

Walking Groups



CHRISTCHURCH

CITY COUNCIL · LEISURE

Christchurch is a great place to explore on foot with its meandering rivers, parks, beaches, beautiful gardens, reserves and attractive streets.

Walking is a relaxed activity for all ages, which you can enjoy either on your own or with other people. Walking can help you meet people, make friends and keep active. It's safe, costs very little and can be done almost anywhere and at any time.

There are over 60 walking groups listed in this brochure!

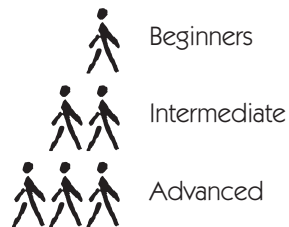
The groups are listed firstly by the day of week (Monday-Sunday) and then by the time of day they meet.

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 the city. Many make trips to walking

locations further afield 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



The Push Play symbol indicates thirty minute walking groups which are suitable for beginners.

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

ABILITY TIME



10:00am



INFORMATION

30 minute walks, KiwiSeniors especially welcome. Meet at Risingholme Community Centre, Cholmondeley Ave.



10:00am

Walks around various areas, all ages welcome. Meet at Shirley Community Centre, cnr Slater St & Shirley Rd. Cost: transport.



9:30am or
10:00am

Walking groups for the 50+ age group, meeting in various locations. Walk at your own pace for about an hour. Cost: transport.



9:30am Summer
10:00am Winter

Walks around various areas, all ages welcome. Cost: \$1 per year + transport.



1:30pm

Local walks, everyone welcome.



5:30pm

Walks around various areas, all ages welcome. Meet at 2 Panel Ave, Christchurch.

CONTACT

30 Minute Walking Group

Sport Canterbury ☎0800 228 483

CCC Shirley Recreational Walkers

Community Recreation Advisor
☎352 8117

KiwiSeniors Walking Groups

Sport Canterbury ☎0800 228 483

CCC Eastenders

Dorothy ☎383 4917

St Peters Walking Group

Estelle Laugesen ☎342 7841

Canterbury Racewalking Association

Ann Henderson ☎381 3464



MONDAY

ABILITY TIME



Various



8:30 or 9:00am



8:45am



9:00am



9:00am



9:00am



9:30am



9:30am

INFORMATION

Varied programmes around Canterbury area, all ages & fitness levels welcome. Cost: various

Walks around Canterbury, occasional club trips away. Cost: \$8 per year + transport

Social walks for fitness. Meet at Bishopdale Community Centre.
Cost: \$25 per year (for Tues & Thurs group)

Walks around Christchurch area for 1-1.5 hours. Also social events and trips away. Cost: \$20 per year

Walks around Christchurch. Meet at 212 Keyes Rd, New Brighton. Cost: transport

Walks around Canterbury, for 20-70 age group, moderate fitness level. Cost: \$5 per year + transport

Walks around various areas, social club for all ages. Monthly bus trips. Cost: transport

Walks around various areas, for 50+ age group, men & women welcome. Cost: \$5 per year

CONTACT

Tower Tramping & Walking Club
Ron Hitchlock ☎338 3187

Tuesday Trekkers
Shirley Best ☎352 6463

YMCA Walkers
Bishopdale Community Centre
☎359 8330

YMCA Walkers
City YMCA ☎366 0689

Brighton Ramblers
Beryl Foulds ☎388 4527

Diamond Harbour Ramblers
Noeleen Coleman ☎329 4566

New Brighton Working Mens Club Walking Group Bruce ☎389 1055

Crusaders Walkers
Des ☎382 1188

TUESDAY



9:30am



30 minute walks, mothers with children in strollers especially welcome. Meet at Bishopdale Community Centre, Farrington Ave.

30 Minute Walking Group

Bishopdale Community Centre

☎359 8330



9:30am or
10:00am

Walking groups for the 50+ age group meeting in various locations. Walk at your own pace for about an hour. Cost: transport

KiwiSeniors Walking Groups

Sport Canterbury

☎0800 228 483



9:45am

Walks around various areas, all ages & abilities welcome. Meet at Parklands Community Church, 59 Queenspark Dr. Cost: \$10 per year

Parklands Walking Group

Trish Nelmes

☎383 5866



10:00am

Walks around various areas, all ages welcome. Meet at Lyttelton Recreation Centre. Cost: transport

Lyttelton Walking

Ada Goodwin

☎328 7235



10:00am

Walks around various areas for 50+ age group, men & women welcome. Cost: \$5 per year + transport

Happy Ramblers

Liz Milne

☎332 8883



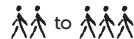
10:30am

Walks around Christchurch for 50+ age group, men & women welcome. Cost: \$5 per year + transport

City Ramblers

Margaret Brorens

☎379 5021



1:30pm

Walks around various areas, all ages welcome. Cost: transport

CCC Sunshine Walkers

Jim ☎389 1982

Hope ☎389 7997



5:30pm Winter
6:30pm Summer

Walks around various areas, all ages welcome. Meet at Sockburn Recreation Centre. Cost: transport

CCC Sockburn

Estelle

☎342 7841

TUESDAY

ABILITY TIME



8:30am



8:45am



9:30am



9:30am



10:00am



10:00am

INFORMATION

Walks around Canterbury, for women of all ages.
(Max 8 women, guiding, transport & food included)
Cost: \$20-30 per day trip

Walks around North Canterbury, Port Hills and Beaches. Meet at Bishopdale Community Centre.
Cost: transport \$5 or \$10 out of town

Walks around Christchurch for 3-4 hrs.

Walks around St Martins & Cashmere. Annual trip to Hanmer. Meet at St Martins Clubrooms, Hansen Park.
Cost: \$35 per year.

Walks around various areas, all ages welcome.
Meet at Linwood Union Church, 378 Linwood Ave.

Walks (mostly flat) around various areas for 1-2 hrs.
Mainly people from Holland. Cost: donation

CONTACT

Women Walk

Pauline Cara ☎384 1921

Bishopdale Ramblers

Paul Muir ☎359 7971

Pleasure Walkers Christchurch

Colleen Cook ☎384 9504

St Martins Walking Group

John Henderson ☎381 3464

Fastrack Walking Group

Dorothy Jones ☎389 5339

Happy Wanderers

John van Herpt ☎389 5664

WEDNESDAY



9:30am or
10:00am

Walking groups for the 50+ age group, meeting in various locations. Walk at your own pace for about an hour. Cost: transport

KiwiSeniors Walking Groups

Sport Canterbury ☎0800 928 483



10:00am
(alternate weeks)

Walks around Christchurch (2 hrs) for people who enjoy a good walk without feeling exhausted. 3 to 4 bus trips per year. Meet at QEII Park. Cost: transport

QEII Mini Hikers

Beverley Church ☎388 5736



10:15am
11:00am June/July

Walks around Christchurch. Suitable for people with physical disabilities.

Arthritic Amblers

Trevor Randall ☎385 7446



6:00pm

Walks around various areas, all ages welcome. Cost: transport

CCC Glow Worm Evening Walkers

Graeme Stanley ☎385 1553

WEDNESDAY



ABILITY TIME



8:30am

INFORMATION

Social walks for fitness. Meet at Bishopdale Community Centre. Cost: \$25 per year (for Tues & Thurs group)

CONTACT

YMCA Walkers ☎359 8330
Bishopdale Community Centre



8:30am -9:00am

Walks around Canterbury, mainly 40-70 age group, moderate fitness level. Cost: transport

Pioneer Trampers

Dawne Skelton ☎332 0858
Alan Williams ☎343 2216



9:00am

Walks around Canterbury, all ages welcome. Meet in Ellesmere area. Cost: transport

Ellesmere Tramping Group

Trish Vessey ☎329 1865



9:00am

Walks around Christchurch for 1-1.25 hrs. Also bus trips & social events. Meet - City YMCA. Cost: \$20 per yr

YMCA Walkers

City YMCA ☎366 0689



9:00am
(time varies)

Easy walks on the flat and hills (two groups). Cost: \$10 per year

Y's Walkers (YWCA)

Evelyn ☎348 4638



9:00-10:00am
(varies)

Easy walks around Canterbury, with no hills. Cost: \$10 per year

No Hill Walkers

Hazel Matthews ☎385 5338



9:30am



30 minute walks for fun and friendship. Different routes each week.

30 Minute Walking Group ☎372 2840

Christchurch City Council Leisure



9:30am

Local walks, everyone welcome.

St Peters Walking Group

Estelle Laugesen ☎342 7841

THURSDAY

-  to  9:30am or 10:00am **Walking groups for the 50+ age group**, meeting in various locations. Walk at your own pace for about an hour. Cost: transport
-  to  9:30am **Walks around Christchurch for men and women, 50+ age group.** Cost: \$4 per year
-  10:00am **Walks around Christchurch**, mostly on flat. Led by St Kentigerns & United Parish members, others welcome.
-  10:00am **Walks around Linwood/Woolston area**, all ages welcome. Meet Linwood Union Church, 378 Linwood Ave.
-  to  10:00am **Walks around various areas**, all ages welcome. Meet at Shirley Community Centre, cnr Slater St & Shirley Rd. Cost: transport
-  to  1:30pm Apr-Sept **Friendly, social environment for 50 + age group. Walk around the Botanical Gardens.** Meet by the Botanical Gardens kiosk.
-  to  10:30am Oct-Mar **Walk around the Groynes.** Meet just past the shop in the Groynes.
-  5:45pm  **30 minute walks** for fun and friendship. Meet at North Hagley Park on the grassed area inside Armagh St bridge entrance.
- KiwiSeniors Walking Groups**
Sport Canterbury ☎0800 228 483
- Wayfarers**
Ted Hill ☎358 7490
- Walkie Talkies**
John Judge ☎388 9995
- Linwood Ave Walking Group**
Linwood Union Church ☎389 5303
- CCC Shirley Recreational Walkers**
Community Recreation Advisor ☎352 8117
- Retirees Social Club**
Ira Williams ☎342 8172
Carol Roscoe ☎337 5901
- 30 Minute Walking Group**
Christchurch City Council Leisure ☎372 2840

ABILITY TIME



9:30am



9:30am or
10:00am

DAYS VARY



Various



Weekends
(varies)



9:30am or
10:00am



10:00am and
1:00pm, Oct-Apr

INFORMATION

Walks around various areas, all ages welcome.
Cost: transport

Walking groups for the 50+ age group, meeting in various locations. Walk at your own pace for about an hour. Cost: transport

Walks around Banks Peninsula & Canterbury Foothills for women of all ages. Day & overnight trips. (Max 8 women, guiding, transport + food included). Cost: various, optional \$10 association fee

Walks around Canterbury, for women of all ages. (Max 8 women, guiding, transport + food included). Cost: \$20-30 day trip

Walking groups for the 50+ age group, meeting in various locations. Walk at your own pace for about an hour. Cost: transport

Daily Walking tours around central Christchurch. Meet at Red & Black kiosk, Cathedral Square. Cost: \$8 pp

CONTACT

CCC Sockburn
Jo ☎349 7146

KiwiSeniors Walking Groups
Sport Canterbury ☎0800 228 483

Bushwise Women
Cynthia Roberts or Roz Heinz
☎332 4952

Women Walk
Pauline Cara ☎384 1921

KiwiSeniors Walking Groups
Sport Canterbury ☎0800 228 483

Christchurch Personal Guiding Service
Elizabeth Stanton ☎365 8480

ABILITY TIME



9:30am



9:30am Oct-Apr
1:30pm Apr-Sep



1:30pm fortnightly



2:00pm



2:00pm



2:00pm Apr-Oct

INFORMATION

Walks around various areas, all ages welcome.
Cost: transport

Walks around various areas, all ages welcome. Meet
at Halswell Aquatic Centre, Halswell Rd. Cost: transport

Leisurely walking around Christchurch.
Cost: transport.

Social walking in various areas.
Cost: yearly membership fee

Walks around St Martins & Cashmere. Annual trip
to Hanmer. Meet at St Martins Clubrooms, Hansen Park.
Cost: \$35 per year

Informal walks around Christchurch, all ages
welcome. Afternoon tea. Cost: \$5 per year

CONTACT

CCC Garden City Walkers
Lois ☎381 1413

CCC Halswell
Pauline ☎322 8057

Sally Strollers
Margaret Bennetts ☎322 9187

Rover Harriers
Christine Deeming ☎388 3823

St Martins Walking Group
John Henderson ☎381 3464

ChCh Methodist Harrier Club
Mrs Lindsay Evans ☎355 4356

SATURDAY



ABILITY TIME



Various



Various



8:30am



8:30am



9:00am



9:00am
2nd Sun/month

INFORMATION

Trips every weekend. Phone for a club newsletter. Meet on Gloucester St (near Manchester St corner). Cost: transport

Varied programmes around Canterbury, all ages & fitness levels welcome. Meet at CSA Gallery, 66 Gloucester St. Cost: \$7 per year + transport

Walks around St Martins & Cashmere. Annual trip to Hanmer. Meet at St Martins Clubrooms, Hansen Park. Cost: \$35 per year

Walks around North West Christchurch, all ages welcome. Shower & cup of tea available. Meet at Burnside Park Rugby Clubrooms. Cost: \$40 family, \$28 single per year

Walks around various areas, all ages welcome. Meet at Halswell Aquatic Centre, Halswell Rd. Cost: transport

Tramping & walking around Canterbury, social group for gays and lesbians, all ages welcome. Meet at cnr Montreal & Peterborough Sts. Cost: \$1 per walk

CONTACT

Peninsula Tramping Club
(Family Strollers Group)
Rick Bolch ☎338 5156

Tower Tramping Club
Ada Goodwin ☎328 7235

St Martins Walking Group
Valerie Linkhorn ☎383 1199

Burnside Joggers & Walkers Club
Dereck ☎385 9704

CCC Halswell
Terrence ☎322 8092

Lambda Walkers
Ross Edgar ☎366 0962
Helen Davies ☎332 8724

SUNDAY



9:30am

Walks around flat & hills for 1-2.5 hours.

All ages welcome. Meet at South Christchurch Tennis Pavilion carpark, Sydenham Park.

South Christchurch/Sydenham Walkers

Ray ☎332 0555



10:30am

Walks (mostly flat) around Christchurch, for 1 hr with interesting facts along the way.

Active Christchurch Sunday Walk

Christchurch City Council Leisure ☎372 2840



1:00pm
(varies fortnightly)

Walks around various areas. Cost: transport

Cardiac Companions

Bernard Robbins ☎338 9761



1:30pm

Walks around various areas, all ages welcome.
Cost: transport

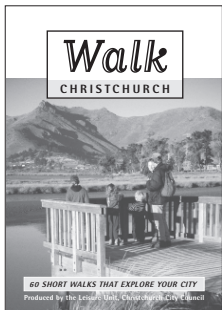
CCC Weekend Wanderers

Marilyn & Colin ☎338 3826

SUNDAY



Walk Christchurch: 60 short walks that explore your city.



This comprehensive guide book provides an insight into the multitude of walking options around the city. The book contains over 60 walks around Christchurch, with information on walks that are accessible for wheelchairs, push-chairs and dogs.

Detailed maps, location of toilets and the nearest bus route and

special sections on local history, plants and wildlife compliment this 180 page, full colour book.

Published by Christchurch City Council Leisure, the book is available at **RRP\$ 24.95** from Council service centres, Civic Offices and most bookstores.

For walkers interested in exploring the Port Hills, Banks Peninsula or Canterbury in general please refer to the booklets




The Port Hills: a guide to the walking tracks on the Port Hills and **Walk Away: a guide to walking places in Canterbury**, both by Mark Pickering. They are available from most libraries and on sale at some bookstores and the Information Centre Christchurch.

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

Christchurch City Council Leisure & Parks	☎372-2840
Central & Suburban Libraries	☎379-9614
Department of Conservation	☎379-9758
Information Centre Christchurch	☎379-9629
Summit Road Society	☎366-8243
Canterbury Regional Council	☎365-3828
Banks Peninsula District Council	☎328-8065
Waimakariri District Council	☎03 313-6136

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 sun screen, hat and fluids to drink.



Push Play with Active Christchurch is a campaign aimed at getting more people more active more often. All it takes is 30 minutes of physical activity most days. There are a number of thirty minute walking groups in Christchurch and these have been highlighted in the listings with the Push Play symbol.



For more information on how to get started refer to the Hillary Commission's **Push Play** brochures: *Walking, Stretching and Medical Conditions and Physical Activity* (available from Christchurch City Council Leisure ☎3722 840 or Sport Canterbury ☎3770 962)



For further information on walking or
other recreation activities, call:

Christchurch City Council Leisure

☎ 372 2840, fax 371 1267 or email

Leisure&ParksCustomerCentre@exchange.ccc.govt.nz