

GENERAL INFORMATION

Camberley & Hospital Community Walks

Using the Camberley shops on Kiwi Street as the starting point, take your pick of five short, easy walks clearly indicated on the map. Camberley is a small community in terms of residents and geography and an area recognised for its cultural diversity and close-knit community spirit. A progressive, diverse community, resourceful, safe and healthy in a beautiful environment is the motto identified for Camberley by 2015 in the Hastings District Council Camberley Community Plan. The selection of easy community walks link to the HDC vision and provide an intriguing insight into this family-orientated community.

DISTANCE AND DURATION

- Distance:** See map: range 1 km to 2 km
Duration (approx): Up to 30 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

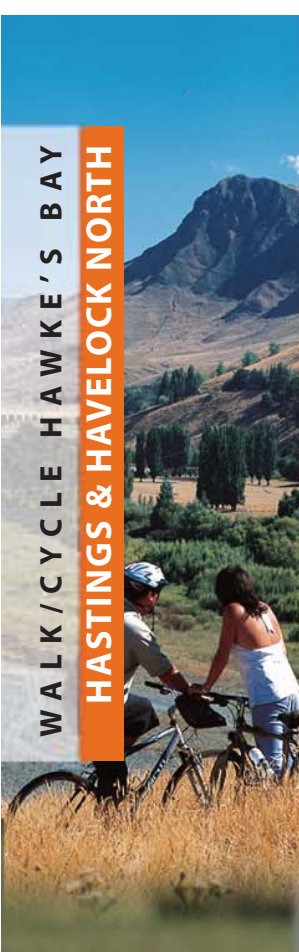
More and more Hawke's Bay people are discovering the **fun and benefits of bike riding.**

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!**

PUSHPLAY
30 MINUTES A DAY





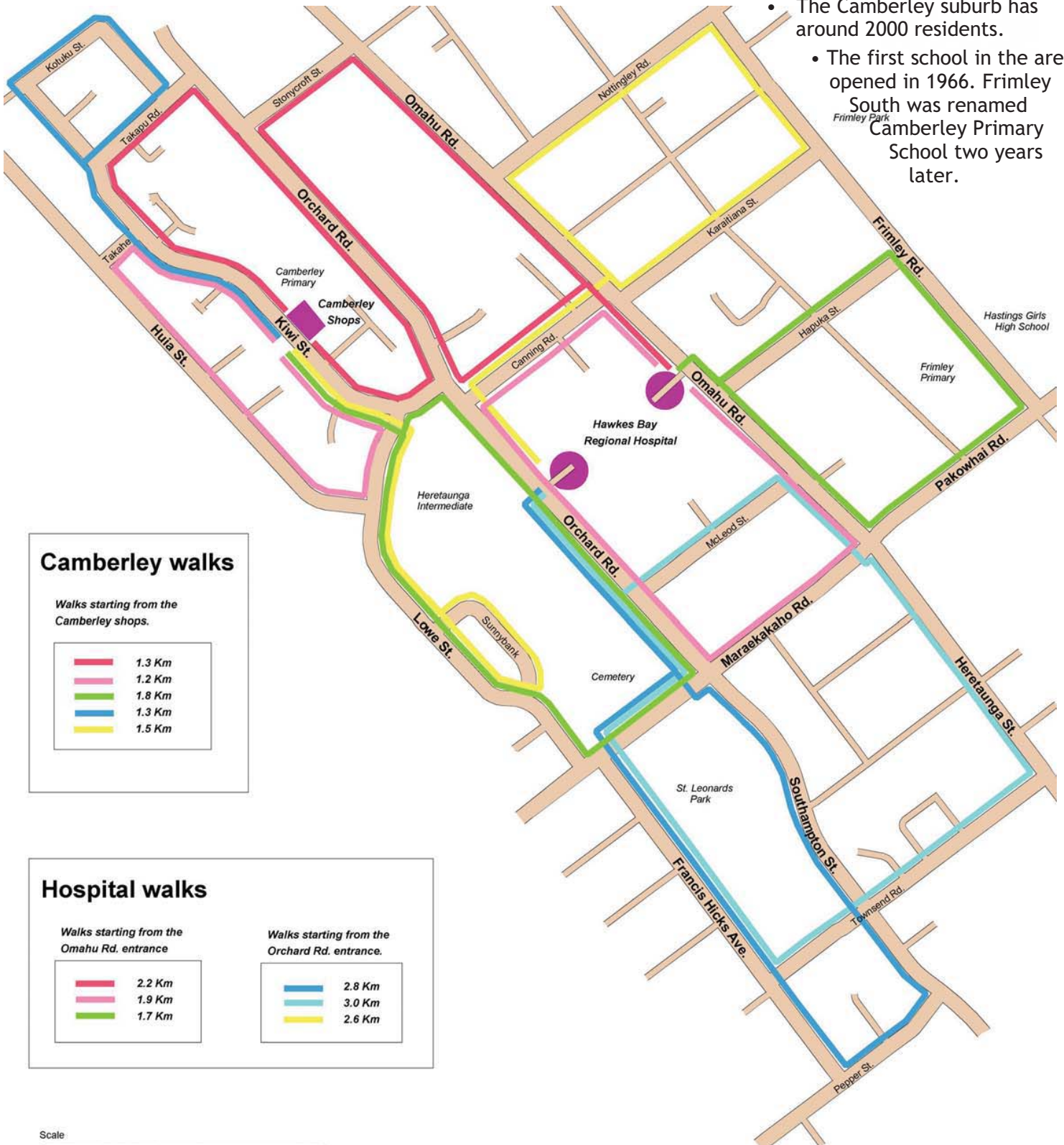
FACILITIES

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



ATTRACTIONS

- The Camberley suburb has around 2000 residents.
- The first school in the area opened in 1966. Frimley South was renamed Camberley Primary School two years later.



Camberley walks

Walks starting from the Camberley shops.

—	1.3 Km
—	1.2 Km
—	1.8 Km
—	1.3 Km
—	1.5 Km

Hospital walks

Walks starting from the Omaha Rd. entrance		Walks starting from the Orchard Rd. entrance.	
—	2.2 Km	—	2.8 Km
—	1.9 Km	—	3.0 Km
—	1.7 Km	—	2.6 Km

