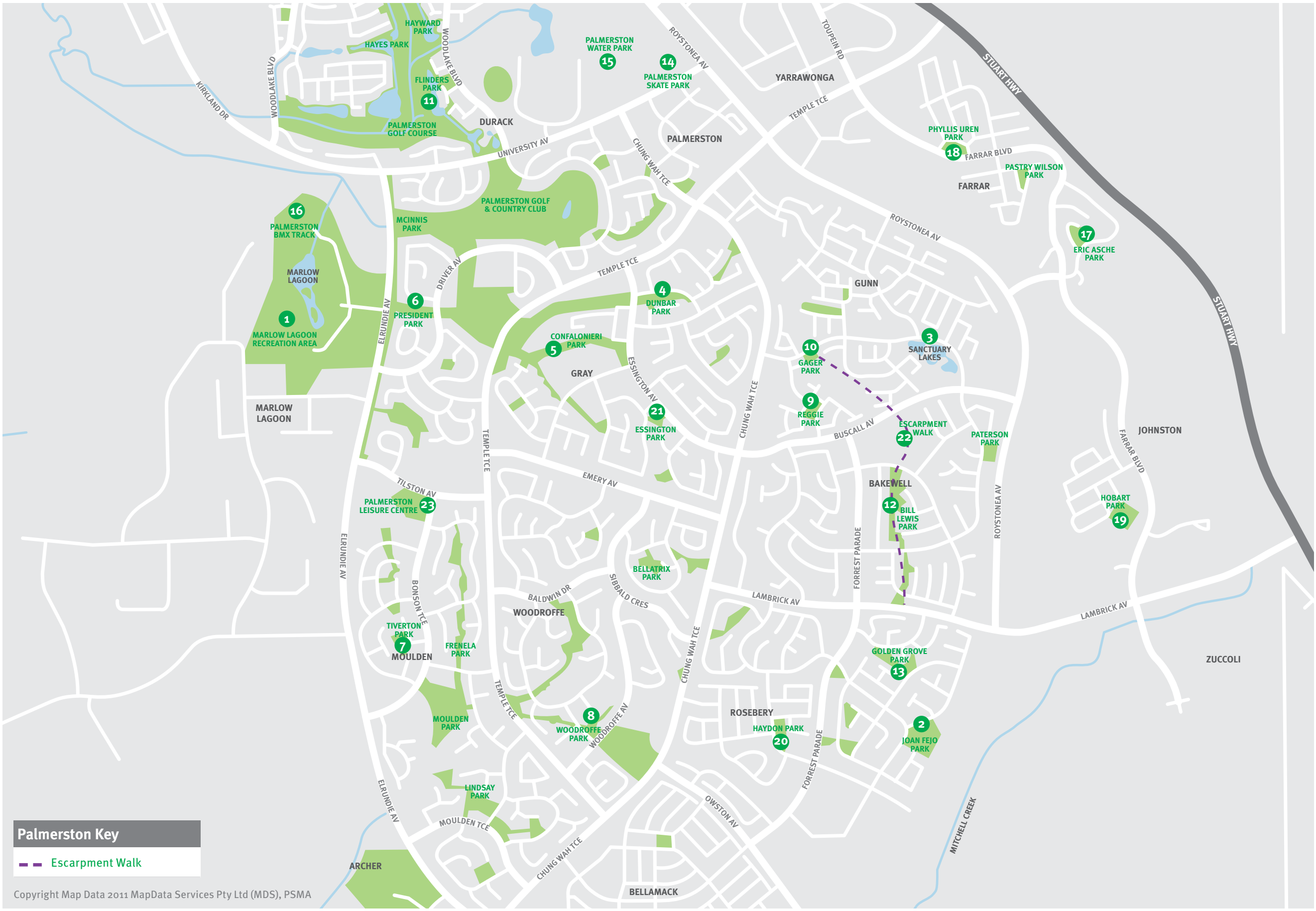
- connect with family
- experience independence and freedom
- get dirty and connect with nature
- teach values such as sharing, negotiation and team work
- be physically active
- develop their brains; improving learning, concentration, memory and sleep patterns.

Parents will also benefit, so get out with your kids and enjoy the great outdoors when you get the chance.

For more hints and tips about getting out and about see the COPAL 'Life looks brighter outside' brochure and visit [www.palmerston.nt.gov.au/copal](http://www.palmerston.nt.gov.au/copal)

## 20 things to do with your kids outdoors

1. Ride the slides at the Palmerston Water Park.
2. Climb a tree.
3. Try out the equipment at President Park.
4. Build an outdoor cubby or tree house.
5. Play in the bush/park and have a picnic lunch.
6. Take a hike along the escarpment walking track.
7. Make something with things you find at the park.
8. Visit Reggie and friends at Reggie Park.
9. Play "spotlight" (a night time game with torches).
10. Skate or scoot at Palmerston Skate Park.
11. Go along to a library KAT in the park session.
12. Ride your bike at the BMX track.
13. Go for a hike.
14. Visit the Gray Community Garden.
15. Climb a big rock.
16. Have a picnic at Sanctuary lakes.
17. Walk your dog around Marlow Lagoon.
18. Fly a kite in an open space.
19. Swim with friends at Palmerston Aquatic Centre.
20. Use a magnifying glass to spot creatures under rocks or in puddles.



**Palmerston Key**

- Escarpment Walk