



LIVE-IN RETREAT

Heidelberg West Neighbourhood

Retreat Location

Situated in the Heidelberg West neighbourhood, Sustaining Spirit Space is conveniently located near shops and amenities. Most importantly, it is only one block back from the Darebin Creek – a 6 minute walk to the Darebin Creek Forest Park entrance. Therefore, you have easy access to bush land and walking tracks for your enjoyment.

The local shops at Bell Street Mall (including Aldi and take away food outlets) are only 8 minutes walk. Northland Shopping Centre, with shops and restaurants, is a lovely 17-minute walk along the creek. The Darebin Creek Trail entrance is a brief 6 minutes away. There is so much, so close.

Getting Around Heidelberg West

WALKING

The terrain in this neighbourhood is flat therefore walking is easy. Walk to the nearby shops for supplies. Discover the hidden coffee shops in suburban back streets. Find the [Jessie Vasey Labyrinth](#) or the Chapel at the Repatriation Hospital by walking. You can certainly walk to the Catholic Church or the Uniting Church. Of course, walking along the Darebin Creek for greenery and bird life is delightful.

PUBLIC TRANSPORT

- Buses – the closest bus stop is a 5-minute walk with a bus that takes you straight to the city (10 km), a one-hour trip. We are in bus heaven with numerous bus routes nearby at the Northland interchange as well as on Bell Street, Oriel Road, and Southern Road.
- Train – the nearest station is in Ivanhoe. Take a bus to get there. Heidelberg station is also nearby, and buses seem more frequent to that station.
- For details explore with the [Public Transport Victoria Journey Planner](#) or even download the app. Purchase a [MYKI card](#) at the local shops or Northland.

Recent Social History of Heidelberg West

The Heidelberg West neighbourhood, bounded by Darebin Creek to the west, is south of Dougherty Road to Bell Street. The development was built in the 1950's as social housing (referred to as Housing Commission in Melbourne) which now is all privately owned.



Incorporated into the design was a unique shopping centre, arguably Australia's first drive-in shopping centre, facing Bell Street.

Aldi opened their first Victorian supermarket here in 2003!

North of Southern Road is housing built for the athletes of the 1956 Melbourne Olympic Games. Take a walk to view the famous Olympic rings.

The neighbourhood is being rejuvenated. Our house was built in 2009.

We experience this as a quiet, friendly, and safe street. The mixed reputation and stigma of the past has fallen away. We enjoy the presence of people from a variety of cultures.

The Darebin Creek

The Darebin Creek begins north of Melbourne in what is now farmland near Woodstock. It runs 50 kilometres through the northern suburbs to meet the Yarra River in Alphington. On the way, the creek passes through Wollert, South Morang, Epping, Bundoora, Reservoir, Preston, and Ivanhoe. For information about Darebin Creek geology, [visit here](#).

Conclusion

Heidelberg West is easy to get around on foot or using public transport during your retreat stay. Shops and amenities are nearby. The first Mall in Australia, together with the Olympic rings, offers an unusual social history. Being one block back from the Darebin Creek Forest Park makes walking tracks easy to find.