

WALKING

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NEW ZEALAND

JULY 2024
ISSUE NO 316

New Zealand Walks:
**Exploring Queenstown
with five day walks**

New Zealand Walks:
**Hidden gems of
the Coromandel**

New Zealand Walk:
**Lake McGregor
Loop Walk**

New Zealand Walks:
**Three different
and interesting
Marlborough
walks near Picton**

Overseas Walks:
**Peddlers Way a young long
distance walk in England**

**Photo
Contest
winners**

Australian Walk:
**Tomaree Coastal Walk
a new 27km hike**

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Please visit the Walking New Zealand Shop: <https://walkingnewzealand.co.nz/product-category/apparel/> for more details and to order.



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Cover: Bruce admiring the rugged terrain on a day walk to Rangipo Hut in Tongariro National Park. The walk took us across desert-like landscape and through a stunning lahar area. Photo by Zoe Cooper, Paraparaumu.

WALKING NEW ZEALAND

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New koala track on Great Ocean Road

Chocolate Gannets, with four Beachfront Luxury Villas on the Great Ocean Road in Apollo Bay, has a new koala track which provides plenty of opportunities for guests to spot wild koalas that live in the gum trees just a few steps behind the accommodation.

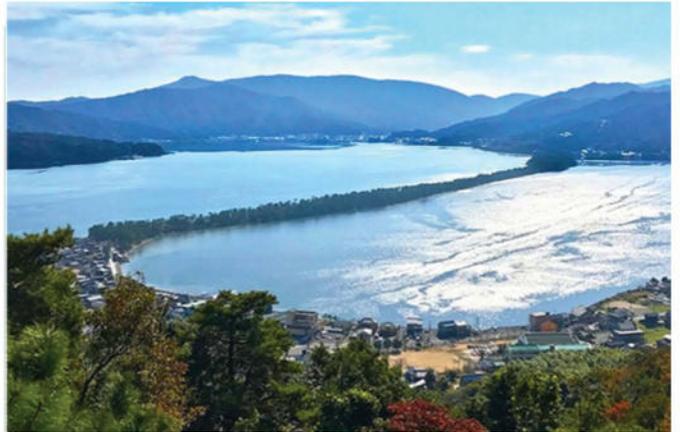
Exclusive to Chocolate Gannets guests, the Koala Track meanders through gum trees (established and new) and native Australian plants. The track is part of a broader project of habitat rehabilitation and regenerative land management.

Chocolate Gannets has planted more than 3,000 Australian native plants which provides the momentum for a flora and fauna resurgence in an area that had been overrun by invasive species.

In less than a year, there has been an increase in bird activity and a stabilisation of koalas that consistently call the track home. The track also provides a backdrop for some memorable photography, with sweeping ocean and harbour views.

www.greatsoutherntouring.com.au/accommodation/chocolategannets/

Walk talk



Mountains to the sea walk in Japan

Walk Japan has launched the Kyoto: Mountains to the Sea tour, exploring Kyoto Prefecture, a rural region where the contrast with Kyoto's urban landscape is stark.

The fully-guided, eight-day tour ventures through Kyoto's backcountry, where the pace of life is still measured by seasons and a multitude of colourful festivals throughout the year. Here visitors, Japanese and from overseas, are Walking Kyoto's countryside few and far between.

The tour follows ancient trails, once vital for commerce and communication, that weave through valleys and over high passes until culminating on the Sea of Japan coast at Amanohashidate, considered one of Japan's three classic vistas. En route, it passes through little-known villages, historic temples and shrines. Accommodation each night is in Japanese inns. www.walkjapan.com

How does exercise benefit the brain?

New research published in *Aging Cell* provides insights into how exercise may help to prevent or slow cognitive decline during aging.

For the study, investigators assessed the expression of genes in individual cells in the brains of mice. The team found that exercise has a significant impact on gene expression in microglia, the immune cells of the central nervous system that support brain function. Specifically, the group found that exercise reverts the gene expression patterns of aged microglia to patterns seen in young microglia.

Treatments that depleted microglia revealed that these cells are required for the stimulatory effects of exercise on the formation of new neurons in the brain's hippocampus, a region involved in memory, learning, and emotion.

The scientists also found that allowing mice access to a

running wheel prevented and/or reduced the presence of T cells in the hippocampus during aging. These immune cells are not typically found in the brain during youth, but they increase with age.

"We were both surprised and excited about the extent to which physical activity rejuvenates and transforms the composition of immune cells within the brain, in particular the way in which it was able to reverse the negative impacts of aging," said co-corresponding author Jana Vukovic, PhD, of The University of Queensland, in Australia.

"It highlights the importance of normalizing and facilitating access to tailored exercise programs. Our findings should help different industries to design interventions for elderly individuals who are looking to maintain or improve both their physical and mental capabilities."

Walk talk



New cycling routes in Tennessee

The Tennessee Department of Tourist Development (TDTD) in the USA, has launched 52 new road cycling routes that wind their way through the state's landscapes.

The new programme, Bike Tennessee, at BikeTN.com allows cyclists to experience the routes using the app Ride with GPS.

'From our music to our makers, Tennessee is a state full of storytellers,' says commissioner Mark Ezell, TDTD.

'As travellers increasingly seek sustainable and authentic experiences, we invite them to explore our scenic routes and discover the charm of our small towns.'

Each Bike Tennessee route was carefully mapped, ensuring cyclists have access to detailed navigation and route information. Ride descriptions provide information about the terrain, waypoints and lesser known locations along the way, as well as modifications to tailor each ride to the individual.

The routes offer seasoned cyclists mostly rural, low-traffic experiences in some of Tennessee's most scenic and historic landscapes, including 14 routes in Tennessee State Parks. www.BikeTN.com

Your favourite walk/cycle trail could win you a free subscription

We are looking for readers' favourite New Zealand walks/cycling. Many of us go out regularly walking on a route which we class as our favourite, for a number of reasons. Perhaps because for its scenery, it's safe, it's challenging, it's flat, it's hilly, it's varied, or for whatever reason.

We would like you to tell us in your own words what is your favourite walk and why. Email us a story from say 250 up to 1200 words including a photo or photos.

We will now give you a FREE subscription (six months or more, depending on the article), or extension to Walking New Zealand magazine for walks published.

You can also post an article to Walking New Zealand, 47 Lincoln Terrace Hokowhitu, Palmerston North, or email walkingnz@xtra.co.nz

If sending a photo by email please make sure photos are in high resolution.

Our email address is: walkingnz@xtra.co.nz.

Please put "My Favourite Walk" in the subject line and include your name and postal address.

www.walkingnewzealand.co.nz

Introducing new topographic basemap for Pocket Maps

The Outdoor Access Commission has just launched the new topographic basemap for Pocket Maps. This cutting-edge basemap allows hunters, trampers and other outdoor recreationists out in the field, away from phone reception, to combine our public access information with topographic maps offline. This opens a world of possibilities for outdoor enthusiasts and adventurers.

The Outdoor Access Commission, chief executive Ric Cullinane, says the commission has been committed to listening to its users since the inception of the award-winning Pocket Maps app in 2021.

"The most frequent request we received was to integrate topographic basemaps with our public access data," says Cullinane.

The topographic basemap incorporates a wealth of data, including contours, rivers, roads, building outlines, lakes, and New Zealand Geographic Board (NZGB) place names. Additionally, it features huts and campsites provided by the Department of Conservation (DOC) and the latest version of the Landcover Classification Database for visualising different landcover types.

The basemap's design is inspired by the iconic style of LINZ's well-loved Topo50 basemap series, ensuring a familiar yet enhanced user experience. We've also incorporated accessibility design principles to make navigation seamless.

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Three different and interesting Marlborough walks near Picton

By Yvonne van Eerden

We had a week in Picton and as usual we walked every-day and of course as usual the weather was just fabulous. There are so many places to explore, it does not matter where you go.

The Snout

The first walk we did was The Snout in Picton.

The Snout is a great walk along the Marlborough Sounds and through the bush in Picton. The walk can start from Picton town (four hours) or if you do not want to make it such a big day you can park your car in the Victoria Domain and start from the beginning of the Snout Track (approximately three hours).

There are many bike tracks as well as shared tracks. As you walk along the track you get views of

the Sounds. At the end of the track you can usually see one of the Cook Straight ferries going by.

The colours of the sea and bush are eye catching. It is so nice to just sit and look at the scenery once you reach the lookout at the end. After a much enjoyed break we returned to Picton.

There were many people on the track that day.

Grovetown Lagoon Walk

Having a week in Picton we then-headed back towards Blenheim to visit Grovetown Lagoon Walk (24 km from Picton). It was nice to just do something a little different.

This is an easy flat loop walk around the lagoon adjacent to the

Wairau River. It was a beautiful day with clear blue sky and we just wanted something easy.

The walk is suitable for bikes and also dogs which should be on a lead. We did not come across anyone at all other than the bird life. We had plenty of sit downs just to soak in the views.

The walk also went along a winery with the green vines in tidy straight rows. The swans were enjoying themselves feeding. One moment they were swimming along and then their long necks went into the water for feeding. They are herbivores and feed on algae and weeds in the water and apparently their necks can go up to one metre deep.

Above left: The group make a pretty picture. Above right: A ferry comes in. Below left: It may be a great fishing spot?



A great short walk and plenty to see. The walk takes approximately 55 minutes (3.2km). We had taken our time and made the most of the seating around the lagoon taking in the scenery as much as we could.

Ngakuta Bay to Momorangi Bay to The Grove

We also did a little on the Link Pathway. From Ngakuta Bay to Momorangi Bay and then to The Grove. We parked the car at Ngakuta Bay and started our walk on part of the Link Pathway which you can make as long or short as you want. The Link Pathway runs from Picton to Havelock and also to Anakiwa. The weather was calm with blue sky. The views around the Marlborough Sounds are magnificent.

Momorangi Bay was very inviting with the beautiful clear water shining with the sun across the water.

We sat and had our morning tea enjoying the beautiful spot. We came across some road works as they are still fixing the road after the flood damage and storms in August 2022.

They are major road works and the workers had made the pathway very safe for the public to pass.

We walked until lunch time and had lunch looking across to Anakiwa at the Grove, we found some amazing seats along the road side facing the view.

After a good lunch break we then walked back along the Link Pathway returning to our car. This had been an amazing day.



*Above right: Walk ing beside the grape vines at a winery.
Middle right: The boardwalk around a lagoon.
Below right: The jetty at Momorangi Bay.*





By John Dickson

Peddlers Way - a young long distance walk in England

Peddars Way is a 50-odd mile walk across Norfolk, in the east of England. From a small nature reserve called Knettishall Heath the path runs north-east to the coast (officially, to Holme Next the Sea).

It may be the youngest long distance path in England, but much of it runs over, alongside, or near to an old Roman road. Of course before the Romans arrived in England there are thousands of years of other layers of history.

At one time connected by land to Europe, Norfolk was likely the gateway for the earliest humans to enter what became The British Isles.

Norfolk is known for being 'big sky' country. Skies of drama and revelation, subject to sudden change as weather systems arrive and leave.

I enjoyed mostly sunny early August weather, and no testing winds. Norfolk is essentially one of the 'low countries', and you will see dykes and windmills there.

So it is relatively flat, and is one of the least built up and populated areas in England.

It is agricultural, with extensive cropping, but also significant pig farming. You will pass beside a number of 'free range' piggeries which display admirable animal welfare practices.

The nearest centre to the start of the walk is Thetford. Don't miss the gold statue of their most famous son Thomas Paine (1737-1809): American founding father, philosopher, political theorist.

I am certain Paine would applaud free and unhindered movement across the landscape. Thetford has a large Polish settler population, and I finally found small cartons of UHT milk on the shelves of their specialist supermarket. Much needed for my daily filter coffee rituals.

When should you plan to walk in England? A perennial question with no easy answer. Perhaps when you

*Above left Castle Acre Priory.
Below left: A military training zone.
Below right: Camping on the trail.*





are in England, walk, is the correct answer.

South of the Pennines you may be best to gamble on June to September as a 'reliable' weather window. Touch wood. Expect drizzle, and rejoice when it's sunny. As always. It was warm and dry, and so the path was excellent under foot when I walked. The early portion of the Peddars is prone to flooding in wetter seasons.

The copious hedgerows, small woodlands and croplands were in their absolute pomp. Butterflies, damsels and flying beetles flitted everywhere. Some birdlife too, especially waterfowl on the first day and owls.

The down side was that some

track sections were slightly choked by blackberry and more annoyingly, nettles. I was glad to have my weatherproof trousers to slip on over my shorts at time.

On my feet Hoka Anacapa Low GTX, which did the job admirably and are now well worn in. A good step up from my Hoka Torrents.

Having slightly downsized my gear (I posted a 'jumble sale' like package onwards to friends in France), my pack weight was a modest 15 kilos.

Some planning is required if you wish to overnight anywhere on this route. Don't expect to chance upon shops or village pubs as the Peddars Way tends to skirt the villages.

It does, however, pass through what you might term settlements, and I found passing-by hospitality and drinking water were easy to come by.

There were very few other walkers, apart from those with a pooch on a lead. Another feature of this walk are the road crossings, including the busy A47 connecting Norwich and Kings Lynn, and the A1065. There are one or two railway crossings. Take the utmost care.

When does a cluster of farm dwellings, become a settlement, become a village? The ponderings of the 'philosophical walker' (*brilliant article that, in the November issue of Walking New Zealand magazine*).



Another feature of Norfolk are the military bases. jets and helicopters pass over-head frequently.

The early part of your Peddars Way walk may be accompanied by intermittent gunfire, as well as bird song. If that puts you off, just contemplate the Ukrainian conscripts being trained by the British Army to simply stay alive in battle.

You may even glimpse a Centurion tank or two. You will pass beside some bomb craters - relics from air force training during the dark days of World War 2.

Warfare is part of the history of Norfolk. Above right: The circa 5,000 year old Neolithic arrowhead that he found along the way.

Ideal for walkers, hikers, golfers, sailors and all those who love or work in the great New Zealand outdoors.

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Peddars Way - a young long distance walk in England

these isles; it's under your feet, and even in the air wherever you go.

I had kept my eyes open for 'finds' along the Cotswold Way (issue 309, Dec 2023). I found only a decent chunk of orange tile - presumably from a Roman villa. How do I know that? I watch Time Team Official on YouTube, religiously. I'm certainly no expert though.

Less than an hour along the Peddars Way and I spotted an interesting object. A worked piece of flint lying just beside the path. Resting amidst thousands of other stones, pebbles and chert shards along the route.

I found a circa 5,000 year old Neolithic arrowhead. That definitely put a spring in my step. Walking. It is just as much about the tiny details as it is about the grand vistas, is it not?

Highlights? The absolutely beautiful Norfolk farmlands; arriving at ancient Castle Acre Priory, about 7am, to grab an hour taking it all in before

crowds arrived; some wonderful clear streams running wild towards The Wash; and the superb stealth camp I found at Bartholomew's Hills (about a mile before South Acre, just shy of the A1065).

Well out of sight, beside a small water hole, amidst a coppice, and with deer prancing around a golden wheat field just on dusk; some really engaging people, the young 'bin man' for instance, just off a night shift, who groggily helped with directions, and not least the bloke near Merton who saw me admiring his homemade letterbox.

We chatted for ages about his long life in that rural locale, the episode of Dad's Army filmed on his farm, which had in turn been his fathers before him.

"The episode with the bees", he called as I continued northwards; and the magnificent Full English Breakfast at Aiden's Cafe in Wootton (a hunger for that forced me to deviate

from the official path). This is England after all. As a walker one should always take in the local culinary delights.

By the time I reached the attractive village of Great Massingham - not to be confused with nearby Little Massingham - I'd meandered about 200 miles in the past few weeks.

My feet were shot from that day's slightly brutal road walking. I happily capitulated, and caught the local bus to Fakenham. Then jumped another (the Coastal Explorer) straight to Holkam.

My initial intended destination, the more famous Wells-next-the-Sea, was heaving with holidaymakers so I glanced at them from the bus window and baulked at the thought of them.

I bedded down in the oak forest amongst the deer, in sight of the magnificent Holkham Hall. Left no trace, grateful of the graces of the Lady of the Manor. Next stop, Norwich.

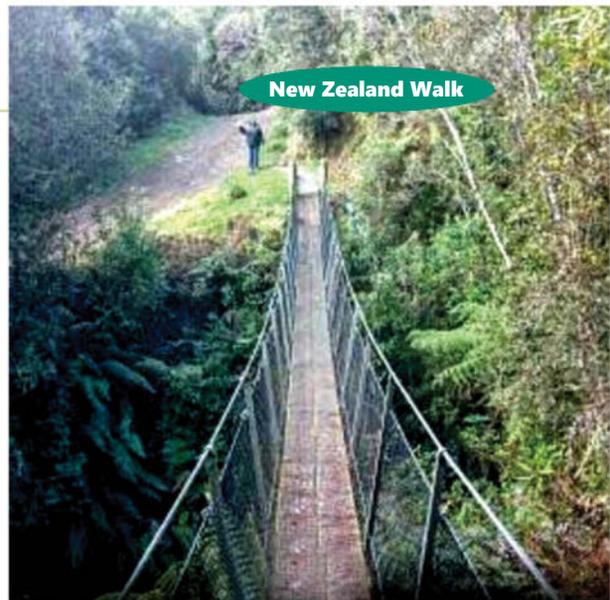
There are no doubt more dramatic, longer and more challenging long distance walks in England. But if a relatively flat and easy to follow, straight path through lovely scenery and few built up areas is your thing,

I highly recommend a day or two on the Peddars Way. Easy to reach from London. I caught a National Express bus from King's Cross Station to Thetford. Then a taxi from Thetford to Knettishall Heath - 8 quid. Perfect. Overall a good introduction to scenic Norfolk.

The Wash tidal sea sand flat area links the Norfolk and Lincolnshire Fens.

Above left: A full English breakfast. Above right: Mabel in a free range piggery.





Mangaone Walkway - over an historic bush tramway path

Mangaone Walkway follows an old historic bush tramway in low hill country east of Waikanae. It was historically known as Reikorangi Track.

This gentle, shady bush well formed walk winds between Mangaone North Road (Te Horo) and Mangaone South Road (Reikorangi).

The bush walk winds through lush native forest and wide open fields.

The track is relatively flat and suitable for all ages and fitness types. It takes walkers through both farmland and sections of the Kaitawa Scenic Reserve along the Waikanae River.

There are small trails leading down to the river where there are great swimming holes in the Waikanae River.

The total time to complete this track is approximately three hours to complete the track one way

N.B. The north end is currently closed so walk to the halfway point and return the same way.

Fact File

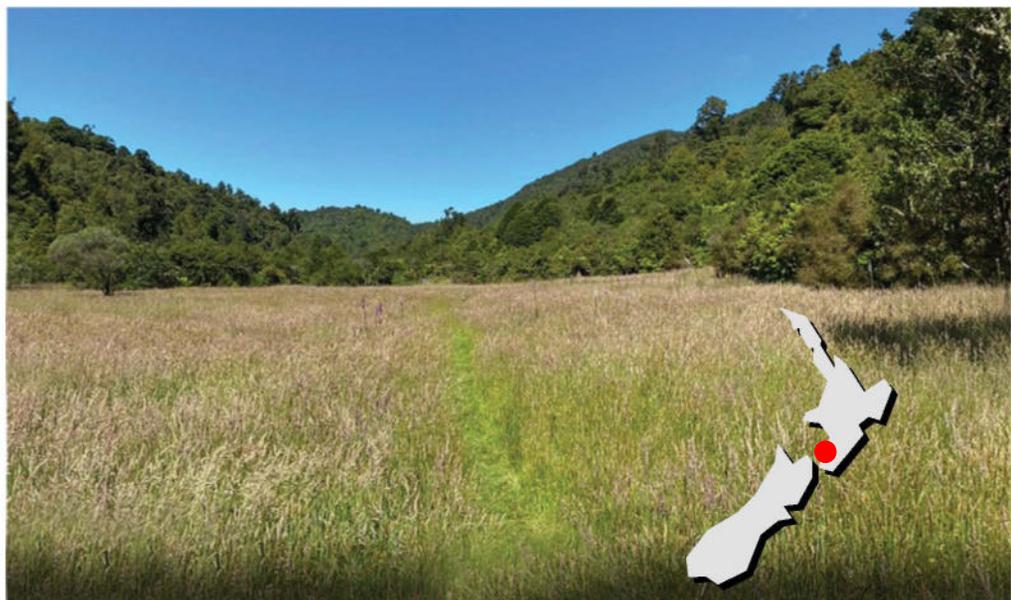
Time: Three hours,

Distance: 6.9km

Track Grade: Walking track

Start: Mangaone South Road car-park. You can also access from the north via the Mangaone North Road from the Te Horo-Hautere Cross Road from Te Horo, 9km north of Waikanae. Dogs on a leash only.

A fantastic summer walk for hot



Above left: The Waikanae River in the reserve. Above right: A bridge over the Waikanae River. Above: The track goes over wide open fields



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Discovery Mine at Waihi Beach



In April a walk into Discovery Mine at Waihi Beach was postponed a couple of weeks, due to weather conditions. It was well worth the wait.

Meeting at the reservoir, we started off beside Waihi Stream, led by Gary and Jim; who have a wealth of knowledge about this area. In a short time we scrambled up the bank to explore the remains of the Discovery Mine. This operated as a gold exploration from 1905-08 and was completely flooded in 1909, so has a short history.

Back to the stream, we wandered up, criss-crossing, climbing up banks, past mossy boulders, under fallen trunks, and across river gravel. It was a really pretty walk through re-generating bush, with lots of nikaus, pungas, kawakawa, and ferns, under huge puriris.

We stopped to look at one of these giants, with a girth of about six me-



By Barbz Lowther

tres. It was an impressive tree. All the puriris were scarred with the remains of burrows made by puriri grubs. These grubs start their life feeding on decaying matter on the forest floor. After about a year they burrow into a host tree – usually a puriri, and create a ‘7 –shaped’ tunnel,

which is expanded as they grow. They feed here for five or six years, coming out at night to feed on tissue around the entrance, protected and camouflaged by a covering web of silk and woodchips.

The pupa then wriggles to the entrance and splits its skin to emerge as a puriri (or ghost) moth. This is New Zealand's largest native winged insect, with a wingspan of up to 15cms. It lives 48 hours to mate and lay eggs.

Above: Walking along Orokawa Bay. Below left: Walking on pine needles down to the reservoir.



Continuing up-stream, we were entertained by calls of tuis and magpies, while fantails flitted around. We walked up to a series of little cascades, then climbing up the bank on our right that was a short sharp clamber up, we reached the fire break on the ridge line. This was cut years ago, to prevent fires lit at Orokawa Bay below, from spreading over the hill.

From there we wandered down an easy marked trail, to the bay, with lovely views over the ocean.

After a break to enjoy the sea, the sun, and the huge pohutukawas, we made our way south, down the beach for three to four minutes. We then turned right, to head back up the hill, on a rough trail, with lots of roots and branches to aid the climb.

In less than half an hour we reached Lightening Ridge, so named because lightening struck a tall pine tree, which subsequently crashed down, leaving a stark stump.

The track continued along the

Above left: Remains of a puriri grub burrow.

Middle right: A lunch break at Orokawa Bay.

Below right: Looking at a series of five cascades



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Discovery Mine at Waihi Beach

ridge, with awesome views over Waihi Beach, out to Mayor Island, and down to Mt Maunganui; before heading beneath pine trees on a cushion of pine needles, back down to the reservoir.

It was such an interesting and varied walk, with different terrain, beautiful trees, lovely views and fascinating history and biology lessons.

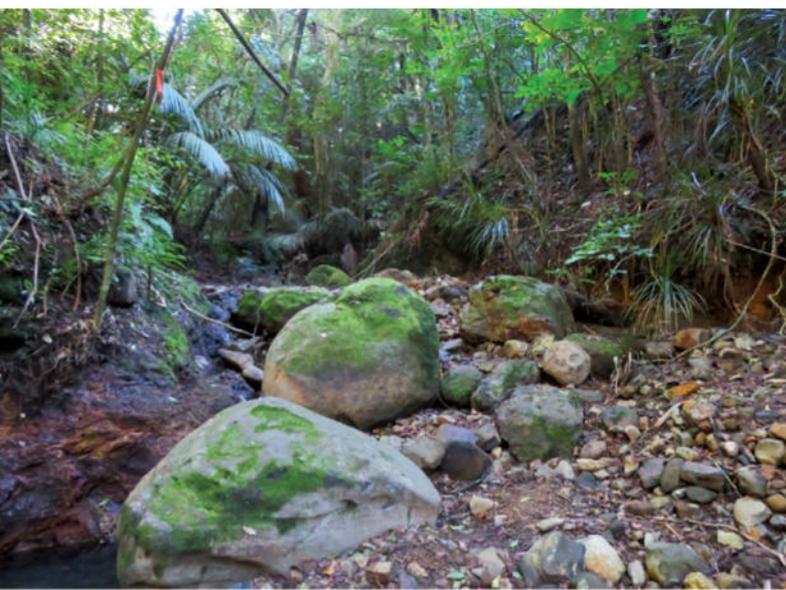
Thanks to Gary and Jim. ECHO (enjoying connecting hills and ocean) is held every year in April. Put it on your calendar for 2025.

Above left: Views over Waihi Beach from the ridge..

Middle left: Jim, telling the group all about the puriri – a very hard timber.

Below left: Mossy boulders on the stream bed.

Below right: The giant puriri with a girth of six metres..





Above: One of the cascades.
Below: The remains of Discovery Mine.



Whangawehi group wins award for Te Aratia Walkway

The Whangawehi Catchment Management Group received a national award on 10 May 2024 for its exceptional efforts in creating the Te Aratia Walkway.

Outdoor Access Champion Awards are presented each year by the Outdoor Access Commission, to people who have made significant and lasting contributions to public access to the outdoors in New Zealand.

The Whangawehi Catchment Management Group, a collective of marae, landowners, and agencies, has united their efforts to enhance and protect the Whangawehi catchment. The creation of Te Aratia Walkway is a testament to their shared vision and dedication. The walkway, which spans the Mahia Peninsula, was built to share the restored whenua with the broader community. It officially opened in December 2022.

The landowners, the people of Tuahuru Marae and Kaiuku Marae,

and the wider community have come together to restore the area, bringing back native birds and fish. The group's efforts have retired over 150ha and planted over 250,000 trees. Their tireless work to fence off and plant over 150,000 native trees along the Whangawehi Stream and tributaries has significantly improved the local environment.

The walkway sits entirely on private land and provides visitors with a unique connection to the environment. The first 6 km meanders through farms, following the riparian planting alongside the Whangawehi River.

The second half of the walk winds through commercial forestry of redwoods, pines and cypress. Finally, the trail descends the hill to beautiful Mahia Beach on the peninsula's west side.



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Above: The view of Lake Wakatipu from the Queenstown Hill summit.

Opposite page bottom right: Author Deborah Gedye.





New Zealand's beautiful Queenstown is a favourite place to visit by tourists and New Zealanders alike. Deborah Gedye and three friends Robyn Fond, Marie-Therese Moss, Harriet Ambler, from the Auckland Womens Outdoor Pursuits stayed a week based in Queenstown taking day walks each day. on the following pages is her story and images over the five days.





EXPLORING QUEENSTOWN *with* *five day walks*

Day One we headed to Queenstown Hill Walking Track (also known as Queenstown Hill Time Walk) which can be accessed from Belfast Terrace close to where it intersects with Kerry Drive.

For those with enough stamina the walk can be commenced from the township by following signposted linked pathways up to the start. There is a small car park and plenty of road parking.

This walk winds its way steadily upward initially through a darkened path surrounded by wilding pines (self-seeded trees growing where they aren't wanted) and dotted with gorgeous red speckled mushrooms.

Information plates refer to different time periods in Queenstown's history. Once we reached the steel sculpture called 'Basket of Dreams' said to inspire dreaming (a very lovely thought) we stopped for a much-needed breather, photos and take in views over Queenstown and Lake Wakatipu.

Although the end of the official trail, it is possible to continue up further towards what I like to think is the more remarkable summit of Queenstown Hill. This only takes another 15 minutes until a 360° view is unveiled.

The Remarkables Mountain Range looks deceptively close, views of Lake Wakatipu now extend to include Frankton Arm and Jacks Point. Aeroplanes can be seen arriving and

departing from Queenstown airport. We happily spend time seated amongst the grasses eating our lunch and quietly taking time to be in nature's panorama.

Queenstown Hill is a 5-kilometre return hike that climbs around 600 meters in elevation from Queenstown downtown. The trail is well maintained, and it takes around 90 minutes to walk up at a slow pace.

Above left: On Queenstown Hill left to right: Robyn Fond, Marie-Therese Moss, Harriet Ambler and Deborah Gedye.

Above right: Sam Summers Hut.

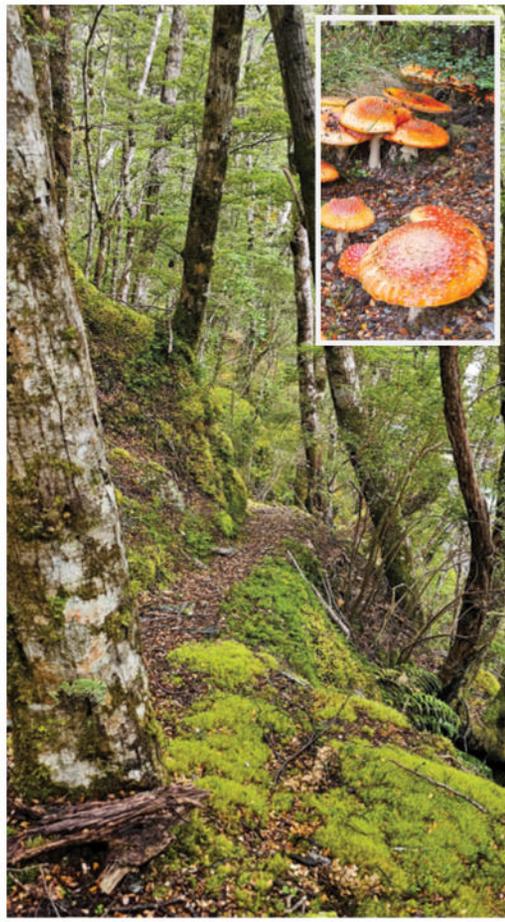
Below left: Marie-Terese and Harriet at the Queenstown Hill Summit.

Below right: The moss covered track on Mt Crichton. Insert:



Day Two with a forecast for rain, we walked the Mt Crichton 8-kilometre loop track providing cover from beautiful soft beech trees seemed the best choice.

The trail starts about a 10-minute drive from Queenstown on the Queenstown to Glenorchy Road. Watch for a dedicated car park on the left, which is signposted, with





the trail itself starting at the southern end of the car park, crossing the road follow the path to signs marking the beginning of the loop trail.

We headed anti clockwise taking us up a steady incline through manuka covered with a black mould which Robyn identified as black fungus that feeds on the honeydew produced by insects and does not harm the tree itself. Delightful row upon row of red speckled mushrooms again gave an almost fairytale aspect to the trail.

Reaching the spectacular viewpoint overlooking Lake Dispute and Lake Wakatipu provided a beautiful setting for morning tea.

As we made our way onward beech trees appear, their leaves providing a carpet at our feet and protection overhead, green moss surrounds the trail edge and fallen trees are almost sculptural.

Crossing a couple of walking bridges, we come to the most spectacular small but perfectly formed waterfall I think I may have ever seen; the water exits from Lake Isobel into Twelve Mile Creek high above us.

Following on we find Sam Summers Hut, built on the site of a Chinese goldminers camp Sam apparently lived here with his family while prospecting for gold. The hut

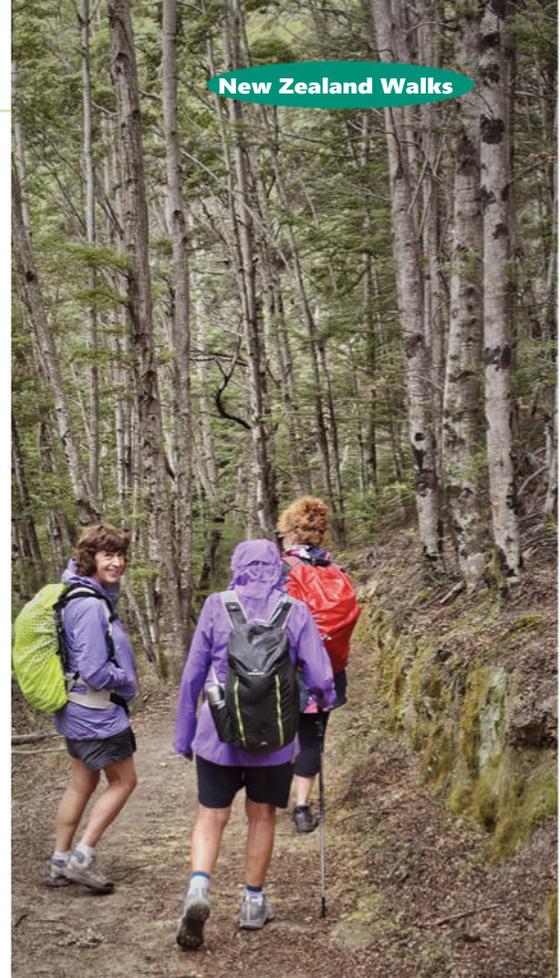
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is open and can be explored.

A small side track (signposted) on the trail about 10 minutes below Sam's hut leads to an impressive rock tunnel once used for sluicing. Making our way through the tunnel we were rewarded with a narrow track leading right down to the clear river below.

Above right: Marie-Therese, Harriet and Robyn on the Routeburn Track.

Below left: Harriet on sluice on Mt Crichton.



kir

EXPLORING QUEENSTOWN

with five day walks



Above left: The bridge over the lake at Moke Lake.

Day 3 Moke Lake 6.5-kilometre is a two-hour loop is almost completely flat and being not overly challenging seemed the perfect option for our third day of walking.

Along the way, we see Moke Lake from every angle as we walk the perimeter.

On a calm day the reflections around the lake are incredible for photographers, but no such luck for us as a soft wind across the lake removes all hope of reflections.

We eat our lunch on the lake edge watching bird life both above and, on the water, below.

To reach the Moke Lake turn off the Glenorchy Road into Moke Lake Road about six kilometres from Queenstown.

Follow the gravel road (narrow in places, watch for oncoming traffic) for about seven kilometres to the lake then drive through the campsite until a small car park, signs and walking bridge mark the beginning of the trail.

We also combined this walk with a short drive further up the Glenorchy Road to Bob's Cove Track, car park signposted on the left.

This is a very pretty, easy hiking trail so worth considering, only around one hour return the trail takes us past the beautiful little cove perfect for photographers and swimmers.

A great way to conclude another day of hiking in Queenstown.

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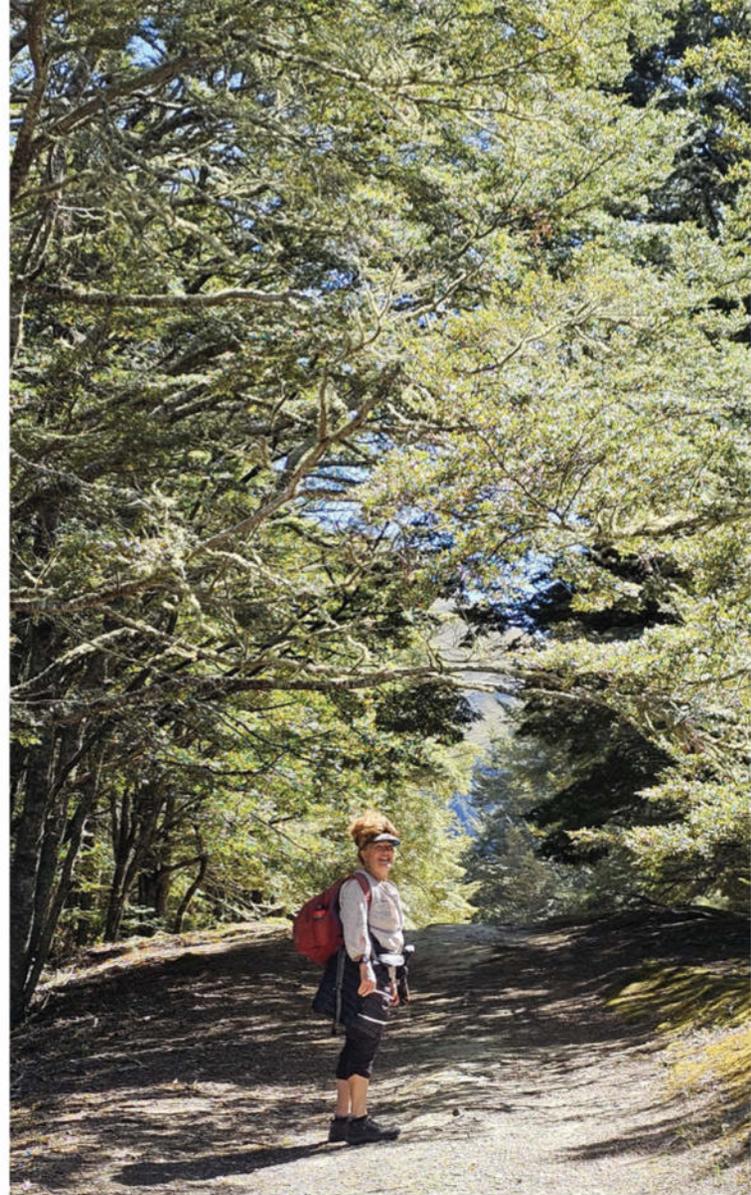
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Above left: Robyn on the track around Moke Lake.
Above right: At Bobs Cove, Moke Lake.
Below left: The edge of Moke Lake from the track.



EXPLORING QUEENSTOWN

with five day walks

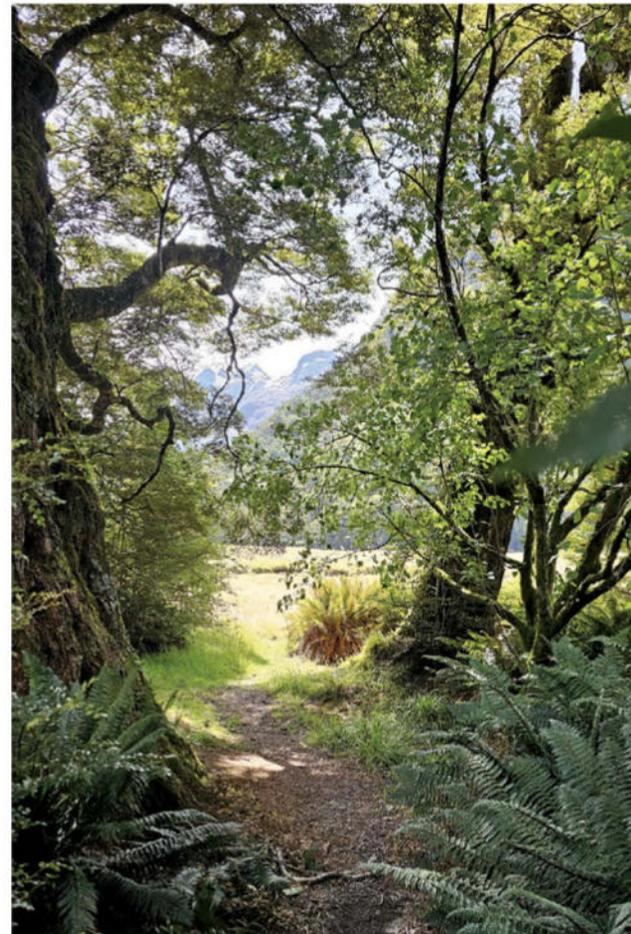
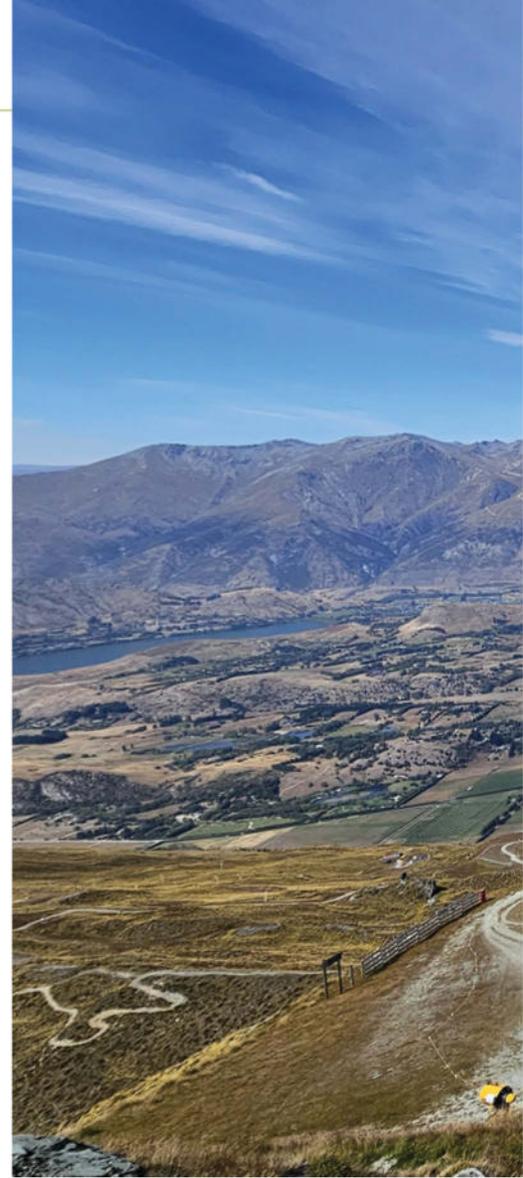
Day 4 we prepared ourselves the night before for an early start to drive down to Glenorchy at the southern end of Lake Wakatipu and onwards via signposted gravel roads to the Routeburn Track car park, toilet facilities, and shelter.

Our plan was to walk in and return out via the same track just as long and as far as we felt comfortable. All four of us had previously walked the whole three-day Routeburn Track one of New Zealand's Great Walks, but to take a day walk at our leisure was a real treat.

Routeburn flats hut is just under 20 kilometres return. The trail taking us past many highlights including Bridal Veil Falls, the beautiful turquoise water of the Routeburn River, evergreen world of the native bush. With various stops along the way we made it for lunch at an outdoor table with a super friendly robin at Routeburn flats hut, another memorable day worth the drive and effort.



Left: Marie-Therese, Harriet, Robyn and Deborah at the start of the track. Below left: Routeburn happiness! Below right: To Routeburn Flats Hut.





Day 5 we drove 20 minutes from Queenstown up the Coronet Peak Road to the peak car park which is open for summer from December to early April. Taking the Peak Gondola up to the summit we followed a narrow pathway towards a tower which is marked with a trig. There are some steep drop-offs on the way, but recent barriers gave handholds.

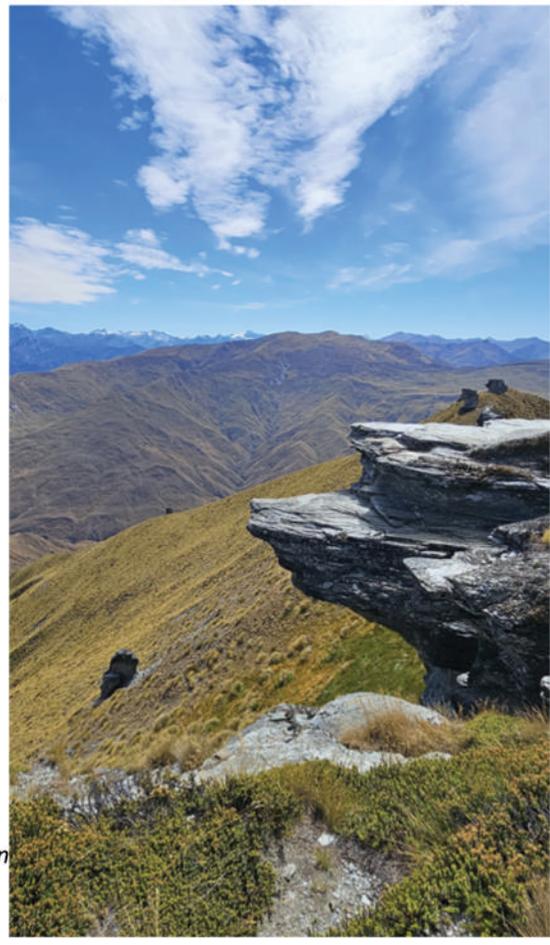


At the summit there are awesome photo opportunities of Wakatipu Basin and back to the divide of the Southern Alps.

Above: A panorama shot from Coronet Peak.

Below left: The trail to the top.

Below right: A view from the top of Coronet peak.



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Above: Walking the Ree Dart Track, this fabulous rainbow filled the Ree valley for longest time. We spent the tramp up to Shelter Rock Hut, turned around at this magnificent rainbow. Sharing stories about all the rainbows we had seen while tramping together. Photo by Alle de Farias, Pukekohe
Below: Members of the Upper Hutt Walking and Tramping Club negotiating a stream crossing on the Karapoti Trail, in the Akatarawa Valley north of Upper Hutt. Photo by Sharon Dunstan, Whitby.



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The rules are simple: there must be a person or persons walking in the picture either front, side or back on, and can be in the distance. We require an emailed image in high resolution mode, in jpeg format as an attachment, and NOT embedded in Word or in the email, and NOT a link to a website to be downloaded.

The subject line must have the words "Walking New Zealand Photo Contest" and the email must include the NAME, POSTAL ADDRESS and phone number of the person who took the photo and a detailed caption saying where it was taken and any other interesting details.

In this contest **only ONE emailed photo** accepted per month. Entry in the contest automatically allows us to print the image. The person who has their photo published will receive a six month subscription or a renewal to Walking New Zealand magazine of six months. If a picture is chosen for the cover page the person will receive a 12 month subscription or renewal.

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"Walking New Zealand Photo Contest" Only EMAILED entries will be accepted.



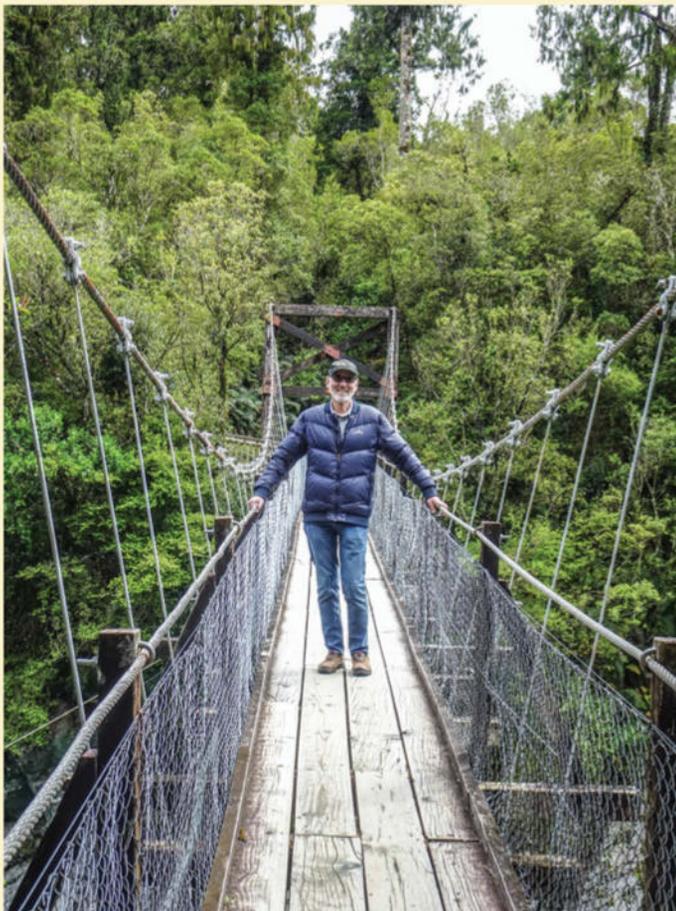


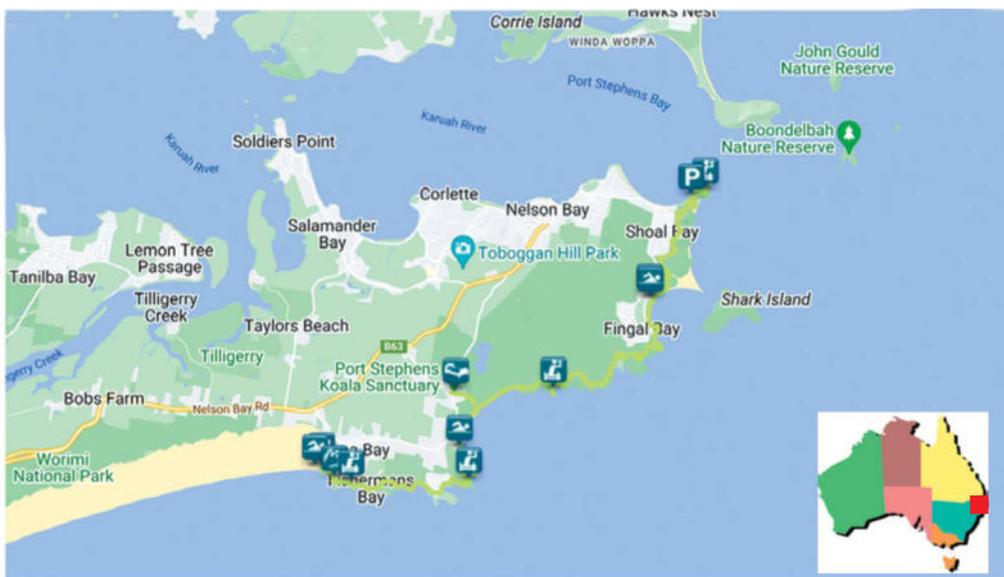
PHOTO CONTEST

Below left: Noel on one of the suspension bridges over the Hokitika River on the Hokitika Gorge Walk. Photo by Claire Woodhall, Pandora, Napier.

Above: Soaking up that stunning view of Mt Godley on the Mt John Walk in Lake Tekapo, late March. Photo by Michael Hendriks, Lyttleton.

Below right: My daughter Frances Nadan on Day 2 of our Routeburn Walk. Photo taken on 28th March 2024 after snow the previous night! Photo by Julie Nadan, St Heliers, Auckland.





Tomaree Coast a new 27km hike

Located on the traditional lands of the Worimi people, the 27km Tomaree Coastal Walk in New South Wales, Australia traverses an ancient volcanic landscape rich in culture and nature, starting at Tomaree Head at Shoal Bay and finishing at Birubi Point Aboriginal Place at Anna Bay.

The Tomaree walk has been open for about 12 months and provides new motivation to visit the area during winter.

“The walk is ideal year round and it suits our message that Port Stephens is not just a summer destination”, says Mel Turner, manager industry engagement with Destination Port Stephens.

The track weaves along the stunning coastline of Tomaree National Park guiding walkers over lush coastal headlands, across rock ledges and through angophora forests, before arriving at the southern hemisphere’s largest mobile sand dunes at Worimi Conservation Lands.

Walkers will be treated to breathtaking scenery including panoramic ocean views, sparkling beaches and coves, unique rock formations and an abundance of flora and fauna including birds, dolphins and seasonal migrating whales.

Above left: Walking through forests of twisting smooth backed apple or red bloodwood. Above right: Exploring the rocky shoreline. Below left: The Tomaree Head Summit 161m, the jewel in the crown of all the lookouts.





Coastal Walk -

The multi-day walk is best experienced as a 2-day walk (or 3-day walk for those wanting a more leisurely pace), with a range of accommodation options available at local coastal villages.

Visitors can also 'choose their own adventure' and complete shorter sections of the track including half-day or full-day walks in either direction, with many suitable entry and exit points along the route.

The Tomaree Coastal Walk is an ideal introduction to multi-day walking experiences, allowing visitors to immerse themselves in nature along an easy-to-navigate track during the day, then enjoy the accommodation and dining options of Port Stephens by night.

Fact file

Tomaree Coastal Walk
 Location: Tomaree National Park
 Gateway towns: Port Stephens, Nelson Bay, New South Wales
 Regional airport: Newcastle
 Driving distance: Three hours from Sydney
 Walk distance: 27 km
 Starts at: Tomaree Head, Shoal Bay
 Ends at: Birubi Point, Anna Bay
 Before you leave home: Check for alerts and closures in Tomaree National Park.



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By Judy Eva



Okere Falls waterfall *a local gem*

In Okere Falls Scenic Reserve, near Rotorua, the Kaituna River cascades between narrow, steep ravines before it enters the tranquil waters of the Trout Pool and then continues its journey to the coast at Maketu.

Okere River an 11km section of the Kaituna River, has significant and spiritual value for Maori. Ngati Pikiako are the traditional guardians of the river, though for centuries battles were fought to gain access to the river's rich resources.

Today Ngati Pikaio continue their Kaitiakitanga (guardianship) of the

river through the Lake Rotoiti Scenic Reserve Board and manage Okere Falls Scenic Reserve along with DOC (Department of Conservation).

While the Okere River has been highly valued by the people of the area for centuries, more recently it has gained in popularity for its recreation and adventure tourism opportunities clad with world class white water in an amazing native bush clad gorge. It has now become a mecca for white water rafting, kayaking and river sledging.

With stunning scenery and thrilling rapids including a 7m waterfall,

the Kaituna River is a local gem.

At the beginning of the walk you can view the remains of the hydro electric power station the 4th in New Zealand

It was built in 1899 and began operating in May 1901. Demand for electricity soon exceeded supply so

Above left: The old turbine at the beginning of the walk.

Above right: Stairs down to the cave and viewing area of the river.

Below left: Fast flowing rapids, ideal for Whitewater rafting.

Below right: Steps leading down to the trout pools.





in 1907-08 an additional dam was built to feed another 100kw turbine.

It became obsolete in the 1930's and as part of the conservation management of this historic sight one of the turbines was hauled up the riverbank in 1995 and given preservation treatment. It is on view at the beginning of the track.

Also at the beginning of the track is the old power station site. The steps are very steep and can be slippery. Supervise children.

A well formed bush walk with scenic outlooks over the Kaituna River and its spectacular waterfalls.

The spectacular force of the Kaituna River can be viewed via a flight of steps beside the main carpark.

There are numerous information panels along the track interpreting both the human and natural landscape.

Following the sign to Hinemoa's Steps (named after a well known local Maori woman) we made our way very carefully down the steps that were cut out of the rock face beside



the waterfall in 1907, they lead to Tutea Caves and the thundering falls.

Some sources suggest that women and children may have hidden in the caves in times of war making the treacherous descent by means of a rope. As far as is known the only occupants in the cave now are cave weta. The cave entrance is not very big and as we didn't have a torch didn't venture in there. I recommend bringing one for those who may like to explore this mysterious and exciting adventure.

The steps down to the cave are steep and supervise children as they descend to a barrier and ledge overlooking the river.

There are various lookout points each with a barrier fence above and overlooking the points of the waterfalls where the canoes plunge down to the swirling river below. They have been designed in this way for people to be able to observe this spectacular scene as you walk along the tracks you can hear screams of delight and sometimes terror as they plunge down the rapids.

Follow the path to the Trout Pool Falls signposted which takes you to the end of the road as areas of the path around the pool are slippery and wet take care. There is a signpost on the bush track giving directions back to each car park which was very helpful.

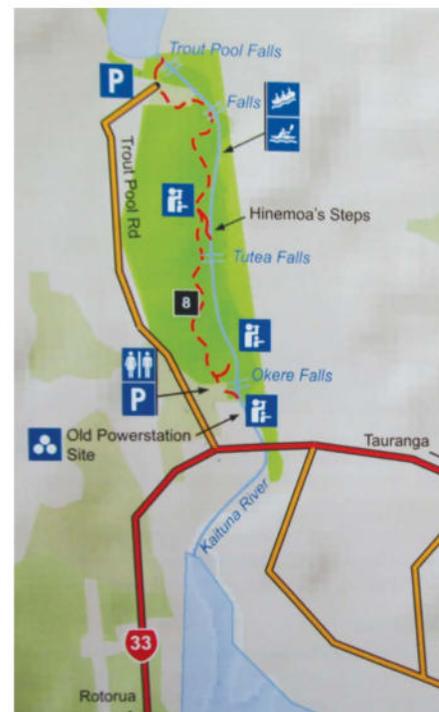
Do not swim in the river as it has

dangerously strong currents.

There are three car parking areas along Trout Road, the last taking you to the Trout Falls. We had trouble finding the first one DOC Okere Falls along the road as the sign was not on the road but off down the path leading to the beginning of the walk. I would recommend a gps in your vehicle as we had difficulty in finding Trout Road once off highway 33.

Above right: One of the viewing platforms overlooking the river.

Below left: Signpost pointing the way to each of the three car parks.





Lake McGregor Loop Walk - *an Autumn oasis wale*

By Michael Hendriks

Aways from the crowds of Lake Tekapo, Lake Alexandrina and Lake McGregor are two beautiful lakes located just a short 15 minute drive from Lake Tekapo.

As you leave Lake Tekapo heading towards Mount Cook, it's just a few minutes down the road, to the turnoff off onto Godley Peaks Road and it's a further 10 km on a sealed road to the next turnoff onto the Lake Alexandrina Road and then a final 1.5Kms on a gravel road to car park which is under the shade of the willow trees by lake.

The best time to visit here is autumn (late March / April) when you can enjoy the beautiful colours of the

trees that surround both the lakes' which creates this green and yellow oasis in the middle of the dry barren brown tussocks of the MacKenzie Country.

As you step out of your car you will notice just how quiet and peace-



Above: Lake McGregor with snow on the hills at the back.

Below left: Heading back up the lake.

Below right: Wild life on the lake front.



Above left: A bull rush. Above right: Heading southy on the lake track. Below right: The bridge across Lake Alexandrina outflow.

ful the lake is, and it feels like a step back in time with the quaint kiwi baches on the hill above the lake, while you take in the beautiful scenery of the lake and mountains that surround the area

Lake Alexandrina (*Whakatumoana*) is a shallow lake with distinct indications of glacial origin and is spring fed with an outlet on its eastern shore midway down the lake. The outlet feeds into a smaller lake, Lake McGregor before finally flowing into Lake Tekapo. And with no power boats permitted on either of the lakes it allows you to enjoy a peaceful and tranquil walk.

Today's walk is an easy loop walk around Lake McGregor which is about 5 km and will take about an hour to walk and can be completed in either direction.

To start the walk, just cross the small wooden bridge, where Lake Alexandrina flows down a small picturesque outlet creek into Lake McGregor, continue to follow the



outlet creek down through the campground down towards Lake McGregor and you will see a well worn but unmarked track that starts heading around the lake.

The track follows around the lake for a short distance dropping down to the lake and back up on to a very shallow plateau where the track be-

comes very faint, just follows these and it will then pick up a 4wd track as you pass through several gates which then arrives back on to Godley Peaks Road.

After a short walk along the road, look for a distinctive but well worn 4wd track which heads back up

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Lake Mcgregor Loop Walk – *an Autumn oasis walk*



Above top: The track on the southern end of Lake Mcgregor. Above: Looking north west from the track. Below: Looking towards the Southern Alps.

along the lake.

The 4wd track then narrows back again onto a single track. As you head back up the lake, take the time to enjoy the views of the lake and surrounding peaks as there are some great photographic locations along this side of Lake Mcgregor. The track passes through the Lake Mcgregor campervan park and continues up the outlet creek back through the Lake Alexandrina campground back to the car park.

After finishing the walk, unpack the flask and enjoy a coffee, unwind and enjoy the peace and tranquility that these two lakes have to offer.



Hidden gems of the Coromandel

The Coromandel Peninsula extends 85 km north from the western end of the Bay of Plenty, forming a natural barrier protecting the Hauraki Gulf and the Firth of Thames in the west from the Pacific Ocean to the east. It is 40 km wide at its broadest point.

The peninsula comprises the eroded remnants of the Coromandel Volcanic Zone, which was highly active during the Miocene and Pliocene periods. Geothermal activity is still present, with hot springs in several places, notably at Hot Water Beach.

The Māori name for the peninsula is *Te Tara-o-te-Ika-a-Māui*, meaning “the barb of Māui’s fish”. This comes



By
Phillip Donnell

from the legend in which the demigod uses his hook to catch a great fish (*Te Ika-a-Māui* or the North Island) from the depths of the Pacific Ocean.

In Hauraki Māori tradition, the fish is likened to a stingray, with the Wellington Region being its head, the Northland Peninsula its tail, and Coromandel Peninsula its barb or spine. The English name for the peninsula comes from HMS Coromandel, a ship of the British Royal Navy that stopped at Coromandel Harbour in 1820 to buy kauri spars.

The peninsula is steep, hilly and largely covered in bush. The Coromandel Range forms most of its spine, with the Moehau Range at the

northern end providing the highest point at nearly 900 metres. Its rugged nature means that much of it is relatively isolated, and the interior and northern tip are both largely undeveloped and sparsely inhabited.

The Coromandel Forest Park covers much of the inland part. Numerous small islands and island groups lie offshore.

The area was once known largely for its hard-rock goldmining and kauri forestry industries, but is now a popular tourist destination. Most mining ceased around the 1980s, but (regrettably) a resumption is now mooted on conservation land.

Almost the entire population lives on the narrow coastal strips. Only five towns have populations of

Above: Time for a picnic lunch at Chums Beach.

Your favourite walk could win you a free subscription

We are looking for readers' favourite New Zealand walks. Many of us go out regularly walking on a route which we class as our favourite, for a number of reasons. Perhaps because of its scenery, it's safe, it's challenging, it's flat, it's hilly, it's varied, or for whatever reason.

We would like you to tell us in your own words what is your favourite walk and why. Email us a story from say 250 up to 1200 words including a photo or photos.

We will now give you a FREE subscription (six months or more, depending on the article), or extension to Walking New Zealand magazine for walks published.

You can also post an article to Walking New Zealand, Freepost 78863, P O Box 1922, Palmerston North, or fax 06-358-6864.

If sending a photo by email please make sure photos are in high resolution.

Our email address is: walkingnz@xtra.co.nz.

Please put “My Favourite Walk” in the subject line and include your name and postal address.



Hidden gems of the Coromandel

Above left: crossing a stream at Te Karo Bay. Below left: Walking on the sands at Opito Bay. Below bottom: A group on Opito Bay headland.



over 1000 (Coromandel, Whitianga, Thames, Tairua and Whangamatā), and of these only Thames and Whitianga have populations over 5000. The peninsula is a popular place to live for people who have chosen an alternative lifestyle, especially those who have left Auckland.

Throughout Coromandel there is a plethora of grand walks. Some, such as Cathedral Cove and the Fletcher Bay to Stony Bay Walkway, are well-known, but hidden away in more obscure corners are several lesser-known paths that are remarkable for their sheer beauty. They are seldom visited, but worth seeking out.

Here I highlight six of them, all less than two hours walking time.

Prior to contact with Europeans, the Tahanga Quarries of Ōpito Bay were an important source of basalt (*karā* or *pakawera*), which Māori used in the production of stone tools such as adzes (particularly 1300–1500 AD). The only way to get to it is via Kuaotunu Village, following Black Jack Road through Otama Beach to its very end.

Walk southeast along Ōpito Beach and ascend the 196 steps up to the pā site on the headland. Once at the top of the steps, walking around the huge site is much easier. Outstanding views of the Mercury Islands await you.

On the way back be sure to divert from the beach (at a white post) around to the stunning Crayfish Cove, a small horseshoe-shaped bay with colourful geology and turquoise water.





Above left: The still waters of Crayfish Cove.

Above middle: The view looking out from Opito Bay.

Above right: A photo opportunity at Sailors Grave.

New Chums Beach was once voted by Lonely Planet as one of the top ten beaches in the world. Follow the sand from the northern end of Whangapoua Beach, cross the stream, and pick up the trail above the high tide mark. Some rock-hopping may be necessary.

Branch left over the low headland to this wonderful long stretch of white sand, lapped by clear water, backed by native bush and overhung by pohutukawa trees.

As this beach is only accessible by foot, it is never crowded. Fortunately, proposals by various companies to fringe it with condominiums have been thwarted over the years, thus preserving a true scenic icon.

It is a tricky scramble to reach the pā site at the top of the headland on your return, but it affords well-preserved terraces and spectacular vistas.

When early timber millers began extracting kauri from the Coromandel, they were thorough and few large trees escaped.

One such remnant is found at the Waiau Kauri Grove and Falls, located on the 309 Road, 8 km from the turnoff just south of Coromandel township.

Two minutes from the road is the small but pretty Waiau Falls, with a popular swimming pool. From that point, the rare patch of mature kauri forest deep in the ranges is accessible via an excellent short track. The boardwalk at one point completely surrounds the imposing trunk of a large kauri, so it's possible to get up close and personal and feel the texture of the bark.

A short loop walk leads to an unusual double-trunked specimen—two seedlings which grew together and fused at the base.

Sailors Grave (Te Karo Bay) is a small sand cove and it really does have a sailor's grave. In May 1842, 22 year old William Samson from the British Navy ship HMS Tortoise was accidentally drowned here after the boat he was in overturned. According to the original headboard "he drowned in the surf".

His lonely grave, surrounded by a white picket fence, is now maintained by the New Zealand Navy. To reach it, turn off SH25 4 km north of Tairua and proceed down Sailors Grave Road to the beach.

Below the carpark, cross the stream to the grave, then continue on the short 20min walk over the headland to the magnificent sandy



Middle right: The Waiau Falls.

Below right: The double tree trunk at Waiau Kauri Grove.





Kakamatua

Auckland's premier dog-friendly beach destination

By Ren Taylor

My favorite repeat walk is a famous dog beach walk in the Manukau Harbour, West Auckland.

Kakamatua Inlet has a short walk through dense forest lined with nikau and runs alongside the river which you follow to the beach.

It's wide open and different every time depending on the tide and wind. Walking out to the rocks at the edges of the bay have mussels and lots of signs of life in the rockpools.

This beach feels far from the city even though it isn't. The sky seems big as does the harbour. Once a year there is the mysterious deafening chorus of frogs in the wet field out of reach from the track.

Refreshing and mercifully flat this is a meet up spot for dogs to run around gleefully delighting in the sea and sand.



Hidden gems of the Coromandel

beach at Otaru Bay. From here you can continue on to Lynch Stream via a coastal bush track, steep in parts.

The turnoff to Opoutere is 10km north of Whangamata, and beach access is a further 5km from the turnoff. The Opoutere Forest to Beach Trail affords a taste of what the Coromandel coast was like before the baches.

It begins by crossing a tidal mangrove-lined stream and then wanders through pine-covered dunes to the sea. Even in the summer it is not hard to find a solitary spot on this wide sweep of pristine littoral, since a 15-minute walk from the carpark seems too much for most people. It is

just a matter of strolling along. Nesting grounds for dotterel are usually roped off in the summer.

Edwards Lookout in the Kaueranga Valley, 14km beyond the Visitor Centre, yields great reward for effort.

The 1.4km return track starts just beyond the Whangaiterenga campsite (a good parking place). It is a steady uphill walk through manukatawai forest on an excellent metalled path, leading to a rocky outcrop and saddle high above the river.

From here there are fantastic views up the valley and deep into the ranges, with Table Mountain to the left and the Pinnacles to the right. Below, the road slices through the upper reaches of the valley, now entirely bush-covered, with few visible traces of the substantial timber extraction industry which stripped the hills of their kauri forests.

The *Footsteps Walking and Travel Club* exists to enable walkers to undertake the best day walks that each region of New Zealand has to offer. *Captivating Coromandel* is scheduled for the next round of excursions 2-8 February 2025, and it one of their most popular options.

So if you would like to visit the places described above, and are already thinking about next summer, get in touch (021 172 3244, footstepsanz@gmail.com), or visit their website www.footstepswalkingclub.com.

Above left: The group at Otaru Beach.

FOOTSTEPS



PATAGONIA DAY-WALKS TOUR

16 Nov -1 Dec 2024

www.footstepswalkingclub.co

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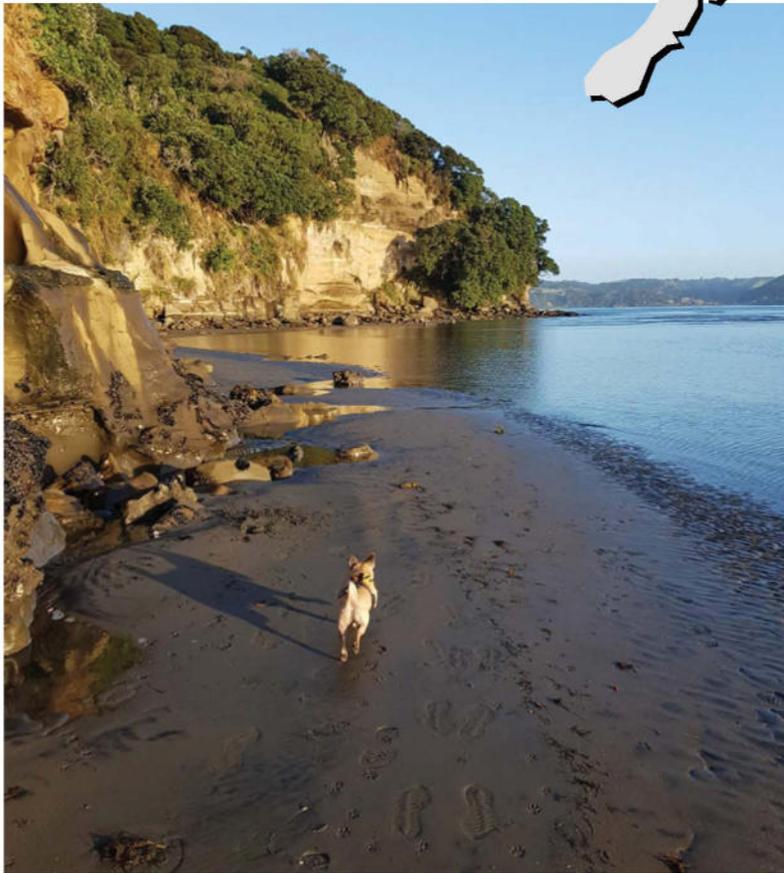
021 172 3244

footstepsanz@gmail.com

Inlet:



*Above right: This little fellow is enjoying himself.
Below left: Towards the end of the sandy beach.
Below right: Plenty of space to go for a run.*



One of the best dog walking beaches

by Ren Taylor

Nestled just 40 minutes from Auckland's city center, Kakamatua Inlet is a true gem for dog owners looking to give their four-legged friends a fun and relaxing day out.

This picturesque coastal area offers a wealth of features that make it one of the best dog-friendly destinations in the Auckland region.

The main draw of Kakamatua Inlet is its expansive, off-leash beach that is accessible year-round. At low tide, the beach opens up to reveal a vast expanse of soft sand perfect for dogs to run, play, and swim to their heart's content.

The calm, gently sloping waters make it an ideal spot for pups to build their confidence and learn to swim.

Beyond the beach, Kakamatua Inlet also features a scenic bush walk that leads to the nearby Cornwallis Beach.

While dogs must be kept on a leash for this portion of the trail, it's a beautiful way to explore the local flora and fauna.

The walk winds through lush greenery and passes by a fresh-water stream, providing ample opportunities for dogs to stop for a refreshing drink.

One of the best things about Kakamatua Inlet is its popularity among other dog owners. The beach is often bustling with friendly pups and their humans, making it a great place for dogs to socialize and burn off excess

for a fun day out with your furry friend or a chance to help your pup build their confidence in the water, Kakamatua Inlet is sure to deliver.

NORTH ISLAND

NORTHLAND

BAY OF ISLANDS

BAY OF ISLANDS WALKERS: Saturday (AM), Jacqui Watson 022-601-9741, Roz Whittaker 021-063-1455

DARGAVILLE

DARGAVILLE TRAMPING GROUP: Last Sunday of month (AM), Lynley Thompson 021-102-3974, colvilleestate1@gmail.com

WHANGAREI

CARDIAC CARE WALKING GROUP: Wednesday (AM or PM), Jo or Hugh Knight 09-438-7976

KIWI SENIORS WALKING GROUP: Monday (AM), Kensington Reception, 09-437-4404

GREEN PRESCRIPTION WALKING GROUPS: 0800-228-483

HARRIERS WALKING GROUP: Tuesday (AM), Wednesday (PM), Thursday (AM), Val Babe 09-437-1657

HIKURANGI WALKING GROUP: Tuesday (PM)

KAMO 60's UP: Monday, Thursday (AM), Yvonne 09-435-1101

KIKIPUNGA WALKING GROUP: Tuesday (AM), Barbara Derrick 09-435-0746

WAIPU WALKING GROUP: Wednesday (AM)

WHANGAREI TRAMPING CLUB: Sue Guyatt 09-436-1441

GREATER BARRIER ISLAND

BARRIER TRAMPING & BEER LOVERS CLUB: Sunday, John Brock 09-429-0211

AUCKLAND

OUTDOOR ACTIVITIES CLUB: midweek, weekends (BIA), walks, tramps, www.oacnz.org, OutdoorActivitiesAuck@outlook.com

AUCKLAND NATURAL HISTORY CLUB: Every second Sunday, (AM), (IA), www.aucklandnaturalhistoryclub.org

ALPINE SPORTS CLUB: Tramps, walks, cycling, Sunday, Saturday, Marianne Rienhard 09-575-2429

ALPINE SPORTS CLUB: Sunday, Saturday & weekdays, tramps, walks, Beryl Borthwick 09-444-9667 or Sue Fitzpatrick 09-576-1069

THUMBS UP ADVENTURE GROUP (TUAC): Alan Grigg 027-493-6850, Libby 021-137-1488, Leonie 021-222-8982, www.tuac.co.nz

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, info@wops.co.nz, www.wops.co.nz

AUCKLAND CENTRAL

AUCKLAND YMCA MARATHON CLUB, (Walkers Section), Sunday (AM), Helen Meyer 09-815-1444

AUCKLAND CATHOLIC TRAMPING CLUB: Sarah Hart 09-625-7891, actc.trampingclub@gmail.com

AUCKLAND WALKERS & JOGGERS CLUB: Tuesday, Thursday (PM), Sunday (AM), (BIA), chubadajc@gmail.com, www.joggers.co.nz

AUCKLAND PRESBYTERIAN HARRIER & WALKING CLUB: Michael Vickers, 09-579-5355

AUCKLAND BAPTIST TRAMPING CLUB: Sunday Monthly (PM), (BIA), John McCarthy 027-289-3543

RACEWALKING AUCKLAND: Sunday (AM), Grant 09-299-5634, www.sportsground.co.nz/racewalkingauckland/

AUCKLAND TRAMPING CLUB: Tony Walton 09-630-2591 www.aucktramping.org.nz

AUCKLAND UNIVERSITY TRAMPING CLUB: Michelle Lee 09-358-1296

AUCKLAND WALKING GROUP: Sunday Monthly, Jashil Rana, jashilrana@gmail.com

BLOCKHOUSE BAY WALKING CLUB: Ces Gussey 09-837-5441

ELLERSLIE Y'S WALKING CLUB: Olive Andrews 09-634-4148

EAST AND BAYS RUNNERS & WALKERS: Glendowie, Saturday, Sally 09-522-5321

EPSOM Y'S COMMUNITY CENTRE WALKERS: Tuesday/Thursday (AM), Ray Neems 021-086-25639, Barry Farrell 021-083-23529

LYNFIELD Y'S WALKING CLUB: Mt Roskill, Sunday (AM), Marlene 09-827-2737, Danny 09-627-9993

MT ALBERT Y'S WALKING GROUP: Tuesday Friday, (AM), 09-846-0788

MT ROSKILL COMMUNITY HOUSE: Theresa McDonald, 09-624-3281

OUTDOOR ACTIVITIES CLUB AUCKLAND: midweek, weekends (BIA), walks, tramps, www.oacnz.org, OutdoorActivitiesAuck@outlook.com

ST HELIERS HIKERS: First/Third Wednesdays (all day), Glenn 09-528-9726

STEP OUT WALKING GROUP: Thursday (AM), Olivia 09-555-5164

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Donna Sheppard, info@wops.co.nz, 09-535-8239, www.wops.co.nz

WEST AUCKLAND

BLUETOP WALKERS: Henderson, Tuesday, Thursday (AM), Terry Wilson 09-814-9523 or 021-266-1071, terryandsheena@gmail.com, www.bluetopwalkers.weebly.com

FLA OIA WOMEN'S DEVELOPMENT WALK GROUP: Monday to Saturday, Anne, 09-813-0021

FIT4LIFE: Glenfield, Monday (PM), Friday (AM), Sarah 021 534 649

FOOTSTEPS: Saturday (AM), John 09-410-2995

GLEN EDEN WALKERS: Oratia Bowling Club, Tuesday (AM), Ethel Denscombe 09-818-3561

GLEN EDEN ATHLETIC CLUB WALKERS: Glen Eden, Wednesday (PM) and Saturday (AM), Neil Turner 09-817-6230

GREEN BAY MUMS BUSH WALKERS: Every second Monday, Anne

09-827-7810 or 09-817-5867

KELSTON MORNING WALKERS: Kelston C.C. Tues (AM), Joy Martin 09-838-6553

KELSTON TWILIGHT WALKERS: Kelston, Tuesday (PM), Joy Martin 09-818-6084

KUMEU WALK GROUP: Kumeu, Friday (AM), Mary Davies 09-412-2262

LYNNMALL SHOPPING CENTRE KIWIFIT CLUB: Monday, Wednesday (AM), (BIA), 09-826-2333

LYNFIELD WALKING CLUB: Mt Roskill, Sunday (AM), Marlene 09-827-2737, Danny 09-627-993

LYNNDALE AMATEUR ATHLETIC & HARRIER CLUB: Wednesday and Sunday (AM), Mic Baker 09-626-3232

MASSEY ATHLETIC CLUB: Sunday (AM), Shena McGregor 09-412-8076

MASSEY JOGGERS & WALKERS: Sunday (AM), Kerry Watt 09-838-6665 or 021-517-049

NEW LYNN ACTIVE 35+ WALKING GROUP: New Lynn, Wednesday, Lorraine, 09-827-8663

RANUI MORNING WALK GROUP: Monday to Friday (AM), Judith 09-832-5692

RANUI TWILIGHT WALK GROUP: Monday, Wednesday, Glenys 09-832-4069

RIVERHEAD WALK GROUP: Wednesday (AM), Dane Brown 09-412-9952

SUMMERLAND WALKERS: Henderson, Tuesday, Thursday (AM), Lyn Mountier 09-838-1599

TE ATAU PENINSULA WALKERS: Monday, Friday (AM), Wednesday (PM), Mary Jones 09-834-6989

TE ATATU SOUTH ACTIVE 35+ WALKING GROUP: Te Atatu South, Wednesday, Edna, 09-834-1401

THE HAPPY WANDERERS WALKING GROUP: Wednesday (AM), Joy Williams 09-817-2464 or 027-353-3434

TITIRANGI TWILIGHT WALKERS: Tuesdays, Thursday, (PM) Titirangi Library, Wednesday (PM) Glovers Real Estate Green Bay, Louise 021-437-547, louisichenolson@xtra.co.nz

TITIRANGI WALKERS: Sundays (AM), John Harris 09-627-0099, jeanah@hug.co.nz

Y'S WALKING HENDERSON: Tuesdays, Thursday, Sarah, 09-836-8031

Y's Walkers, Mt Roskill, Sunday (AM), Dan Gofin 09-627-9993

WAIATARUA WALKERS: Oratia, Saturday (AM), 09-814-9945

WANDERWOMEN ADVENTURES: 09-360-7330

WALKING WAITAKERE WEDNESDAY WALKS: Wednesday, (AM), May to October, Kay Lindley 09-837-8820

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Donna Sheppard, info@wops.co.nz, 09-535-8239, www.wops.co.nz

WEST AUCKLAND TRAMPING CLUB: Sunday (AM), www.westaucklandtrampingclub.co.nz

NORTH SHORE

10,000 STEPS HARBOUR CLUB: Harbour Sport 09-415-4610

60's UP TORBAY/BROWNS BAY: Wed (AM), Jan Elliott 09-473-3811, Josette Westcott 09-479-8159

ABERDEEN ROAD WALKERS: Campbells Bay, Saturday (PM), Patsy Hulse 09-410-9353

BUSH WALK & TALK: Margi Keys, 09-443-6919 or 0274-481-581

BIRKENHEAD PROBUS CLUB: Albany, Tuesday (AM), Tracy Watson 09-414-5351

BROWNS BAY/TORBAY 60's UP MOVEMENT: Wednesday (AM), Roy Urlic 09-473-8777

CALLIOPE ATHLETICS WALKERS & HARRIERS: Northcote, Wednesday (PM), Gaye Green 09-444-7946

DEVONPORT WALKERS: Devonport, Tuesday, Thursday Sunday (AM), Pat & Jim McKay 09-445-2743

DEVONPORT FRIDAY WALKING GROUP: Devonport, Friday (AM), Naomi Gardyne 09-445-4303

EAST COAST BAYS WALKERS: Browns Bay, Tuesday, Friday (AM), Pam Mattson 09-302-4882 or 021-268-4154, pam_4882@yahoo.co.nz

GREENHITHE WALKING GROUP: Greenhithe, Tuesday (AM), Marjorie Andrew 09-413-9065

HIGHBURY COMMUNITY HOUSE: Highbury, Thursday, Friday (AM), Judy Mayn 09-480-5279

MAIRANGI WALKING NETWORK: Mairangi Bay, Everyday (AM), Paula Cole 09-444-6435

MILFORD MALL WALKERS: Greenhithe, Tuesday, Thursday, (AM), Carol Mosedale 09-443-2054

MILFORD MENS PROBUS: Ian Hall 09-479-4259

NORTH SHORE DIABETES SUPPORT GROUP: Every second Sunday (AM), Dave or Panny 09-476-7447

NORTH SHORE TRAMPING CLUB: Falk Werner mail@nstc.org.nz, www.nstc.org.nz

NORTHCOTE WALKING GROUP: Northcote, alternative Tuesdays, Brucilla Wright 09-480-0150, brucilla.wright@xtra.co.nz

TORBAY WALKERS: Torbay, Wednesday (AM), Lorna Stewart, 09-473-8731

WALKERS & TALKERS: Campbells Bay, Wednesday (AM), Brenda Gray 09-410-4019, Dorothy Ensor 09-478-6702

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Donna Sheppard, info@wops.co.nz, 09-535-8239, www.wops.co.nz

NORDIC WALKING GROUPS

Acacia Cove Nordic Walking Group: Sunday (AM) Jenny Wills 09-267-5416

Bridge the Gap Nordic Walkers: Sunday (AM), Sheila Milbourn/

Margaretha Cooper 027-537-0944/021-141-3801

Cornwall Park Nordic Walking Group: Saturday (AM), June Stevenson 09-361-6636 or 0274-383-923

Cornwall Park Nordic Gold (Senior Group) Monday (AM), June Stevenson 09-361-6636 or 0274-383-923

North Shore Nordic Walkers Sunday (AM), Marie McLisky 09-475-5247 or Judy Hawkins (after 6pm) 027-572-2474

Pakuranga Nordic Walkers: Thursday (AM) Deidre Nielsen 09-271-3324

YMCA Nordic Walkers Thursday (AM) June Stevenson 09-361-6636 or 0274-383-923

RODNEY

ABERDEEN ROAD WALKERS: Campbells Bay, Saturdays (PM), 09-482-1172

10,000 STEPS HARBOUR CLUB: Harbour Sport 09-415-4610

ARIKI WALKERS: Snells Beach, Mondays (AM), Ivan Melville 09-425-4999

HEALTH IN ACTION: (BIA), Susie George 09-426-1269

HELENSVILLE WALKERS: Helensville, Tuesday (AM), Janet Heron 09-420-8773

HIBISCUS COAST WALKERS: Sunday (AM), Wednesday (PM), Kevin Tiller, 09-426-6461, 021-0265-1534

LEISURE WALKERS: Whangaparaoa, Thursday (AM), Pam Jordan 021-136-6129, pajordan0452@gmail.com

MONDAY WALKERS: Monday (AM), Snells Beach, 09-Lyne Melville 09-425-4999

SCOTTS LANDING WALKING GROUP: RD2, Warkworth, Sunday (AM), Angela McIntyre 09-425-5854

SNELLS BEACH WALKING GROUP: Warkworth, Wednesday (AM), Jenny Burton 09-425-5583

WELLSFORD ROAD RUNNERS & JOGGERS: Second Sunday (AM), Thursday (AM), Robert Scott 09-425-8089 or Heather Rankin 09-431-4692

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Anne 09-480-5424, www.wops.co.nz

WAIHEKE ISLAND

WAIHEKE ISLAND WALKING GROUP: Saturday (PM), Shaona Maddle, 09-372-6645

COUNTIES/MANUKAU

HOWICK TRAMPING CLUB: Sunday (AM), (BIA), Margaret Freeman 027-227-2427

PUKEKOHE JOGGERS & WALKERS GROUP: Tuesday Thursday, Sunday (AM), 021-042-1325

WAIUKU WALKING GROUP: Information Centre, Monday, Wednesday, Friday (AM),

ONEWHERO KIWI SENIORS WALKING GROUP: Merlene, Walker, 09-232-8844

PAKURANGA ATHLETIC CLUB: Tuesday, Thursday 9am (BIA), Linda Mitchell, 09-532-8442

PAKURANGA KIWI SENIORS WALKING GROUP: Monday, Wednesday (AM), 09-576-9739

POKENO TRAMPING GROUP: 1st and 3rd Sunday, (BI) Marlene Lynam 027-647-8422, pokenotrampinggroup@gmail.com

MANUKAU TRAMPING CLUB: Judith Walker, 09-296-6977

MANGERE BRIDGE WALKING GROUP: Tuesday, Thursday (AM). Meet at Village Square

MANUREWA Y'S WALKING GROUP: Clendon Recreation Centre, Tuesday, Thursday (AM), 09-266-1100

HOWICK PICTON CENTRE WALKERS: Howick Picton Centre, Monday, Thursday (AM), 09-534-2712

HOWICK Y'S WALKERS: Tuesday, Thursday (AM), 09-534-5153

PUKEKOHE TRAMPING CLUB: Mark Leys 09-294-8927, mleys@orcon.net.nz

TOI TOI TREKKERS TRAMPING CLUB: Noel Newsome 09-278-4962

WAIKATO

HAMILTON

NAWTON WALKING GROUP: Rene Smyth, 07846-3245

CHARTWELL WALKING GROUP: Monday (AM), Carrie Haak 07-855-4281

DINSDALE WALKING GROUP: Monday (AM), Val Russell 07-847-6539

ENDERLEY WALKING GROUP: Tuesday (AM), Leonie Smith 07-855-2224

HAMILTON TRAMPING CLUB: Alan Bigham 07-856-4646

NAWTON WALKING GROUP: Monday Tuesday (AM), Roslynn Billman 07-847-4873

SILVERDALE WALKING GROUP: Sister Anne Marie Jones 07-856-8980

FLAGSTAFF WALKING GROUP: Monday Wednesday Friday (AM), Gillian Bartram 07-854-0069

WESTFIELD MALL WALKING GROUP: Tuesday (AM) Westfield Mall Chartwell

HAMILTON MARATHON CLINIC: Tuesday (PM), Sunday (AM), Ross Murphy 027-474-1213 or Michael Robinson 027-322-5335

TOD SQUAD: Friday (AM), Julie 07-829-4579

Y'S WALKERS: Monday, Wednesday, Friday (AM)

MONDAY BUSH TRAMPERS: Monday, Marian 07-828-9029

BREAKAWAYS BUSH WALKING & TRAMPING CLUB: Sandra Woods 027-296-9836

WAIKATO TRAMPING CLUB: www.wtc.org.nz or Stu Kneebone 07-827-3097

WANDERERS TRAMPING CLUB: Colin 07-855-1335

CAMBRIDGE

CAMBRIDGE WALKING GROUP: Monday, Wednesday (AM), Sharon Woodings, 07-827-6033

LEAMINGTON WALKING GROUP: Wednesday (AM), Sharon Woodings, 07-827-6033

KAIHERE/PATETONGA

KAIHERE/PATETONGA WALKING GROUP: Wednesday (PM), Julie Stephenson 07-867-7011

MATAMATA

MATAMATA WALKERS: Tuesday, Friday (AM), Corry Crabb 07-888-8412

MATAMATA TRAMPING & WALKING GROUP: Shirley Hickson 07-882-1355, brian.shirl@clear.net.nz

MORRINSVILLE

MORRINSVILLE WALKERS: Wednesday (AM), Ruth Stanley 07-880-9088

OTOROHANGA

OTOROHANGA WALKING GROUP: Friday (AM)

PAEROA

PAEROA WALKING GROUP: Monday, Wednesday (AM), Elaine Lally 07-862-8409

PAEROA LUNCH WALKERS: Monday Wednesday Friday, Julie Stephenson 07-867-7011

PUTARURU

PUTARURU WALKING GROUP: (BIA) Hazel Murphy, 07-883-7927

PIOPIO

SILVERADOS EXERCISE GROUP: Wednesday (PM), June O'Donoghue, 07-877-8492

TAIRUA

TAIRUA WALKING GROUP: Tuesday, Thursday, Mike Lord, 07-868-6025

THAMES

THAMES WALKING GROUP: Monday, Friday (AM), Mike Lord, 07-868-6025

TAUPO

TAUPO HARRIER CLUB WALKING SECTION: Saturday (PM), Wednesday (AM), 027 758 3410

TAUPO TRAMPING CLUB: Wednesday (AM), Thursday (AM), Weekends (AM or PM), Sarah Bloomer, 027-693-3709

MONDAY WALKERS: Monday (AM), (BIA), 027-592-2994

WEDNESDAY WALKERS: Wednesday (PM), (I), info@sportwaikato.org.nz

TE AROHA

TE AROHA WALKERS: Thursday (AM), Ruth Stanley 07-880-9088

TE AROHA TRAMPING CLUB: Every second Sunday, Judy Forsman 07-884-8841

TE AROHA TREKKERS: Wednesday (AM), Frances Harrison 07-862-8184

TE AWAMUTU

TE AWAMUTU TUESDAY TRAMPERS: Tuesday, Ave Wooding 027-277-0209, Ely Peiper 027-277-3543

TE AWAMUTU WALKING GROUP: Monday, Wednesday, Friday (AM), Jan Jefferies 07-889-7032

TE AWAMUTU MARATHON CLINIC: Sunday (AM), (BIA), Hillary Thomas 027-296-3087

TE KUITI

TWILIGHT WALKING GROUP: Monday, (PM), (BIA), Dede Downs, 07-878-7867

TOKOROA

TOKOROA ALPINE CLUB: Midweek, Christine 07-886-7294

BAY OF PLENTY

COROMANDEL

COROMANDEL TOWN WALKERS: Tuesday, Thursday (AM) 07-866-7101 or 07-866-8560

KATIKATI

KATIKATI TRAMPING CLUB: fortnightly weekends (AM), Maddy Pyle 07-552-0215

KAWERAU

KAWERAU WALKERS: Kawerau, Thursday (AM), (B), Sport Bay of Plenty, 07-308-8304

HARRIERS WALKERS: Kawerau Thursday (PM), (A), Sport Bay of Plenty, 07-308-8304

ROTORUA

CROSS COUNTRY WALKERS: Tuesday, Thursday, (AM), (A), Sue Jenkins 07-332-5929 or 027-332-2692, suzjay48@gmail.com

LAKE CITY ATHLETIC CLUB WALKERS GROUP: Tuesday, Thursday (PM), Sunday (AM), Rob Colledge 07-348-7768, info@lakecity.co.nz, www.lakecity.co.nz

GREEN PRESCRIPTION WALKING GROUP: TMonday and Thursday (AM), (B), Melissa Gordon 07-348-4125

HEART SUPPORT WALK GROUP: Tuesday (AM), Wally Walford 07-347-6173

MOKOIA COMMUNITY CENTRE WALKERS: Wednesday (AM), (B), Melissa Gordon 07 348 4125

SPRINGFIELD STROLLERS: Wednesday (AM), (BIA), Glenys Searancke 07-348-4243

ROTORUA TRAMPING & SKI CLUB: Sundays (AM), Trevor Cochrane 07-345-6362

ROTORUA WALKING CLUB: suzejay48@gmail.com

ST BARNABAS WALKING GROUP: Friday (AM), (BIA), Joy Gordon 07-357-5744

THE THURSDAY STROLLERS: Thursday (AM), (B), Myrtle Raxworthy 07-346-3772

U3A WALKING GROUP: 2nd and 4th Fridays (AM), Ann Sullivan 07-348-1991 annsullivan822@gmail.com

WALKING WITH JOY: Tuesday (AM), (BI), Elaine Wood 07-349-4228

TAURANGA/MT MAUNGANUI

AGE CONCERN: Tauranga, Wednesday (AM), 07-578-2631

CITY ON ITS FEET: (COIF) (BIA) For days and time phone Sport Bay of Plenty 07-578-0016

STEPPING OUT JOGGING CLUB: Monday, Wednesday, (AM), (IA), 07-544-0316

FOREST & BIRD SOCIETY: Secretary, Tauranga. branch@forestandbird.org.nz, Tauranga

HEALTHY HEART CLUB: Monday, Wednesday, Friday (AM), (B), YMCA, 07-578-5891

KAIMAI RAMBLERS TRAMPING GROUP: Wednesday, Roger 07-544-1622

Y's WALKERS: Monday, Wednesday, Friday (AM), YMCA, 07-578-5891

MOUNT RUNNERS & WALKERS: Tuesday, Friday, Sunday, info@mtrunnersandwalkers.co.nz, www.mtrunnersandwalkers.co.nz

ARTHRITIS FOUNDATION: MONDAY (AM) 07-576-2469

NORDIC WALKING AT THE MOUNT: Monday, Wednesday, Saturday, Steffi 07-574-7527

NORDIC WALKING IN TAURANGA: Monday, Wednesday, Mary 07-577-0711

MT MAUNGANUI RSA WALKING CLUB: Tuesday, Thursday, Sundays (AM), (BIA), Kieran Jensen 07-572-0626

50 FORWARD WALKING GROUPS: Sport Bay of Plenty 07-578-0016

TAURANGA MID-WEEK TRAMPING GROUP: Pat 07-544-0670

TAURANGA ROAD RUNNERS: Sunday (AM), Simon 027-577-1450

TAURANGA RAMBLERS: Malcolm 07-544-2369 or Rod Taylor 07-576-4207

TAURANGA TRAMPERS NETWORK: Natalie Bird 07-576-0016

TAURANGA TRAMPING CLUB: Christine Rawnslay 07-578-9984

PAK N BOOTS: packnboots@gmail.com

TE PUKE

TE PUKE WALKERS: Tuesday (AM), 07-573-8306

WAIHI

WAIHI STRIDERS: Wednesday (AM), Julie Stephenson 07-867-7011

WAIHI STROLLERS: Friday (AM), Julie Stephenson 07-867-7011

WAIHI MONDAY TRAMPING: Monday (AM), Marie 07-863-4633 or Barry 07-863-4597

WHAKATANE

SUNSHINE WALKING GROUP: Whakatane, Tuesday (AM), (I), Graham Thomas, 07-307-9800

HARRIERS WALKERS WHAKATANE: Saturday, (PM), (I), Noel Jones, 07-308-7101

NGA-TAPUWAE O-TANEATUA TRAMPING CLUB: Whakatane, Ohope, Opitiki, Kawerau; John Keene, john.keene@clear.net.nz

WHITIANGA

WHITIANGA WALKING GROUP: Monday, Thursday (AM), Sandy Shultz 07-869-5338

WHANGAMATA

WHANGAMATA RAMBLERS: Ron Le Noel, 07-865-9475

WALK WHANGAMATA: Everyday (AM), from Surf club

WHANGAMATA WALKERS: Tuesday (AM), 07-865-8182

WHANGAMATA TRAMPING CLUB: 07-865-9110

EAST COAST

GISBORNE

GISBORNE CANOE & TRAMPING CLUB: Gillian Ward 06-867-4591

GISBORNE RUNNERS & WALKERS: Norma Miller 06-868-7477

WAIROA

WAIROA WALKING GROUP: Sara Rangī, or Denice Gasson 06-838-3071

HAWKES BAY

HASTINGS

FLAXMERE WALKING GROUP: Tuesday, Thursday (AM), (BI), Maisy 06-879-7077

HASTINGS WALKING GROUP: Monday (AM), (I), Eddy 06-876-3371

HASTINGS WALKING GROUP: Tuesday (PM), (BI), Templey 06-873-0971

HAVELOCK NORTH WALKING GROUP: Monday, Thursday (AM), (BI) Janet 06-878-4317

KIWI SENIORS: Eana Young 06-845-9333 x708

RUN WALK HAWKES BAY: Wed (PM), Sunday (AM), Bernie Bowden 06-876-9701, www.runwalkhb.org.nz

NAPIER

AHURIRI WALKING GROUP: Friday (AM), (I), Diane Turner 06-844-4114

NAPIER WALKING GROUP: Thursday (AM), (I), Lyn 06-835-7704

NAPIER SOUTH WALKING GROUP: Friday (AM), (B), Maria Rogers 06-843-1225

RUN WALK HAWKES BAY: Wed (PM), Sunday (AM), Mike Sheely 06-843-7804, www.runwalkhb.org.nz

LEGEND

Fitness levels: "B" beginner, "I" intermediate, "A" advanced. (AM) denotes morning walk, (PM) denotes an afternoon or evening walk. Group co-ordinators are asked to please advise us of any updates by fax 06-358-6864 or email walkingnz@xtra.co.nz.

Ys WALKERS: Tuesday, Thursday, Napier, Kay Hacche 06-844-4891 or Lance Connolly 027-464-2018

TARADALE/GREEN MEADOWS

TARADALE/GREEN MEADOWS WALKING GROUP: Monday (AM), (IA), Diane Turner 06-844-4114

WAIPIKURAU

WAIPIKURAU WALKING GROUP: Thursday (AM), Eleanor Green 06-857-8612

TARANAKI

INDEPENDENT WALKERS TARANAKI: Saturday (PM). North: Ray/Mary 06-756-7798. Central: Wallace/Nancye 06-762-2861. South: Alan/Jean 06-278-6846

NEW PLYMOUTH

TIME FOR ME WALKS FOR WOMEN: Friday (AM), (I), Glenice 06-758-3974

FRONT RUNNER GROUP: Monday (PM), (BIA), Kelvin & Michelle Giddy

FITZROY WALKING GROUP: Monday, Wednesday, Friday (AM), (IA), Marlene 06-758-8749 or Marilyn 06-757-2022

WESTOWN WALKING GROUP FOR WOMEN: Monday, Wednesday, Friday (AM), (IA), Karen 06-751-1361

WEDNESDAY WALKERS: Wednesday (AM), Karen 06-751-1361

SPOTSWOOD WALKING GROUP: Monday, Wednesday, Friday (AM), (BI), Allie Fitzgibbon 06-751-2304

NEW PLYMOUTH JOGGERS & WALKERS CLUB: Sunday (AM), Wednesday (PM), www.npiw.co.nz

EGMONT ATHLETICS: Karen Green, 06-758-1569

WAITARA

WAITARA WEEKLY HIKOI: Monday (PM), Waitara Netball Courts, Trevor Todd 06 754 8508

INGLEWOOD

INGLEWOOD WALKING GROUP: Monday (AM), (I), Maureen 06-756-7255

STRATFORD

STRATFORD RUNNERS & WALKERS CLUB: Saturday (PM), (BIA), 06-765-8549

STRATFORD WEDNESDAY WALKERS: Wednesday (AM), (BI), Carol Digby 06-765-7482

HAWERA

HAWERA WALKING GROUP: Friday (AM), Nancy Riddick 06-278-5784

ELTHAM

KIWI SENIORS WALKING GROUP: Monday (AM), (BIA), Maria Erkes 06-764-8984

WANGANUI

WANGANUI

CASTLECLIFF WALK GROUP: Monday (AM), Ethel Fackney 06-344-4375

RONA & GLAD'S WALK GROUP: Tuesday (AM), Rona Wright 06-344-5434

WANGANUI HARRIER CLUB: Wednesdays, Saturday (PM), Secretary, P O Box 702, Wanganui, Perry Newburn 06-343-6484

SPORT WANGANUI CLUB GOLD: Tuesday, Thursday, (AM), Karen Buckholt 06-349-2315

WANGANUI MILLENNIUM WALKERS CLUB: Sunday (AM), Darol Pointon 06-345-3137

CASTLECLIFF WALK GROUP: Monday (AM), Ethel Fackney 06-344-4375

RONA & GLAD'S WALK GROUP: Tuesday (AM), Rona Wright 06-344-5434

WANGANUI HARRIER CLUB: Wednesdays, Saturday (PM), Secretary, P O Box 702, Wanganui, Perry Newburn 06-343-6484

SPORT WANGANUI CLUB GOLD: Tuesday, Thursday, (AM), Karen Buckholt 06-349-2315

WANGANUI MILLENNIUM WALKERS CLUB: Sunday (AM), Darol Pointon 06-345-3114

WAVERLEY

SPORT WANGANUI CLUB GOLD: (AM), (BIA), Betty Morrison 06-346-5613

OHAKUNE

SPORT WANGANUI CLUB GOLD: Mondays (AM), Kerry Young 06-385-4055

MARTON

SPORT WANGANUI CLUB GOLD Wednesday (AM), Deane James 06-327-7607

LEGEND

Fitness levels: "B" beginner, "I" intermediate, "A" advanced. (AM) denotes morning walk, (PM) denotes an afternoon or evening walk. Group co-ordinators are asked to please advise us of any updates by fax 06-358-6864 or email walkingnz@xtra.co.nz.

MANAWATU

PALMERSTON NORTH

HOKOWHITU KIWI WALKERS: Tuesday, Thursday (AM), (I), Dorne Jarvis 06-357-2444

KELVIN GROVE WALKERS: Tuesday (PM), (I), Marjory Edmonds, 06-354-3342

HOT-Whitu CHICKS Saturday, (AM), (BIA), laurenparsons.co.nz/hot-whitu-chicks

MANAWATU STRIDERS: Tuesday, Thursday, (PM); Hockey Manawatu Pavilion, Manawarua Street, (BIA), Bob 027-208-3719 or Kate 027-567-3896

MANAWATU STRIDERS: Sunday (AM); Manawatu Striders Clubrooms, Manawarua Park, (behind the Esplanade Cafe), (BIA), Bob 027-208-3719 or Ross 021-708-733

PALMERSTON NORTH JOGGERS & WALKERS: Esplanade, Tuesday, Thursday, Saturday (AM), (BI), Robyn McKey 06-354-9952.

MANAWATU WALKWAYS PROMOTION SOCIETY'S MONTHLY WALKERS: Sunday (AM), (IA) Kenyon Moore 06-354-9317, k.moore@actrix.co.nz

METHODIST AGAPE FELLOWSHIP WALKERS: Wednesday (AM), (B), Lorna Goodwin, 06-358-2860

USA Exploring Walkways: Thursday (PM), (B), Lynley Watson 06-356-4384

WOMEN'S AFTER 5.30 WALKING GROUP: Tuesday, Thursday (PM), (I), Liz MacNeill 06-357-8216

FEILDING

SENIOR WALKING GROUP: Tuesday, Thursday (AM), (BI), Gail Byrnes 06-323-5470

FOXTON

FOXPEDES: Monday (PM), Foxton, Foxton Beach, (BIA), Dave Blackett, 06-363-5743, Michelle Duffy, 06-363-7987

LEVIN

LEVIN HARRIER & WALKING CLUB: Saturday (PM), (BIA), Karen Humpage 021-757-871, levinharrriers1@gmail.com, www.levin-harrriers.com

WEDNESDAY LEISURE WALKERS: Wednesday (AM), (BIA), Lila McCall, 06-367-9070

LEVIN JOGGERS & WALKERS CLUB: Tuesday, Wednesday, Sunday, (BIA), Colleen Francis 06-368-8624

WAIRARAPA

MASTERTON

WALKING GROUP RECREATIONAL: Edna Patrick, 06-377-4338

ORIENTEERING GROUP: 06-377-7961 or 379-5124

CARTERTON 40+ STRIDERS: Ada Lyster, 06-379-8746

RUAMAHANGA RAMBLERS: Winter Saturday, Summer Tuesday (PM), (BIA), Ray Wallis 06-377-0703

MARTINBOROUGH

MARTINBOROUGH WALKING GROUP: Barbara Behrent 06-306-9226

WELLINGTON

WELLINGTON

BROOKLYN WALKERS: Edith, 04-384-6799

BUGGY WALKING GROUP: First Thursday of month (AM), www.buggywalk.co.nz

CANCER SOCIETY, WELLINGTON DIVISION: Monday (AM), 04-389-8421, contact@ cancersoc.org.nz

FOREST & BIRD: 04-567-7271

ORIENTAL BAY WEDNESDAY WALKERS: Christine Blakely 04-383-6276

MT VICTORIA WALKING GROUP: Euan Harris 04-384-4770

WALK WAINUI: Monday (AM), (BIA), Shirley 04-564-6179

ISLAND BAY WALKING GROUP: Community Resource Centre, Island Bay, 04-383-7464

WALKING FOR LIFE: Lynne Waring, Miramar

KARORI WALKING GROUP: Mavis Shaw, Kelburn

KARORI ARTS & CRAFT WALKING GROUP: 04-934-8630

KANDALLAH CORNERSTONE WALKERS: Monday (AM) 04-479-5420

MIRAMAR WALKING GROUP: 04-388-1944

NEWLANDS COMMUNITY HOUSE WALKING: Tuesday (AM), 04-478-8799

TARARUA TRAMPING CLUB: www.ttc.org.nz

WEA MIDWEEK WALKERS: Hanna Harwood

WELLINGTON WEDNESDAY WALKERS: 04-388-1988

WELLINGTON CATHOLIC TRAMPING CLUB: 04-934-4729

WELLINGTON HARRIER ATHLETIC CLUB: Saturday (PM) mid March to mid October, (BIA), Veronica Gould

WELLINGTON MARATHON CLINIC: Sunday (AM), (BIA), Toni 04-478-9201

WELLINGTON MID-WEEK WALKERS: Tues, Thursday (PM), Bart Jones 04-477-3746 or David Lonsdale 04-977-8990

WELLINGTON NORDIC WALKERS: Rod McCall 04-526-6833

WELLINGTON TRAMPING & MOUNTAINEERING CLUB: www.wtmc.org.nz

WELLYWALKS: www.meetup.com/WellyWalks

WELLINGTON MEET-UP TRAMPING CLUB: www.meetup.com/Wel-

lingtonTrampingClub

LOWER HUTT

WALK FOR HEALTH: Tuesday (AM), Saturday (AM), Sunday (AM), (BIA), Joan 04 5697 188 or 022 5697 188, www.walk4health.org.nz

POSITIVELY SLIM "Health for Life Walkers: Sunday (AM) Wednesday (PM) (BIA), Jim or Barbara Mobbs 04-566-2603

HUTT VALLEY WALKERS: Saturday (PM), Carol 04-586-7784

WALKING FOR PLEASURE: 60's Plus, Melling, Molly Shephers, 04-567-5727

WOMEN'S WALKING GROUP: Wainuiomata, every second Wednesday (PM), 04-564-6019

HUTT VALLEY TRAMPING CLUB: Weekend (AM), Dennis Page 04-970-6901

KAUMATUA TRAMPING CLUB: www.kaumatuatc.org.nz

TAKE HEART WALK GROUP: Monday (AM), (BI), Neil Robinson 04-567-8741 neilrobinson747@gmail.com

LEISURE WALKERS: seniors, Tuesday (AM), Judy, 04-528-4445

HUTT VALLEY MARATHON CLINIC: Mark Potter, info@hvmc.org.nz

WALK WAINUI: Monday (AM), (BIA), Shirley 04-564-6179

ALICETOWN WALKING GROUP: Monday (AM), Karen 04-589-2646

KIWI MASTERS WALKERS: Wednesday Saturday, Sunday (PM), Richard Davies 04-566-1335 or 027-566-1335

OLDER ADULTS - LEISURE WALKING GROUP: Judy 04-528-4445

NORDIC WALKING: Sunday (AM), Silva 04-562-7671 or 021-175-4081, silva.noakes@gmail.com

PETONE COMMUNITY HOUSE WALKING GROUP: 1st and 3rd Thursday (AM), Michelle

PORIRUA MANA JOHNSONVILLE

FRIDAY WALKERS: Brian Grinstrup or Bruce Sheppard 04-237-6374

TAWA LINDEN HIKERS: 04-232-8705

CHURTON PARK COMMUNITY WALKERS: Wednesday (AM), Thursday (PM), Churton Park shops, churtonparkcw@gmail.com

WEA RAMBLERS: Muriel Thompson, Tawa

TAWA/LINDEN WALKERS: Maurice 04-232-4407 or Claire 04-232-8764

WHITBY SUNDAY WALKERS: Sunday (AM), Don Quirk 04-234-7700 or Christine Coshan 04-971-2141 g.cl@paradise.net.nz

UPPER HUTT

AURORA HARRIER CLUB: Hadley Bond 04-233-2241

TUESDAY TRIPPERS: Tuesday, Trevor Barnes 04-977-4332 or 021-158-8033 trevor.barnesnz@gmail.com

FANTAIL HIKERS: Marg Eagles, Upper Hutt

TRENTHAM UNITED HARRIER CLUB: Jon Roskvist, 021-460-877 or 04-526-6906

UPPER HUTT WALKING & TRAMPING CLUB: Thursday, Sunday, Judith O'Leary 021-508-020, kiwikipa@gmail.com

KAPITI

KAPITI CARDIAC CLUB: Tuesday, Thursday, Graham Priest 04-293-7872

KAPITI WEDNESDAY WALKERS: Wednesday (AM), https://www.facebook.com/groups/664283629041558/ and sporty.co.nz/kapiti-wednesdaywalkers

KAPITI THURSDAY WALKERS: Thursday, email kapitithursdaywalkers@gmail.com, www.sportsground.co.nz/kapitithursdaywalkers

KAPITI JOGGERS & WALKERS: Sunday (AM), Pam Childs 04-902-1754

KAPITI WANDERERS: Tuesday (alt), email: kapitiwanderers@gmail.com, www.sportsground.co.nz/kapitiwanderers

KAPITI WEEKDAY WALKERS: Monday, Wendy Stratford 04-905-7520 twstratford@gmail.com, or Julian Harris 04-905-3733 junjo@clear.net.nz

SPORT KAPITI THURSDAY WALKERS: Thursday (AM), 04-296-9022

SOUTH ISLAND

MARLBOROUGH

BLLENHEIM

50 PLUS WALKING GROUP: Monday (AM), 03-579-3101

PICTON WALK GROUP: Monday (AM), Claire 03-573-7991

NELSON

MOTUEKA

MOTUEKA 50+ WALKERS: Motueka, Thursday, www.motueka-50pluswalkers.org.nz, secretary@50pluswalkers@gmail.com

MOTUEKA TRAMPING CLUB: Day and multi day trips available, secretary.motuekatc@gmail.com

NELSON

NELSON STRIDERS: Tuesday, Thursday, (PM), (BI), Averil West, 03-548-3655

NELSON KIWI SENIORS: Tuesday (AM), 03-548-1126

WAKEFIELD WALKING GROUP: Thursday (AM), Lou Manson, 03-541-8414

TAHUNA KIWI SENIORS: Monday (AM), 03-548-1126

NELSON 50+ WALKING GROUP: Tuesday, Thursday (AM), Roger Haynes, 03-539-6402

WAIMEA HARRIER WALKERS: Saturday (PM), Sunday (AM) (BIA), Heather McNabb, 03-547-8490

WEDNESDAY WALKERS: Wednesday (AM), Visitor Information Centre

WAIMEA TRAMPING CLUB: Sunday (AM) (PM), wtc.richmond@gmail.com, www.waimeatrampingclub.org.nz

TAKAKA

GOLDEN BAY ALPINE AND TRAMPING CLUB: Regular day and overnight

tramps, Gaylene Wilkinson, Club President, beachgums@gmail.com

WEDNESDAY WALKERS GROUP: Weekly day walks, Richard English 03-525-6179 renglish@xtra.co.nz

CANTERBURY

CHRISTCHURCH

ACTIVE CHRISTCHURCH SUNDAY WALK: Sunday (AM) (BI), 03-941-8999

AVONSIDE KIWI SENIORS: Wednesday (AM), (BI), Jan 03-389-2755

AVONHEAD KIWI SENIORS: Friday (AM), (BI), Bess 03-342-7647

AFTER WORK WALKING CLUBS: around Christchurch, (BI), for all ages and fitness levels, recreation clerk, CCC 03-371-1778.

ARAI-WALKERS: Wednesday, Wainoni/Aranui, Natalie Hoani, 03-388-2593

ARTHRITIC AMBLERS: Wednesday, (B) suitable for people with physical disabilities, Trevor Randall 03-385-7446

BEXLEY KIWI SENIORS: Tuesday (AM), (BI), Kath 03388-6161

BARRINGTON KIWI SENIORS: Friday (AM), (BI), Nita 03-337-1493

BECKENHAM WALK 'n' TALK: Thursday (PM), Di 03-385-3452

BISHOPDALE RAMBLERS: Wednesday (AM) (I), Bishopdale, Paul Muir 03-359-7971

BISHOPDALE TRAMPING CLUB: Wednesday (AM), (IA), www.bishopdaletrampers.org.nz

BURNSIDE JOGGERS & WALKERS CLUB: Sunday (AM) Burnside, Anne Uys 03-342-6337

BRIGHTON RAMBLERS WALKING GROUP: Tuesday (AM), New Brighton (I), Marlene Crocker 03-388-1115

CANTERBURY RACE WALKERS ASSOCIATION: Monday, Wednesday, (BIA), coordinates all Canterbury race walkers and friendly race walking, Ann Henderson 03-387-0387

CANTERBURY UNIVERSITY TRAMPING CLUB: Wednesday (PM), Darryn Welham 03-960-3808

CARDIAC COMPANIONS: Sunday fortnight, (PM) Neville Wootton 03-942-5453

CARDIAC CARE GROUP, Marg Allison 03-366-2112

CCC EASTENDERS: Monday (AM), (IA), or Bruce 03-388-7295

CCC GARDEN CITY WALKERS: Saturday (AM) (IA), Helen 03-382-2302

CCC GLOW WORM EVENING WALKERS: Wednesday (PM) (IA), Norm Wells 03-981-5487

CCC HALSWELL: Saturday (AM) (PM), (IA), Pauline 03-322-8057: Sunday, Terrence 03-322-8092

CCC SUNSHINE WALKERS: Tuesday (PM) (IA), Jim 03-389-1982 or Hope 03-389-7997

CCC SHIRLEY RECREATIONAL WALKERS: Monday, Thursday (AM), (IA), 03-941-5409

CCC SOCKBURN: Tuesday (AM) (IA), Estelle 03-342-7841: Friday (AM) (IA), Jo 03-349-7146

CCC WEEKEND WANDERS: Sunday (PM) (IA), Marilyn 03-338-3826

CHRISTCHURCH PERSONAL GUIDING SERVICE: Daily (AM) (BIA), Cathedral Square, C Tonge 03-981-6350

CHRISTCHURCH MARATHON CLINIC: Saturday (AM), E: chchmarathonclinic@gmail.com, https://chchmarathonclinic.wordpress.com/

CHRISTCHURCH METHODIST HARRIER CLUB: Saturday (PM) (BIA), Mrs Lindsay Evans 03-355-4356

CRUSADERS WALKERS: Tuesday (BI), (50's and above age group), Pauline 03-385-9947

DARLINGTON KIWI SENIORS: Wednesday (AM), Bill 03-385-1925

DIAMOND HARBOUR RAMBLERS: Tuesday, Hunters Road, (BI), John Willis 03-329-4243

EASTENDERS: Monday (AM), Bruce 03-981-5329

ELLESMERE TRAMPING GROUP: Thursday (AM), Trish Vessey 03-329-1865

HERITAGE WALKS: Thursday, (AM), Graeme Stanley 03-980-1553

HOON HAY KIWI SENIORS: Wednesday (AM), (BI), Barbara 03-338-8306

KAIAPOI WALKERS GROUP: Tuesday, Wednesday (AM), Don Lyon 03-327-9064

KAIAPOI NORDIC WALKERS: Tuesday, Wednesday, Thursday, Friday, Trudy Blakey 03-327-4457

LAMBDA DAY TRAMPERS: every second Sunday, (BI), social group for gays and lesbians of all ages, Helen Davies 03-337-6103

LINWOOD AVENUE WALKING GROUP: Wednesday, Thursday (AM) (B), 03-389-5303

LINWOOD KIWI SENIORS: Thursday (AM), Phyl 03-389-6130

LYTTLETON WALKING GROUP: Tuesday, Lyttelton, (BI), Ada Goodwin 03-328-7235

Available at some Northland and North Shore Bookshops or contact Jean at: goldschmidt@farmside.co.nz

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MAIREHAU LADIES PROBUS, Tuesday, Leah 03-385-6310
 MARYVILLE KIWI SENIORS: Monday (AM), Valmai 03-377-8742
 MERIVALA KIWI SENIORS: Monday (AM), (BI), June 03-355-8703
 MT PLEASANT KIWI SENIORS: Tuesday (AM), (BI), Pauline 03-384-4794
 NEW BRIGHTON KIWI SENIORS: Wednesday (AM), (BI), (both walkers and strollers), Joy 03-383-4494
 NEW BRIGHTON WORKING MENS CLUB WALKING GROUP: Tuesday (I), Jenny Wilson 03-332-8818
 NEW BRIGHTON OLYMPIC ATHLETIC CLUB: Saturday (PM), Margaret Flanagan 03-355-4902
 NEW BRIGHTON HILL WALKERS: Wednesday (AM), Royce Henry 03-388-7335
 NEW BRIGHTON WALK 'n' TALK: Monday (AM), 03-941-8999
 NEW BRIGHTON STROLLERS: Wednesday (AM), Tess Hall 03-388-3237
 NEW BRIGHTON WALKERS: Wednesday (AM), Larry Jones 03-382-0201
 NO HILL WALKERS: Thursday (AM) (B), Hazel Matthews 03-385-5338
 NEW BRIGHTON NORDIC WALKERS: Tuesday, Wednesday, Thursday, Friday, Kerstin Fahrenschoone 03-388-0000
 NZ VIVENDI SOCIETY: Sunday, Janet 03-389-1609
 PAPANUI WALK 'n' TALK: Wednesday (AM), 03-941-6840
 OPAWA KIWI SENIORS: Monday, Tuesday (AM), (BI), Carol 03-332-5638
 PAPANUI KIWI SENIORS: Tuesday (AM), (BI), Elaine 03-352-7519
 PAPANUI WALK 'n' TALK: Wednesday (AM), 03-941-8999
 PARKLANDS KIWI SENIORS: Thursday (AM), (BI), Bernard Marriott 03-383-2665
 PARKLANDS WALKING GROUP: Thursday (AM), BIA, Bernard Marriott 03-383-2665
 PENINSULA TRAMPING CLUB: (Family Strollers Group), Sunday, Gloucester Street, (BIA), Merv Meredith info@peninsulatrampingclub.org.nz, www.peninsulatrampingclub.org.nz
 PIONEER STROLLERS: Thursday (BIA), Shirley Hitchcock, 03-322-7220
 PIONEER TRAMPERS: Thursday (AM) (IA), 4-5 hour tramps in Banks Peninsula and the hills and lower mountains from Mt Hutt to Mt Grey, pioneertrampers@gmail.com
 PLEASURE WALKERS: Monday, Wednesday (AM) (I), Colleen Cook 03-389-8607
 PORT HILLS NORDIC WALKERS: Tuesday, Wednesday, Thursday, Friday, Chiaki Jagau 03-981-1433
 PORT HILLS ATHLETIC WALKING GROUP: Wednesday, Friday (AM), Glen Watts 03-332-1964, Saturday (PM), Peter King 03-341-1154
 Q.E. PARK STROLLERS: Tuesday, John Plumridge 03-385-9710
 RETIREES SOCIAL CLUB: Thursday (PM) (BI), 50+ age group, Ira Williams 03-342-8172 or Carol Roscoe 03-337-5901
 RICCARTON KIWI SENIORS: Wednesday (AM), (BI), Enid 03-348-9351
 ROWLEY WALKERS: Wednesday (AM), Lee Tuki 03-373-8150
 ROVER HARRIER CLUB: Saturday (PM) (BI), Steve Mitchell 03-348-8195
 SALLY STROLLERS: Saturday, fortnight, general Christchurch, (B), leisurely pace, Margaret Bennetts, 03-322-9187
 SHIRLEY RECREATIONAL WALKERS: Monday, Thursday (AM), 03-941-5409
 "A SLICE OF HERITAGE WALKS" with Walktologist Graeme Stanley, Tues (PM) Thurs (AM), Graeme Stanley 03-980-1553
 SOMERFIELD KIWI SENIORS: Tuesday (AM), (BI), Marie 03-337-1436
 SOUTH CHRISTCHURCH/SYDENHAM WALKERS: Sunday (AM) (IA), Ray 03-332-0555
 ST PETERS WALKING GROUP: Monday (PM), Thursday (PM) (BIA), Audrey 03-348-9157
 SUNSHINE WALKERS: Tuesday (PM), 03-389-1982
 MY WALKING GROUP: For singles 45+, Saturday, Sunday, (BI), Lloyld 03-323-6232, cathygoulter@xtra.co.nz
 TUESDAY TREKKERS CLUB: Tuesday, (AM), Jeanette Ellis, 027-635-6837, bkjkellis@xtra.co.nz
 WAINONI/AVONSIDE COMMUNITY SERVICES: Thursday (AM), 03-389-2285
 WALKIE TALKIES WALKING GROUP: Thursday, (B), members mainly from Burwood United and St Kentigerns Parish, John 03-981-9994
 XY'S WALKERS: Thursday (AM), Maureen Ryder 03-383-1226 or Alison Jarvis 03-338-2678
 "Ys WALKERS" (YMCA): Tuesday, Thursday, (BIA), City YMCA, 03-366-0689, Bishopdale Community Centre, 03-359-8330
 "Ys TREKKERS": Monday, Port Hills, (IA), City YMCA, 03-366-0689
 YMCA WALKING GROUP: Tuesday, Thursday, Saturday (AM), Jill O'Connor 03-366-0689
 WAYFARERS WALKING GROUP: Thursday (AM) (BI), 50+ age group, Lily Chamberlain 03-981-9545, 021-399-546, lillianc@paradise.net.nz

WEEKEND WANDERERS: Sunday (PM), Marilyn Dean 03-338-3826
 30 MINUTE WALKING GROUP: Thursday (AM), Greame Stanley
 30 MINUTE WALKING GROUP: Tuesday (AM), (B), Risingholme, Christchurch City Council 03-941-8999
 30 MINUTE WALKING GROUP: Monday, Wednesday, Friday (AM), (BIA), Bishopdale, Christchurch City Council 03-941-8999
 30 MINUTE WALKING GROUP: Thursday (AM) (PM), (BIA), 03-9412-8999

RURAL CANTERBURY

ELLESMERE TRAMPING GROUP: Thursday (AM) (IA), Trish Vessy 03-329-1865

ASHBURTON

ASHBURTON HARRIER CLUB: Tuesday, Saturday, Sunday, Merv & Jackie Gilbert 03-308-5894
 KIWI SENIORS WALKING GROUPS: for the over 50's, Wednesday (AM), (BI), two groups, Janice Cochrane, Sport Mid-Canterbury, 03-307-0475
 ASHBURTON STROLLERS CLUB: 1st Sunday and 2nd Wednesday of month, (AM), Diane Milne 03-303-6250
 METHVEN & DISTRICTS TRAMPING CLUB: David Wilson 027-431-3240 methvenADTC@gmail.com
 MT SOMERS TRACKS: Warren Jowett 03-303-0880, www.doc.govt.nz
 MT SOMERS WALKWAY: Marilyn & Bruce Gray 03-303-0809
 PACIFIC ISLAND WALKING GROUP: Ashburton Domain, Torika Paterson 03-308-5868
 ST DAVIDS WALKING GROUP: Barbara Lischner 03-308-5174, www.st-davids.org.nz
 WALKING GROUP: Eileen Ward 03-307-0475
 WALKING GROUP: Ethel Powell 03-308-9662

STH CANTERBURY

PLEASANT POINT

PLEASANT POINT WALK GROUP: Wednesday (AM), (BI), Esther, 03-614-7524

TIMARU

TIMARU HARRIER CLUB: Saturday (PM), March to October, Alistair 03-686-1010
 HIGHFIELD WALK GROUP: Thursday (AM), (BI), Joy, 03-688-9888
 KIWI SENIORS WALKING GROUPS: for the over 50's, Verna Parker, Sport Canterbury, 03-686-0751
 MARCHWIEL WALK GROUP: Monday (AM), Colleen, 03-688-6231
 SOUTHDEN WALK GROUP: Monday (AM), (BI), Bev, 03-688-8381
 WANDERERS WALK GROUP: Thursday (AM), (BI), Selwyn Prattley 03-688-9764

WEST COAST

GREYMOUTH

GREYMOUTH CATHOLIC WOMENS LEAGUE WALKING GROUP: Nora Sheard, 03-768-6479
 GREYMOUTH OVER 50'S: Graham Schaefer, 03-768-7437
 GREYMOUTH DAUDLERS: Yvonne Davison 03-768-6664
 KIWI SENIORS WALKING GROUPS: for the over 50's, Don Monk SWC 03-768-0775
 RUNANGA WALKING GROUP: Pat Butler 03-762-7665
 BLACKBALL WALKING GROUP: Charlie Quibell 03-732-4887

HOKITIKA

HOKITIKA KIWI SENIORS: Monday (AM), (BI), Pavel Bare SWC, 03-756-9037
 HARI HARI KIWI SENIORS: Historic walks (BI), Pavel Bare SWC, 03-756-9037
 HOKI HIKERS: Tuesday (AM), Margaret Stevens 03-755-6466
 HOKITIKA TRAMPING CLUB: contact@hokitikatramping.club, 021-344-005

OTAGO

CLYDE

CLYDE OFF-ROAD WALKERS: Monday, Wednesday, Judy Blanch, 03-449-2580, Eleanor Edgar 03-448-6767

OAMARU

SENIOR CITIZENS WALKING GROUP: Wednesday (AM), Nancy Bell 03-434-5061
 OAMARU FRIDAY WALKERS: Every 2nd Friday (AM), Barbara McGann 03-434-9178
 WEDNESDAY WALKERS TRAMPING GROUP: Jane Naish 03-434-6363
 NORTH OTAGO TRAMPING & MOUNTAINEERING CLUB: Margie Carlington 03-434-8484

DUNEDIN

ACTIVE WALKERS: Monday (PM), Bill Brockie 03-467-9114
 ARIKI DUNEDIN WALKING GROUP: Wednesday, Saturday (PM), Nola Crewe 03-481-1158
 CIVIL SERVICE: Saturday, (PM), Peter Smith 03-471-7127
 CAVERSHAM HARRIERS WALKING GROUP: Saturday (PM), Keiran Colum 03-489-4027
 DUNEDIN CITY RAMBLERS: Wednesday, (AM) Alison St John 03-476-2344
 GREEN HUT TRACK GROUP DUNEDIN: walking track maintainers, Wednesday (AM), Graeme Elliot 03-454-3350, ellio@xtra.co.nz
 HALFWAY BUSH WALKING GROUP: Tuesday (AM), (I), Pat Garth,

03-476-2579

HILL CITY WALKING GROUP: Saturday (PM), Alex McEwan 03-455-4851
 KOPUTAI WALKING GROUP: 2nd Tuesday, (AM), Noeline Forgie, 03-472-8302

LEITH WALKERS: Saturday (PM), Kevin Blair 03-476-3289
 MORNINGTON MONDAY WALKERS: Monday (AM), (B), Shirley 03-453-6398 or 021-294-2218

MULTI-PEAK FITNESS WALKERS: Wednesday (AM), Marelda Gallaher 03-477-6057 or 027-222-3863

MOSGIEL 50'S FORWARD WALKING GROUP: Thursday (AM), Roberta Telfer 03-488-3175

OTAGO TRAMPING/MOUNTAINEERING CLUB: Sunday (AM), Joe Bretherton, jsbretherton@gmail.com, http://otmc.co.nz

OVER 30'S TRAMPING CLUB: Sunday (AM), Janice Hodges 03-489-4071

PHOENIX CLUB WALKING GROUP: Wednesday (AM), Nina Davidson 03-471-0114

PINEHILL WALKING GROUP: Thursday (AM), Norman Vane 03-473-8683
 ST KILDA COMMUNITY CLUB WALKING GROUP: Tuesday, (AM), Ngaire McIndoe 03-456-4478

TAIERI RECREATIONAL TRAMPING CLUB: Wednesday (AM), Ian Fleming 03-489-8964

TRIXIE TRAMPERS: Thursday (AM), Alison Jones 03-489-8372
 WEA OVER 50'S TRAMPING CLUB: 2nd & 4th Tuesday, (A), Chris James 027-498-7259, http://tramping.spacific.nz

WAIHOLA WALKERS: Wednesday (AM), Elizabeth Jones 03-489-8064

XY TRAMPING CLUB: 1st & 3d (& 5th) Tuesday, (AM), Tony Timperley, 03-473-7257, http://tramping.spacific.nz

Y'S WALKING GROUP: Sunday (AM), Bev Buchanan, 03-455-5260

60 PLUS WALKING GROUP: Monday (AM), Jimsie Smith 03-466-7374

60'S PLUS RAMBLERS: 1st & 3rd Tuesday, Brian Ralph 03-476-6514

60'S PLUS TRAMPING CLUB: 2nd & 4th Thursday, (A), >4 hours, Karen Byers 03-456-2595

60 PLUS HIKERS: 2nd & 4th Tuesday, (AM), Jasmone Chin 03-453-6526

ALEXANDRA

ALEXANDRA HARRIER & WALKERS CLUB: Saturday (PM), April to October, John Thompson 03-448-7244, www.alexharriers.co.nz

QUEENSTOWN

WAKATIPU WALKERS: Thursday, www.wakatipuwalkers.co.nz

WANAKA

WANAKA WALKERS: Monday (February - Mid-December (AM), (BI), Ruth Harrison 021-474-904, ruthharrison01@icloud.com, wanakawalkers.blogspot.co.nz

SOUTHLAND

INVERCARGILL

60'S UP WALK GROUP: Monday (AM), Olive Swain 03-214-4802

YMCA WOMEN'S WALKING GROUP: Tuesday (AM), Joan Tuffery, 03-216-7377

ACTIVE WALKERS KIWI SENIORS: Thursday, Sport Southland 03-211-2150, e:kiwiseniors@sportsouthland.co.nz, www.sportsouthland.co.nz

GORE

GORE DISTRICT WALKERS: Tuesday (AM), Ngaire Evans 03-208-4744 or Maureen Jones 03-208-7322, maway50@gmail.com

HOKONUI TRAMPING CLUB: Margaret Hughes 03-208-7053

NORTHERN SOUTHLAND

NORTHERN SOUTHLAND WALKERS: 2nd and 4th Thursdays, Mossburn: 03-476-2579

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NEW ZEALAND

JUNE 2024

- 1 Night Cross, Hillcrest, Auckland
- 2 Kaiteriteri Gold, Kaiteriteri
- 2 Selwyn Marathon, Lincoln
- 8 Rustic Run and Walk, Mt Difficulty Wines, Bannockburn, near Cromwell
- 8 Scarecrow Scamper Cross Country, Tapawera
- 9 Orewa Half Marathon, Orewa
- 9 Kirikiriroa Marathon, Hamilton
- 9 Macpac Auckland Trail Run & Walk: Hunua, Auckland
- 9 The Mount Vernon Grand Traverse, Blenheim
- 15 The Possum Night Trail Run, Wairakei Resort, Taupo
- 15 Bridge to Bridge Ultra Marathon, Waimakariri
- 16 Run Auckland: Onepoto Domain, Auckland
- 16 3 Peaks Challenge Series, Wellington
- 23 Gazley Volkswagen Wellington Marathon, Wellington

- 23 Christchurch 10km Series: Road, Christchurch
- 23 Macpac Auckland Trail Run & Walk: Waitawa Regional Park, Auckland
- 23 XTERRA Wellington: McKerrow's Revenge, Wainuiomata
- 25 Fergus 5 Fun Run & Walk, Rotorua, Hamilton
- 27 Fergus 5 Fun Run & Walk, Woodend Beach, Christchurch
- 29 Canterbury Cross Country Championships, Christchurch
- 29 Krayzie Midwinter Backyard Ultra, Christchurch
- 29 Rabbit Island Trails, Rabbit Island, Nelson

JULY 2024

- 6 Monaco Mid Winter Marathon, Monaco, Nelson
- 7 3 Peaks Challenge Series, Wellington
- 7 Run Auckland: Te Atatu Peninsula, Auckland
- 13 Sprig & Fern 10K: Motueka, Motueka
- 13 WUU2K Wellington Urban Ultra



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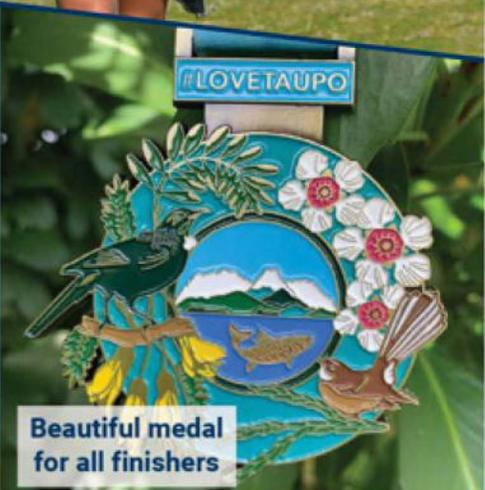
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- 14 Cape Egmont Half Marathon, Okato to Cape Egmont
- 20 Mackenzie Half Marathon, Village Green, Fairlie
- 21 Onehunga Half Marathon, Onehunga, Auckland
- 21 Macpac Auckland Trail Run & Walk: Waiuku Forest, Auckland
- 27 Halcombe Relays, Halcombe
- 27 Sprig & Fern 10K: Brightwater, Nelson
- 28 Run Auckland: Western Springs, Auckland
- 30 Fergus 5 Fun Run & Walk, Rotoruna, Hamilton

AUGUST 2024

- 3 Meridian Hydro Half Marathon, Manapouri/Te Anau, Southland
- 3 Mitre 10 Te Anau 10km, Te Anau,

- Southland
- 3 Summit Forests Kaitaia Trail Run/Walk, Te Hiku Forest, Kaitaia
- 3 Speights Taupō Marathon, Taupo
- 4 South Island Half Marathon, Lake Hood, Ashburton
- 4 Tāmaki River Half Marathon, Point England, Auckland
- 10 Dovedale Hill Race, Wakefield, Nelson
- 10 Run The Forest, Rotorua
- 11 Macpac Auckland Trail Run & Walk: Riverhead Forest, Auckland
- 11 Mukamuka & Mega Munter, Catchpool Visitor Centre, Rimutaka Forest Park
- 18 Run Auckland: Farm Cove, Auckland
- 18 Seddon School Tussock Run, Seddon
- 23 Bay of Islands BEAST, Haruru, near Paihia, Northland
- 24 Mount Maunganui Half Marathon, Mt Maunganui
- 24 Governors Bay to Lyttelton Scenic Road Race, Governors Bay
- 24 Secondary Schools BEAST, Haruru, near Paihia, Northland
- 24 Sprig & Fern 10K: Richmond, Nelson
- 25 Forest Run Fest, Bottle Lake Forest, Christchurch
- 25 Fergus 5 Fun Run & Walk, Rotoruna, Hamilton
- 28-31 The Great Naseby Water Race

- Ultramarathon, Nasy Forest, Nasby, Central Otago
- 31 Peak to Peak, Remarkables Ski Area to Coronet Peak, Queenstown
- 31 Canterbury Road Champs, Bottle Lake Forest Park, Christchurch

SEPTEMBER 2024

- 7 Kinloch Off Road Challenge, Kinloch Taupo
- 8 Run Auckland: Millwater Estuary, Silverdale, Auckland
- 15 Emerson's Dunedin Marathon, Dunedin
- 15 Hutt Marathon, Petone, Lower Hutt
- 15 North Shore Marathon, Milford, Auckland
- 15 Whangarei Run/Walk Festival, Whangarei
- 21 Race Tekapo Trail Festival, Lake Tekapo, Canterbury
- 28 Cole Murray Cape Kidnappers Trail Run, Te Awanga, Hawkes Bay
- 28 Whangamatā Half Marathon, Whangamata

NOVEMBER 2024

- 12-16 Te Ara Hura Walks, Waiheke Island

- 16-17 Coastal Five, New Plymouth

MARCH 2025

- 9 Pohangina Downhill Walk, Pohangina, Manawatu
- 21- 6 April Waiheke Walking Festival, Waiheke Island



Nordic Walking

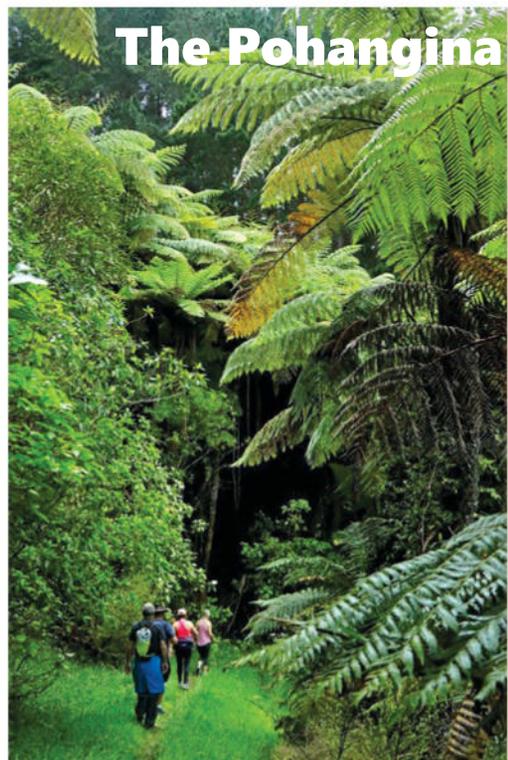
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The Pohangina Downhill Walk

9th November 2024
8:00am to 2:00pm

Situated in the beautiful Pohangina Valley, in the Manawatu district, climb aboard a shuttle bus ride to the beginning of the Branch Road walkway and take a gentle walk down through 6kms of native bush and farmland back to the Pohangina township to County Fayre, where a light lunch awaits you (all included in the price). Caravan and Campervan facilities available locally.

YOU MUST BOOK and PRE-PAY for this event

Adults \$30, Children \$15 (5 to 15yr), Family \$100 (2 Adults & 4 Children), under 5's free.

For more information or to book your ticket email: countyfayre@inspire.net.nz or message our facebook page <https://www.facebook.com/CountyFayre>.

AUSTRALIA

6 Sahrri's Bright Walk, Adelaid SA
14 Walk to Defeat MND: Sunshine Coast, Mooloolaba, Qld

19 Coastrek Sunshine Coast, Mooloolaba to Noosa, Qld

SEPTEMBER 2024

6 Coastrek Fleurieu Peninsula, Flkeuieu Peninsula, SA

8 Walk to Defeat MND: Toowoomba, Qld

27 Operation Flinders City to Summit, Adelaide to Mt Lofty, SA

27 The Great Aussie Hike, Katoomba to Penrith, NSW

OCTOBER 2024

28 Coastrek Margaret River, WA

NOVEMBER 2024

10 Sunshine Walk, Albury, NSW

DECEMBER 2024

7 Pasifika Festival and Charity Walk, Melbourne Vic

REST OF WORLD

JUNE 2024

1-2 IML Walking Festival, Bern Swit-

erland

29-30 25-26 IML Walking Festival-Voborg, Denmark

JULY 2024

4-7 IML Walking Festival, Castlebar, Ireland

16-18 IML Walking Festival, Nijmegen, Netherlands

AUGUST 2024

3-4 IML Walking Festival, Kaunas, Lithuania

9-11 IML Walking Festival, Vaasa, Finland

24-25 IML Walking Festival, Verdal, Norway

31-1 September IML Walking Festival, Gospic, Croatia

SEPTEMBER 2024

7-8 IML Walking Festival, Arenzano, Italy

3-4 IML Walking Festival, Kaunas, Lithuania

13-15 IML Walking Festival, Seefeld, Austria

14-15 IML Walking Festival, Beijing, China

28-29 IML Walking Festival, Brno,

Czech Republic

OCTOBER 2024

5-6 IML Walking Festival, Fulda, Germany

19-20 IML Walking Festival, Arlington, USA

19-20 IML Walking Festival, Won-Ju, Korea

NOVEMBER 2024

2-3 IML Walking Festival, Higashimatsuyama, Japan

9-10 ML Walking Festival, Taipei, Taiwan

16-17 ML Walking Festival, Jogjakarta, Indonesia

FEBRUARY 2025

15-16 IML Walking Festival, San Antonio, USA

MARCH 2025

1-3 IML Walking Festival, Yatsushiro, Japan

23 -24 IML Walking Festival, Canberra, ACT, Australia

APRIL 2025

27 London Marathon, London, England

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Golden Foot Awards nominations now open

By *Tim Jones*, President, Living Streets Aotearoa

It's time to celebrate walking! Nominations are open for the Golden Foot Walking Awards 2024

Living Streets Aotearoa, the national walking advocacy organisation, is looking for nominations of projects or people who have had a positive impact on walking for the 2024 Golden Foot Walking Awards.

These awards celebrate projects and people who make walking better for their communities, and for all of us. They recognise innovative new facilities, highlight national best practice, and reward ongoing commitment to walking and pedestrians.

It's time to submit a nomination for the 2024 awards.

Entries close on 17 June 2024. You can find out more and make nominations at <https://www.livingstreets.org.nz/goldenfoot>

Who can submit nominations?

Anyone can! You don't have to be a member of Living Streets Aotearoa to submit a nomination. If you know about a walking project or a walking champion who deserves recognition, please make a nomination.

What, and who, can be nominated?

Both projects and people can be nominated. Nominations can be about:

- Projects and programmes
- Facilities or place-making
- Events
- Research
- School projects
- Walking advocate champions

Extraordinary walkers (e.g. walkers completing the Te Araroa Trail in record times or ways, walk fundraisers for a particular cause, commuters walking long distances or overcoming barriers, stories of health gains through walking)

Walking and public transport ini-



tiatives

Buildings and public spaces that demonstrate strong accessibility and CPTED principles (Crime Prevention Through Environmental Design).

Please note: Walkers means pedestrians – those on foot or using a wheelchair. Shared path projects are not eligible.

All nominations are valid if they have not been previously entered into the Golden Foot Walking Awards.

Who are some of your previous winners?

To give you a flavour, here are a couple of our 2022 winners:

Methven Walkway: In 2022 the community of Methven was awarded a Golden Foot Walking Award. It's a great example of a small, rural community looking out for its own people's health and well-being.

A collaboration between the Methven Lions Club, the local Council and the Methven community at large led to the creation of an eight km long walkway around the town. It was designed and built so that all ages and capabilities can enjoy it in most weath-

ers, crossing both public and private land that was previously inaccessible.

Wairarapa's raised pedestrian crossings: In 2022 we recognised the work done by Waka Kotahi / NZ Transport Agency on raised pedestrian crossings in the Wairarapa along State Highway 2. We awarded the work a Golden Foot Walking Award in the Urban Connection category.

These raised crossings help children walk to school and connect important walking routes in the community by making it safer to cross the road.

You can find out more on Living Streets Aotearoa's website. Read about past winners, types of nominations and how to nominate. You can download the nomination form to get started - <https://www.livingstreets.org.nz/goldenfoot>. If you've got any questions, please email goldenfoot@livingstreets.org.nz

Let's celebrate great walking projects and advocates!

Above right: In 2022 the Methven community was awarded the Golden Foot Award for the 8km walkway around the town of Methven.

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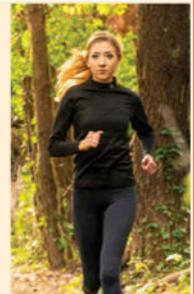
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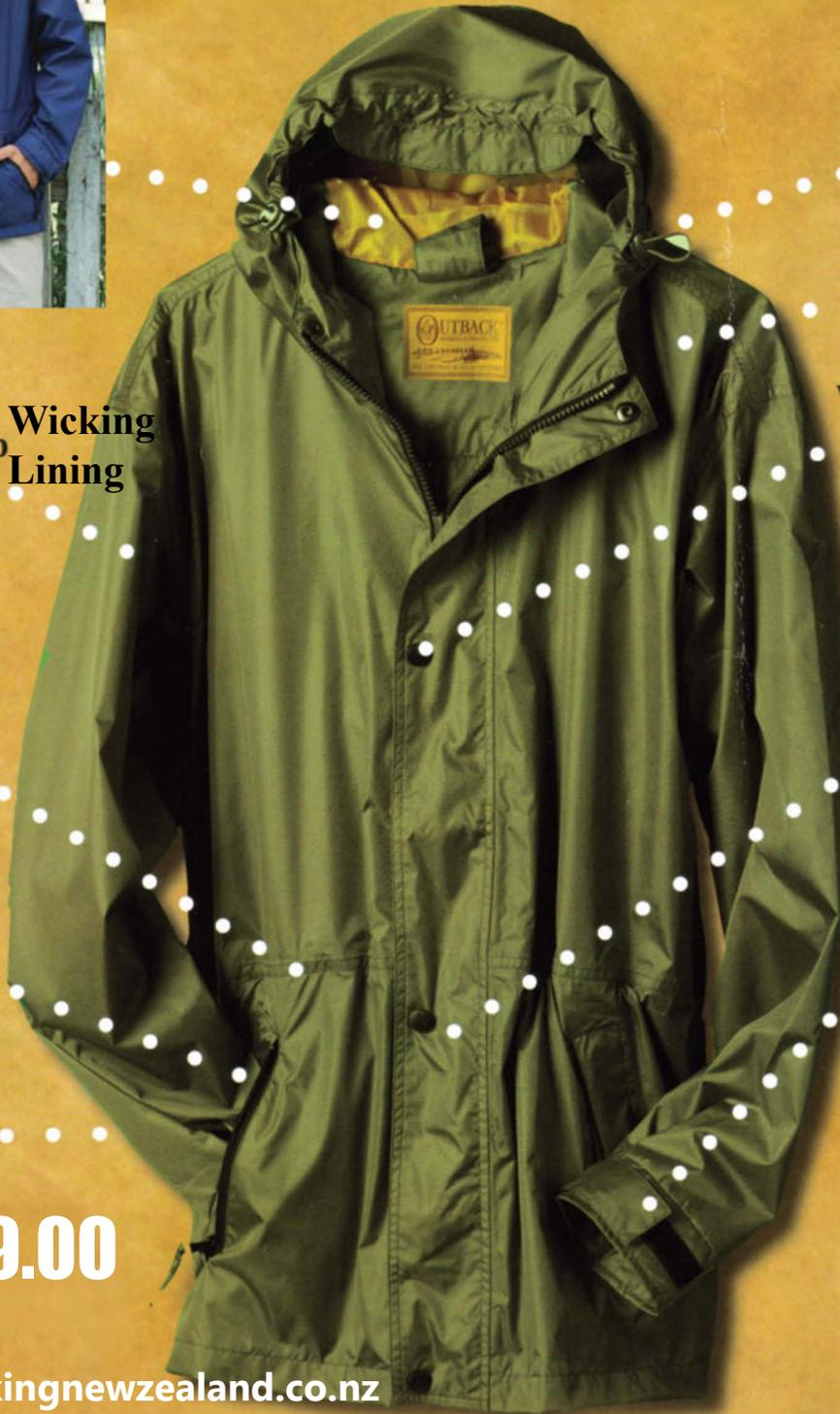
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