



# Walking Groups

## Booklet 2008

A guide to **exploring** meandering rivers, parks, beaches, beautiful gardens, reserves and attractive streets **on foot** in the Christchurch and surrounding areas.

**Walking is a relaxed activity for all ages,** which you can enjoy either on your own or with other people. Walking can help you keep healthy and active, make new friends and explore your area. It's safe, free and can be done almost anywhere and at any time.

**There are over 90 walking groups listed in this brochure!** The groups are listed firstly by the day of week (Monday – Sundays) and then by the time of day they meet.

These groups welcome new members and between them cater for most ages and fitness levels. It is important to walk at a pace that suits you.

Each group has identified whether they are more suited to beginners, intermediate or advanced walkers. The key shows you how to identify this for each group. Some walking groups keep to their local area while others walk in a variety of areas in and around Canterbury. Many make trips to walking locations further a field with transport (ie. Carpooling) usually available at a small cost.

For more details on each group contact the person listed by that group.

## Key to ability



Beginners – For those people new to walking or recovering from illness or an accident. Walks are on the flat and for 30 minutes.



Intermediate – For those people who can comfortably walk for 30 minutes to one hour.



Advanced – Walks on varied terrain between one and four hours in duration.



## More Active More Often

Want to be more active and looking for a group club or class that suits? Want to find parks, tracks or facilities?

Go to [WWW.activeCANTERBURY.ORG.NZ](http://WWW.activeCANTERBURY.ORG.NZ)  
or phone 0800 228 483

## Starting Out

Beginning physical activity and looking for some helpful tips when starting out walking?

Go to [WWW.activeCANTERBURY.ORG.NZ](http://WWW.activeCANTERBURY.ORG.NZ)  
or phone 0800 228 483

## Here's some helpful advice on how to get started.

It's a good idea to talk to your doctor if you suffer from any medical condition or have health worries, before beginning to walk. Start slowly as you would with any exercise programme and increase the level and distance once you feel comfortable. Remember to walk slowly for five minutes to warm up. Stretch to prevent injury and increase flexibility.

- Wear light, comfortable clothing in summer and warm, waterproof clothing in the winter
- Choose well fitting, cushion soled shoes, preferably with adequate grip on the soles
- Remember sunscreen, hat and fluids to drink

*While every effort has been made to ensure the information in this brochure is correct at the time of printing, Christchurch City Council accepts no responsibility for the accuracy or otherwise of the details in this publication. Changes may occur to times, meeting places and contact persons.*

| Group name                         | Ability   | Time                                  | Information   | Contact  |
|------------------------------------|---|---------------------------------------|---|--|
| Canterbury Racewalking Association |  | 5.15 pm                               | <b>Walks around various areas.</b> All ages welcome. Meet at 9 Cossar Street, Christchurch  | <b>Ann Henderson</b><br>(03) 387 0387  |
| Eastenders                         |  | 9.30 am<br>Summer and<br>10 am Winter | <b>Walks around various areas for 8 - 14 km.</b> All ages welcome. BYO morning tea and lunch. Cost \$2 per year plus transport                  | <b>Bruce Giles</b><br>(03) 388 7295<br><b>Bev Sutherland</b><br>(03) 332 8108 or<br><b>Kay Richardson</b><br>(03) 386 1355 |
| Shirley Recreational Walkers       |  | 9.30 am<br>Summer and<br>10 am Winter | <b>Walks around various areas.</b> All ages welcome. Meet at Shirley Community Centre carpark, corner Slater St and Shirley Rd. Cost: Transport | <b>Sue Lang</b><br>(03) 981 7071   |
| Halswell Walk n Talk (CCC)         |  | 10.00 am                              | <b>30 minute walks</b> followed by an informative talk every second week. Meet at Halswell Community Hall, corner Sparks Rd and Halswell Rd.    | <b>CCC</b> (03) 941 8999   |



Malvern  
Walking Group



9.00 am -  
4.00 pm last  
Monday of  
the month

**Easy and flat.** Travel by carpool as far afield as Banks Peninsula and Arthurs Pass. Meet at Darfield. BYO lunch and \$5 for carpool driver. Phone for more information

**Lorraine Sheen**  
(03) 317 9291 or  
sheen@xtra.co.nz

Maryville Kiwi  
Seniors



10.00 am

**Walking group for the 50 + age group.** Meet at Maryville Courts Retirement Village, 369 Manchester St. Cost: \$0.10 for tea and biscuit following walk

**Valmai** (03) 377 8742

Merivale Kiwi  
Seniors



10.00 am for  
hour walk or  
10.30 am for  
30 min walk

**Walking group for the 50 + age group.** Meet at Merivale Church Hall, Rugby St. Cost: \$0.50 for tea and biscuit

**June** (03) 355 8703

New Brighton  
Walk n Talk  
(CCC)



10.00 am

**30 minute walks** followed by an informative talk every second week. Meet at New Brighton Library, New Brighton Pier Building, Marine Parade

**CCC** (03) 941 8999



Nordic Strike  
Beckenham/  
Cashmere



9.30 am  
Summer and  
11 am Winter

**Nordic walking group for any ability and any age.** Includes gentle warm up and cool down exercises. Meet at various locations around Heathcote loop. Cost: \$5 per class

**Frances**  
(03) 332 0342 or  
edify@clear.net.nz

Nordic Strike  
Hagley Park



9.00 am or  
6.00 pm

**Nordic walking group for any ability and any age.** Equipment is provided. Meet at Hel-mores Lane. Cost: \$10 for first class, then \$5 for following classes, or \$50 for 10 classes

**Yvette So**  
(03) 351 6407 or  
soy@xtra.co.nz

Oxford  
Walking Group



9.30 am

**Leisure Walking.** Meet opposite Supervalue Supermarket, Main Street, Oxford.

**Coral Gilbertson**  
(03) 312 3155

St Peters  
Walking Group





1.30 pm






**Local walks.** Everyone welcome. Meet at Riccarton Domain and Ilam Playing Fields (alternate weeks).

**Audrey** (03) 348 9157



| Group Name          | Ability   | Time     | Information  | Contact  |
|---------------------|---|----------|--|--|
| Bexley Kiwi Seniors |  | 10.00 am | <b>Walking group for the 50 + age group.</b><br>Cost: Transport  | <b>Kath</b> (03) 388 6161 or<br><b>Sue</b> (03) 388 4612 |
| Brighton Ramblers   |  | 9.30 am  | <b>Walks around Christchurch for 3 - 6 hours.</b><br>Meet at 196 Keyes Road, New Brighton.<br>Cost: Transport  | <b>Marlene Crocker</b><br>(03) 388 1115                  |
| Buggyfit            |  | 10.30 am | <b>1 hour walk for young mums and dads</b> to get out and exercise with baby in the buggy. Meet 30 Rolleston Drive, Rolleston. Cost: \$5 per session | <b>Theo/Hans</b><br>(03) 347 2882                        |
| Sockburn            |  | 5.30 pm  | <b>Walk around various areas.</b> All ages welcome. Meet at Sockburn Recreation Centre.<br>Cost: Transport   | <b>Estelle</b> (03) 342 7841                             |
| Sunshine Walkers    |  | 1.30 pm  | <b>Walks around various areas.</b> Hill and flat options available. All ages welcome.<br>Cost: \$3 per year.   | <b>Hope</b> (03) 389 7997                                |



|                          |   |          |   |   |
|--------------------------|---|----------|---|---|
| City Ramblers            |   | 10.30 am | <b>1.5 hour walks around Christchurch for 50 + age group.</b> Men and women welcome.<br>Cost: \$5 per year plus transport     | <b>Margaret</b><br>(03) 354 1534                                |
| Crusaders Walkers        |  | 9.30 am  | <b>2 - 3 hour walks around various areas for 50 + age group.</b> Men and women welcome.<br>Cost: \$8 per year.                | <b>Des</b> (03) 382 8208  |
| Diamond Harbour Ramblers |  | 9.30 am  | <b>Flat and hill walks around various areas,</b> including trips away. BYO morning tea and lunch.<br>Cost: \$5 plus transport | <b>Noeleen Coleman</b><br>(03) 329 4566                         |
| Happy Ramblers           |  | 10.00 am | <b>Walks around various areas for 50 + age group.</b> Men and women welcome. Cost: \$5 per year plus transport                | <b>Vera</b> (03) 337 4094 or<br><b>MJ</b> (03) 388 6689         |
| Kaiapoi Walkers Group    |  | 8.00 am  | <b>Meet Kaiapoi Post Office carpark,</b> 55 Charles Street, Kaiapoi.  | <b>June Bryson</b><br>(03) 327 3995 or<br>junebryan@inet.net.nz |



Lyttelton  
Walking Group



10.00 am  
Summer and  
10.30 am  
Winter

**Walks around various areas.** All ages  
welcome. Meet at Lyttelton Recreation Centre.  
Cost: Transport

**Ada Goodwin**  
(03) 328 7235

Mairehau  
Ladies Probus  
Group



9.30 am  
Summer and  
10.00 am  
Winter

**Walking group for 50 + ladies.**  
Meet at various locations.

**Leah** (03) 385 6310

Mt Pleasant  
Kiwi Seniors



9.30 am

**Walking group for the 50 + age group.**  
Meet at Mt Pleasant Community Centre,  
McCormacks Bay Road.

**Pauline**  
(03) 384 4794

Opawa  
Risingholme  
Walking Group







9.30 am  
(1st Tuesday  
of month)

**Walking group for the 50 + age group.**  
Meet at Risingholme Community Centre,  
22 Cholmondeley Ave.

**Carol** (03) 332 5638



|                            |   |         |   |  |
|----------------------------|---|---------|---|--|
| Papanui<br>Kiwi Seniors    |   | 9.30 am | <b>Walking group for the 50 + age group.</b><br>Meet at the carpark behind St Giles Presbyterian Church, corner Frank St and Papanui Rd.<br>Cost: \$0.50 per walk | <b>Elaine</b> (03) 352 7519            |
| QEII Park<br>Strollers     |  | 9.30 am | <b>3-4 hours walks around Canterbury for the 50 + age group.</b> Occasional bus trips.<br>Cost: \$8 per year plus transport                                       | <b>John Plumridge</b><br>(03) 385 9710 |
| Somerfield<br>Kiwi Seniors |  | 9.45 am | <b>Walking group for the 50 + age group.</b><br>Walk for one hour. Meet at Community Centre, 47 Studholme St. Cost: \$0.50 for morning tea                        | <b>Marie</b> (03) 377 1436             |
| The Merevale<br>Corner     |  | 9.15 am | <b>Walk for approximately one hour, mainly in local area.</b> Meet outside Parish office, corner Church Lane and Papanui Road.                                    | <b>Helen</b> (03) 355 3287             |



Tower  
Tramping Club



Various

**Varied programmes around the Canterbury area. Minimum 4 hour walks.**

Contact Dave for a programme.

**Dave Bates**  
(03) 332 6233

Tuesday  
Trekking



8.30 am or  
9.00 am

**Walks around Canterbury.** Occasional club trips away (3 groups)

**Necia Sullivan**  
(03) 338 9035

Whanau  
Tautoko



9.00 am

**30 minute walk in local area.** All welcome. Followed by an optional swiss ball class. Meet at Whanau Tautoko Office, 349 Woodham Road

**Heleni Calkin**  
(03) 381 8006

YMCA  
Walkers



9.15 am  
Summer  
and 9.30 am  
Winter

Walks in the greater Christchurch area for 1-1.5 hours. Also have social events and trips away. Meet at various locations.

**Jill** (03) 366 0689  
**City YMCA**  
or (03) 359 8320  
**Bishopdale YMCA**



| Group Name                                | Ability   | Time                          | Information   | Contact                                 |
|---|---|-------------------------------|---|---|
| Avonside<br>Kiwi Seniors                  |  | 9.30 am                       | <b>Walking group for 50 + age group.</b> Walk for 1-1.5 hours. Meet at carpark at Richmond Working Mens Club, London Street.                                    | <b>Kath Washington</b><br>(03) 942 8768 |
| Bishopdale<br>Ramblers                    |  | 8.45 am                       | <b>Walks around North Canterbury, Port Hills and Beaches.</b> All ages welcome. Meet at Bishopdale Community Centre.<br>Cost: Transport \$5 or \$10 out of town | <b>Paul Muir</b><br>(03) 359 7971       |
| Canterbury<br>Race Walking<br>Association |  | 4.30 pm<br>April -<br>October | <b>Race walking technique and speedwork.</b><br>All ages welcome. Meet at QEII Stadium track  | <b>Ann Henderson</b><br>(03) 387 0387   |
| Glow Worm<br>Evening<br>Walkers           |  | 6.00 pm                       | <b>Walks around various areas for 1-1.5 hours.</b><br>All ages welcome. Cost: Transport   | <b>Carol Pilbrough</b><br>(03) 377 0106 |



Dallington  
Kiwi Seniors



10.00 am

**Walking group for the 50 + age group.**  
1 hour walk at 3 different paces. Meet at St Paul's Church, Gayhurst Road

**Bill** (03) 385 1925

Hoon Hay  
Kiwi Seniors



10.00 am

**Walking group for the 50 + age group.** Walk for approximately 1 hour. Meet at Hoon Hay Park on Mathers Road (opposite Tankerville Road end).  
Cost: \$3 for car pool if going away

**Barbara**  
(03) 338 8306

Hornby  
Walkers -  
Mothers  
in Action



10.30 am

**30 minute walk for Mum's followed by social time, snack and nutritional information.**  
Meet at Hornby Library/Community Centre, Goulding Ave

**Lee Tuki**  
(03) 373 8150 or  
(03) 359 7407

Kaiapoi  
Walkers Group



8.00 am

**Meet Kaiapoi Post Office carpark,**  
55 Charles Street, Kaiapoi.

**June Bryson**  
(03) 327 3995 or  
junebryan@inet.net.nz

Linwood Ave  
Union Church



10.00 am

**Walks around various areas.** All ages welcome.  
Meet at various locations.

**Dorothy Jones**  
(03) 981 5339



New Brighton  
Hill Walkers



9.00 am

**Full day hill walks for the 50 + age group.**  
Meet at carpark opposite the Bower Tavern,  
New Brighton Road. Cost: Transport

**Royce Henery**  
(03) 388 7335 or  
**Larry Jones**  
(03) 383 0380

New Brighton  
Strollers



10.00 am

**Walking group for the 50 + age group.** Walk  
for approximately 45 minutes, often followed by  
morning tea. Meet at carpark opposite Bower  
Tavern, New Brighton Road. Cost : \$5 per year

**Shirley Peacock**  
(03) 981 6976

New Brighton  
Walkers



9.30 am

**Walking group for the 50 + age group.** Meet  
at carpark opposite Bower Tavern, New Brighton  
Road. Cost: \$5 per year

**Lois MacGregor**  
(03) 388 7172

Nordic Strike  
Hagley Park



9.00 am or  
6.00 pm





**Nordic walking group for any ability and any  
age.** Equipment is provided. Meet at Helmores  
Lane. Cost: \$10 for first class, then \$5 for  
following classes, or \$50 for 10 classes

**Yvette So**  
(03) 351 6407 or  
soy@xtra.co.nz



|                           |   |                             |  |                                      |
|---------------------------|---|-----------------------------|--|--------------------------------------|
| Papanui Walk n Talk (CCC) |   | 10.00 am                    | <b>30 minute walk followed by an informative talk every second week.</b> Meet at Papanui Library.  | <b>CCC</b> (03) 941 8999             |
| Port Hills Athletic Club  |  | 9.30 am                     | <b>Variety of walks around St Martins and Cashmere.</b> Cater for all abilities. Meet at Port Hills Clubrooms, Hansen Park. Cost: \$60 per year                  | <b>Glen Watts</b><br>(03) 332 1964   |
| QEII Mini Hikers          |  | 10.00<br>(Fortnightly only) | <b>2 hour walks around Christchurch for people who enjoy a good walk without feeling exhausted.</b> 1 - 2 bus trips per year. Meet at QEII Park. Cost: Transport | <b>Beverley</b><br>(03) 388 5736     |
| Riccarton Kiwi Seniors    |  | 9.15 am                     | <b>Walking group for the 50 + age group for approximately 1 hour.</b> Meet at Riccarton Community Centre, Elizabeth St. Cost: \$0.50 for hall if used.           | <b>Enid</b> (03) 348 9351            |
| Women Walk                |  | 8.30 am                     | <b>Walks around Canterbury for women of all ages.</b> Maximum 8 women. Guiding, transport and food included.   | <b>Pauline Cara</b><br>(03) 384 1921 |



| Group Name                              | Ability   | Time  | Information  | Contact   |
|---|---|---|--|---|
| Active Christchurch Walking Group (CCC) |  | 9.30 am                                     | <b>30 minute walks for fun and friendship.</b><br>Different routes each week.  | <b>CCC</b> (03) 941 8999 or<br><b>Graeme Stanley</b><br>(03) 980 1553 |
| Beckenham Walk n Talk (CCC)             |  | 1.00 pm                                     | <b>30 minute walks</b> followed by an informative talk every 2nd week. Meet at South Christchurch Library, corner of Colombo St and Hunter Tce.    | <b>CCC</b> (03) 941 8999  |
| Shirley Recreational Walkers            |  | 9.30 am<br>Summer and<br>10.00 am<br>Winter | <b>Walks around various areas.</b> All ages welcome. Meet at Shirley Community Centre Carpark, corner of Slater St and Shirley Rd. Cost: Transport | <b>Sue Lang</b><br>(03) 981 7071                                      |
| Ellesmere Tramping Group                |  | 9.00 am                                     | <b>Walks around Canterbury area.</b> All ages welcome. Meet in Ellesmere/Leeston area. Cost: Transport   | <b>Trish Vessey</b><br>(03) 329 1865                                  |



Fendalton  
Walk n Talk  
(CCC)



10.00 am

**30 minute walks followed by an informative talk every 2nd week.** Meet at Fendalton Library.

**CCC** (03) 941 8999

Malvern  
Walking Group



9.00 am -  
4.00 pm  
second  
Thursday of  
the month

**Includes a small hill.** Travel by carpool as far afield as Banks Peninsula and Arthurs Pass. Meet at Darfield. BYO lunch and \$5 for carpool driver. Phone for more information

**Lorraine Sheen**  
(03) 317 9291  
or sheen@xtra.co.nz

Marion's  
Walkers



11.30 am

**30 - 60 minute walk.** All ages welcome. Meet at Carlton Mill Corner, North Hagley Park.

**Lee Tuki**  
(03) 373 8150 or  
(03) 359 7407

Oxford  
Walking Group



9.30 am

**Leisure Walking.** Meet opposite Supervalue Supermarket, Main Street, Oxford.

**Coral Gilbertson**  
(03) 312 3155

Parklands  
Kiwi Seniors



10.00 am

**Walking group for the 50+ age group.** Meet at Parklands Community Hall. Cost: \$2 per year.

**Bernard Marriott**  
(03) 383 2665



St Peters  
Walking Group



9.30 am  
Summer and  
10.00 am  
Winter

**Walks around various locations.**  
All ages welcome.

**Audrey** (03) 348 9157

Wainoni/  
Avonside  
Community  
Services



10.30 am

**Flat walks around local area, approximately 3 - 5 km.** Meet at 878 Avonside Drive.  
Cost: \$2 for transport

**Wainoni/Avonside  
Community  
Services**  
(03) 389 2285

Walkie Talkies



10.00 am

**1 - 1.5 hour walks around Christchurch,**  
mostly on flat. Led by St Kentigerns and United  
Parish members. Others welcome.

**John** (03) 981 9994

Walks Around  
Mairehau



10.30 am

**Walks around Mairehau area.** All ages welcome.  
Meet at Manuka Medical Centre, 31 Manuka St,  
Christchurch.

**Esma or Claire**  
(03) 385 3452



|              |   |         |   |  |
|--------------|---|---------|---|--|
| Wayfarers    |   | 9.30 am | <b>Walks around Christchurch for men and women in the 50 + age group.</b> Also have bus trips twice a year. Cost: \$5 per year.                         | <b>Ted Hill</b> (03) 323 9311  |
| XY's Walkers |  | 9.30 am | <b>Mainly hill walks around Christchurch.</b> Meet at different locations each week.  | <b>Mary Hamilton</b><br>(03) 384 5690 or<br><b>Alison Jarvis</b><br>(03) 338 2678      |
| YMCA Walkers |  | 9.00 am | <b>Walks around local area for 1-1.25 hours.</b> Also have bus trips and social events. All ages welcome. Meet at City YMCA, Hereford St. Cost: Various | <b>Jill - City YMCA</b><br>(03) 366 0689 or<br><b>Bishopdale YMCA</b><br>(03) 359 8320 |



| Group Name                 | Ability   | Time     | Information  | Contact                                   |
|----------------------------|---|----------|--|---|
| Avonhead<br>Kiwi Seniors   |  | 9.30 am  | <b>Walks around local area for 50 + age group.</b><br>Meet opposite St Christopher's Anglican Church,<br>244 Avonhead Road.  | <b>Bess</b> (03) 342 7647                 |
| Barrington<br>Kiwi Seniors |  | 10.00 am | <b>Walks around local area for 50 + age group.</b><br>Meet opposite St Nicholas Church, 233 Barrington<br>Street.  | <b>Pat Sell</b> (03) 332 8633             |
| Sockburn                   |  | 9.30 am  | <b>Walks around various areas.</b> All ages welcome.<br>Cost: Transport  | <b>Jo</b> (03) 942 7146                   |
| Leeston<br>Walking Group   |  | 9.30 am  | <b>Gentle Walks followed by a cuppa at a local<br/>café.</b> Meet in carpark behind St Davids Church<br>(between High and Selwyn Streets). Travel for<br>different walks 1st Friday of the month.<br>Newcomers always welcome. | <b>Georgina Marshall</b><br>(03) 324 4168 |



Nordic Strike  
Beckenham/  
Cashmere



9.30 am Sum-  
mer and 11  
am Winter

**Nordic walking group for any ability and any age.** Includes gentle warm up and cool down exercises. Meet at various locations around Heathcote loop. Cost: \$5 per class

**Frances**

(03) 332 0342 or  
edify@clear.net.nz

Nordic Strike  
Hagley Park



9.00 am

**Nordic walking group for any ability and any age.** Equipment is provided. Meet at Helmores Lane. Cost: \$10 for first class, then \$5 for following classes, or \$50 for 10 classes

**Yvette So**

(03) 351 6407 or  
soy@xtra.co.nz

Port Hills  
Athletic Club



9.30 am

**Walks around St Martins and Cashmere.**

Variety of walks to cater for all abilities. All ages welcome. Meet at Port Hills Clubrooms, Hansen Park. Cost: \$60 per year.

**Glen Watts**

(03) 332 1964

Southbridge  
Walking Group



9.00 am  
Summer  
and 9.30 am  
Winter

**An hour walk around local area.** Enjoy company and friendship. Stay for cuppa afterwards. Men and women, all ages welcome. Meet at Southbridge Bowling Club. An away walk last Friday each month.

**Jean Patterson**

(03) 324 2783



Sydenham  
Community  
Development  
Project



12 noon (4th  
Friday of  
every month  
only)

**Middle aged walking group mainly for  
Sydenham community, around various  
Christchurch locations.**  
Cost: Gold coin donation

**Jan** (03) 332 1783 or  
**Suzanne**  
(03) 332 7410

Whanau  
Tautoko







9.00 am

**30 minute walks around local area.** Followed  
by an optional swiss ball class. Meet at Whanau  
Tautoko office, 349 Woodham Road.

**Heleni Calkin**  
(03) 381 8006



| Group Name                        | Ability   | Time     | Information  | Contact  |
|-----------------------------------|---|----------|--|--|
| Aranui Walkers                    |  | 9.00 am  | <b>One hour walks around various Christchurch areas.</b> All ages welcome. Meet at He Waka Tapu, 161 Pages Road, Christchurch.   | <b>Lee Tuki</b><br>(03) 373 8150 or<br>(03) 359 7407           |
| Halswell                          |  | 1.00 pm  | <b>Walks around various areas for 1 hour +, sometimes whole day.</b> All ages welcome. Meet at Halswell Aquatic Centre, Halswell Road. Cost: \$3 for transport                 | <b>Pauline</b><br>(03) 322 8057                                |
| Christchurch Marathon Clinic      |  | 8.00 am  | <b>Local walks.</b> Meet at Barrington Tennis Club, Garnett Avenue. Cost: Subscription fee.  | <b>David Duffy</b><br>(03) 389 4216 or<br>d.f.duffy@xtra.co.nz |
| Nordic Strike Beckenham/ Cashmere |  | 11.00 am | <b>Nordic walking group for any ability and any age.</b> Includes gentle warm up and cool down exercises. Meet at various locations around Heathcote loop. Cost: \$5 per class | <b>Frances</b><br>(03) 332 0342 or<br>edify@clear.net.nz       |



Port Hills  
Athletic Club



2.00 pm

**Walks around St Martins and Cashmere areas.**  
All ages welcome. Meet at Port Hills Clubrooms,  
Hansen Park. Cost: \$60 per year.

**Peter King** (03) 341  
1154

Sporty Singles



Varies

**Walking group for 45 + singles.** Meet at various  
locations. Flat and hill walks. Also have other  
events. Cost: \$15 per year.

**Lloyd** (03) 323 6232  
or **Andrea**  
(03) 357 8443



| Group Name                            | Ability   | Time                     | Information  | Contact   |
|---------------------------------------|---|--------------------------|--|---|
| Active Christchurch Sunday Walk (CCC) |  | 10.30 am                 | <b>One hour walks (mostly flat) around Christchurch with interesting facts along the way.</b> Meet at various locations.   | <b>CCC</b> (03) 941 8999 or<br><b>Graeme Stanley</b><br>(03) 980 1553 |
| Burnside Joggers and Walkers Club     |  | 8.30 am                  | <b>Walks around NW Christchurch.</b> All ages welcome. Shower and cup of tea available. Meet at Burnside Park Rugby Clubrooms. (Once a month meet at another location). Cost: \$45 family, \$30 single per year. | <b>Anne Uys</b><br>(03) 342 6337                                      |
| Cardiac Companions                    |  | 1.00 pm<br>(Fortnightly) | <b>Fortnightly walks around various Christchurch areas.</b>  | <b>Neville Wooton</b><br>(03) 942 5453                                |



Lambda Day  
Trampers



Varies

**Tramping and walking around Canterbury.**

Social group for gays and lesbians. All ages welcome. Meet at corner Montreal and Peterborough Streets. Contact Helen for a programme. Cost: Transport

**Helen** (03) 332 8724

Sporty Singles



Varies

**Walking group for 45 + singles.** Meet at various locations. Flat and hill walks. Also have other events. Cost: \$15 per year.

**Lloyd**  
(03) 323 6232 or  
**Andrea**  
(03) 357 8443

Tower  
Tramping Club



Various

**Walks around various Canterbury locations.**

All ages welcome. Contact Yvonne for a programme.

**Yvonne van Eerden**  
(03) 339 0751

Women Walk





Various

**Walks around Canterbury for women of all ages.** Maximum of eight women. Guiding, transport and food included. Also have weekend trips away. Cost: Various

**Pauline Cara**  
(03) 384 1921



| Group Name                            | Ability   | Time   | Information   | Contact  |
|---------------------------------------|---|--|---|--|
| Christchurch Personal Guiding Service |  | 10.00 am and 1.00 pm<br>Summer and 1.00 pm<br>Winter | <b>Daily walking tours around central Christchurch.</b> All ages welcome. Meet at Red and Black kiosk, Cathedral Square. Cost \$10 per person. Tickets also available at the Visitor Centre - <i>including wheelchairs and children</i> | <b>Caroline Curry</b><br>(03) 332 7549                     |
| Nordic Strike Christchurch East       |  | Various  | <b>Nordic walking group for any ability and any age.</b> Equipment provided. Cost: Various  | <b>Linda</b> (03) 388 9617<br>or landnotes@paradise.net.nz |





## Where to walk?

For information on walks and walkways in and around Christchurch contact any of the following:

- Christchurch City Council Ph: 941 8999
- Or visit [www.activeCANTERBURY.ORG.NZ](http://www.activecanterbury.org.nz) or phone: 0800 228 483

For further information on other recreation programmes contact:

- Christchurch City Council Ph: 941 8999, Fax: 941 8033, email: [info@ccc.govt.nz](mailto:info@ccc.govt.nz)
- Or visit [www.activeCANTERBURY.ORG.NZ](http://www.activecanterbury.org.nz) or phone: 0800 228 483

## Walking and its benefits

- Walking is fun and sociable
- Walking helps control your weight
- Walking offers you time out
- Walking improves your circulation
- Walking is a tonic for your muscles
- Walking helps prevent brittle bones
- Walking is accessible – straight out the gate!

Did you miss out? If your walking group would like to be included in future publications, please contact us on 941 8999.