

## GENERAL INFORMATION

All seven Flaxmere street walks start from the hub of the village centre, the Flaxmere Shopping Centre entrance opposite Henderson Road. Flaxmere Village has a real community feel with a number of services, schools, churches and community organisations present within its boundaries. It is also an area of high cultural diversity and this mixture of cultural and ethnic influence on traditional small town New Zealand will be evident as you wander throughout the village. The walks of varying lengths (clearly colour-coded on the map) cover most of central Flaxmere and include the green belts of Flaxmere Park and the Flaxmere College and Intermediate schools.

## DISTANCE AND DURATION

- Distance:** 1 to 2.6 km  
**Duration (approx):** Up to 45 minutes (*walking*)  
**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



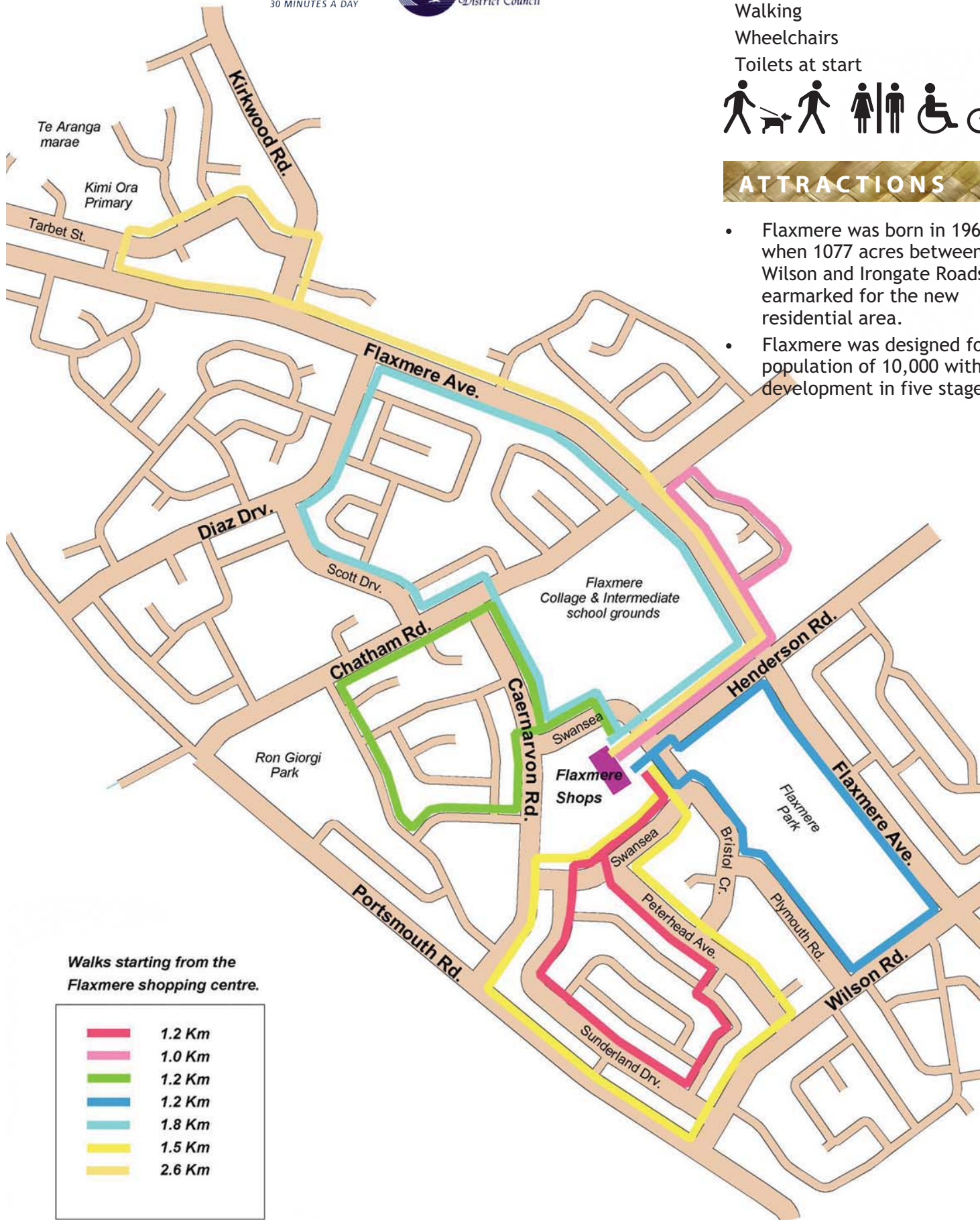


- Dog on lead
- Cycling
- Walking
- Wheelchairs
- Toilets at start



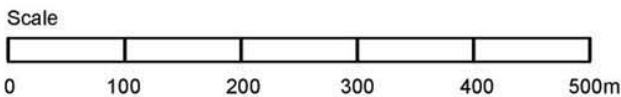
ATTRACTIONS

- Flaxmere was born in 1963 when 1077 acres between Wilson and Irongate Roads was earmarked for the new residential area.
- Flaxmere was designed for a population of 10,000 with development in five stages.



Walks starting from the Flaxmere shopping centre.

	1.2 Km
	1.0 Km
	1.2 Km
	1.2 Km
	1.8 Km
	1.5 Km
	2.6 Km



Base map courtesy of the Hastings District Council.

Cartography courtesy of the Hawkes Bay Orienteering Club.  
(www.hborienteeing.com)