

GENERAL INFORMATION

WALK / CYCLE HAWKE'S BAY
HASTINGS & HAVELOCK NORTH

Havelock North

Take your choice from five designating walks around one of Hawke's Bay's most delightful townships.

All begin from the Havelock North library and range in distance from 1.4km to 2.3km.

The shortest circumnavigates the central shopping area while venturing further afield will take you past some of the village's historic sites. Call into the Information Centre for information on the Heritage Trails. For a moment or two of solitude, call into the Keirunga Gardens and, after some activity, the village offers a variety of establishments for refreshment.

DISTANCE AND DURATION

Distance: See map: range from 1.4 km to 2.3 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

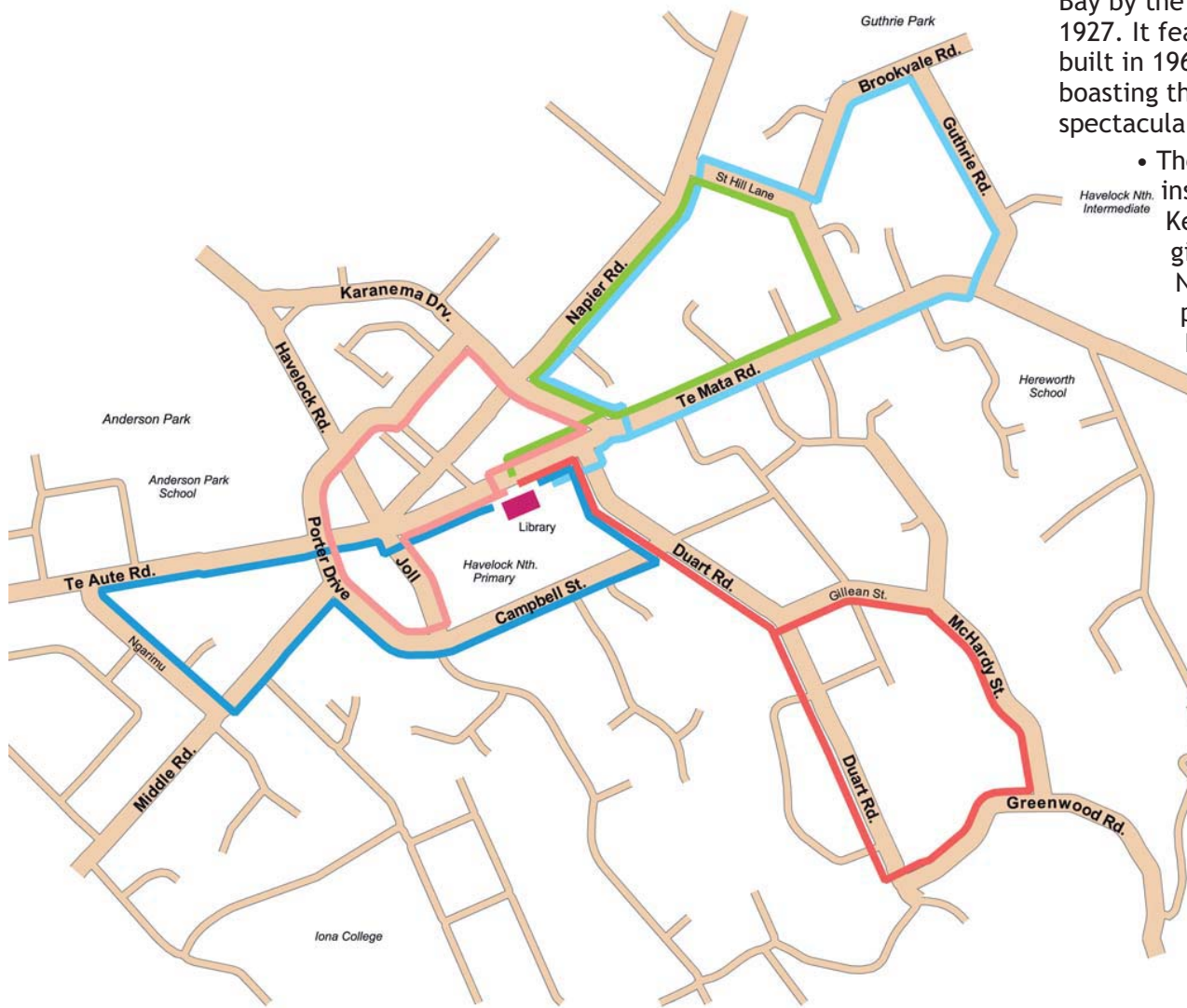


- Dog on lead
- Walking
- Cycling
- Wheelchairs
- Running



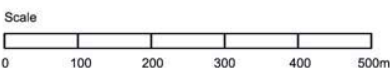
ATTRACTIONS

- The road meandering to Te Mata Peak is on 240 acres of majestic and prime reserve which was gifted to the people of Hawke's Bay by the Chambers family in 1927. It features Peak House, built in 1967 and, arguably, boasting the Bay's most spectacular dining.
 - The Keirunga Gardens, inspired by London's Kew Gardens, was gifted by George Nelson in 1956 to "the people of Havelock North" as a public garden.
 - The region is a wine producing mecca and, with its first grapes planted in the 1870s, Te Mata Estate is the country's oldest commercial



Walks starting from the Havelock North library.

—	2.3 Km
—	1.4 Km
—	1.7 Km
—	2.0 Km
—	2.3 Km



PUSH PLAY
30 MINUTES A DAY

