

## GENERAL INFORMATION

Parks, sports facilities and schools are prominent features of another delightful area of Hastings.

Mayfair, close to the old Hastings railway station and with the Hawke's Bay Showgrounds nearby, has a range of easy and interesting walks and you will never be far from the Splash Planet theme park, a popular visitor destination.

Splash Planet, formerly Fantasyland, is in Windsor Park which also contains netball and tennis courts and a skating rink. The area also features the Hastings Holiday Park.

## DISTANCE AND DURATION

**Distance:** See map: range from 1.3 km to 3.4 km  
**Grade:** Suitable for all levels of fitness



## Calorie Map

The Calorie Map indicates how many calories you can expect to burn while walking on the pathway or track.

For maps with many walks we have provided one calorie map - the median distance of all the walks.

**Health benefits** will begin to arise if you burn off 2,000 calories a week by exercising, or doing 10,000 steps a day.

## WHY WALK

**It is never too late** to lace up your shoes and get motivated to exercise for your individual needs.

**30-60 minutes of exercise each day can keep your body, heart and mind in good shape.**

**Take a look at the following benefits:**

- ✓ Lose Weight
- ✓ Reduce Risk Factors of Heart Disease
- ✓ Reduce Risk Factors of Diabetes
- ✓ Live Healthy Lifestyle
- ✓ Social Factor - meet new people while walking
- ✓ Increase Fitness ability
- ✓ Relaxation

**Get walking by:**

- ✓ Setting yourself goals
- ✓ Being flexible
- ✓ Choose different routes from the map
- ✓ Challenging yourself - increase walking distances or speed
- ✓ Record your activities - seeing your personal progress is motivating
- ✓ Seeking morale support - friends, family, partner, dog - to help maintain a routine
- ✓ Being patient - it can take up to six weeks to feel the benefits of regular walking
- ✓ Display walking prompts - leave shoes at the door and push play 30 minutes a day magnet on the fridge.

## WHY CYCLE

More and more Hawke's Bay people are discovering the **fun and benefits of bike riding.**

Whether heading off to work, for recreation or health, cycling in Hawke's Bay is an enjoyable experience for people of all ages and capabilities.

With the cities and towns of Hawke's Bay all relatively flat, cyclists won't find it too strenuous to reach their destination. However, those seeking a tougher challenge are also well catered for with a number of routes in the hills of Hawke's Bay able to test even the fittest of riders.

Cycling is a faster, cleaner and cheaper way to travel in Hawke's Bay - **so on yer bike and get riding!**

**PUSH PLAY**  
30 MINUTES A DAY



FACILITIES

ATTRACTIONS

Dog on lead  
Cycling  
Walking  
Running  
Wheelchairs



- The Splash Planet theme park is one of Hawke's Bay's favourite family destinations. It was born from a \$6.2 million upgrade of the former Fantasyland in 1998.
- The Bill Mathewson Park is named in honour of a longtime rugby administrator who made a particularly significant contribution to the Ross Shield primary schoolboys game.
- The Hawkes Bay Showgrounds is the venue for the annual Horse of the Year Show.

Mayfair walks

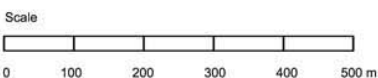
Walks starting from Mayfair Park.

	1.7 Km
	1.7 Km
	1.8 Km
	2.2 Km

Parkvale walks

Walks starting from Splash Planet.

	2.5 Km
	2.7 Km
	3.3 Km
	3.4 Km



Base map courtesy of the Hastings I



Cartography courtesy of the Hawkes

30 MINUTES A DAY

( www.hborienteering.com )