

GENERAL INFORMATION

On the southern outskirts of Hastings, the Akina area with three schools and an expansive sports park within its boundaries offers a range of easy, pleasant walks.

Hastings Boys' High, Hastings Intermediate and Central Schools line Karamu Rd South while Akina Park extends from the high school grounds. The park is the headquarters for Hawke's Bay softball and includes a childrens' playground

A rural outlook adds to the open air atmosphere of the area as does the nearby Hawke's Bay Racing Centre. Across Railway Rd, the Hastings track is the centre of the province's horse racing industry and hosts the annual \$2 million Group 1 Kelt Capital Stakes, the richest weight-for-age event in New Zealand.

DISTANCE AND DURATION

Distance: See map: range from 1.3 km to 2.7 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!**

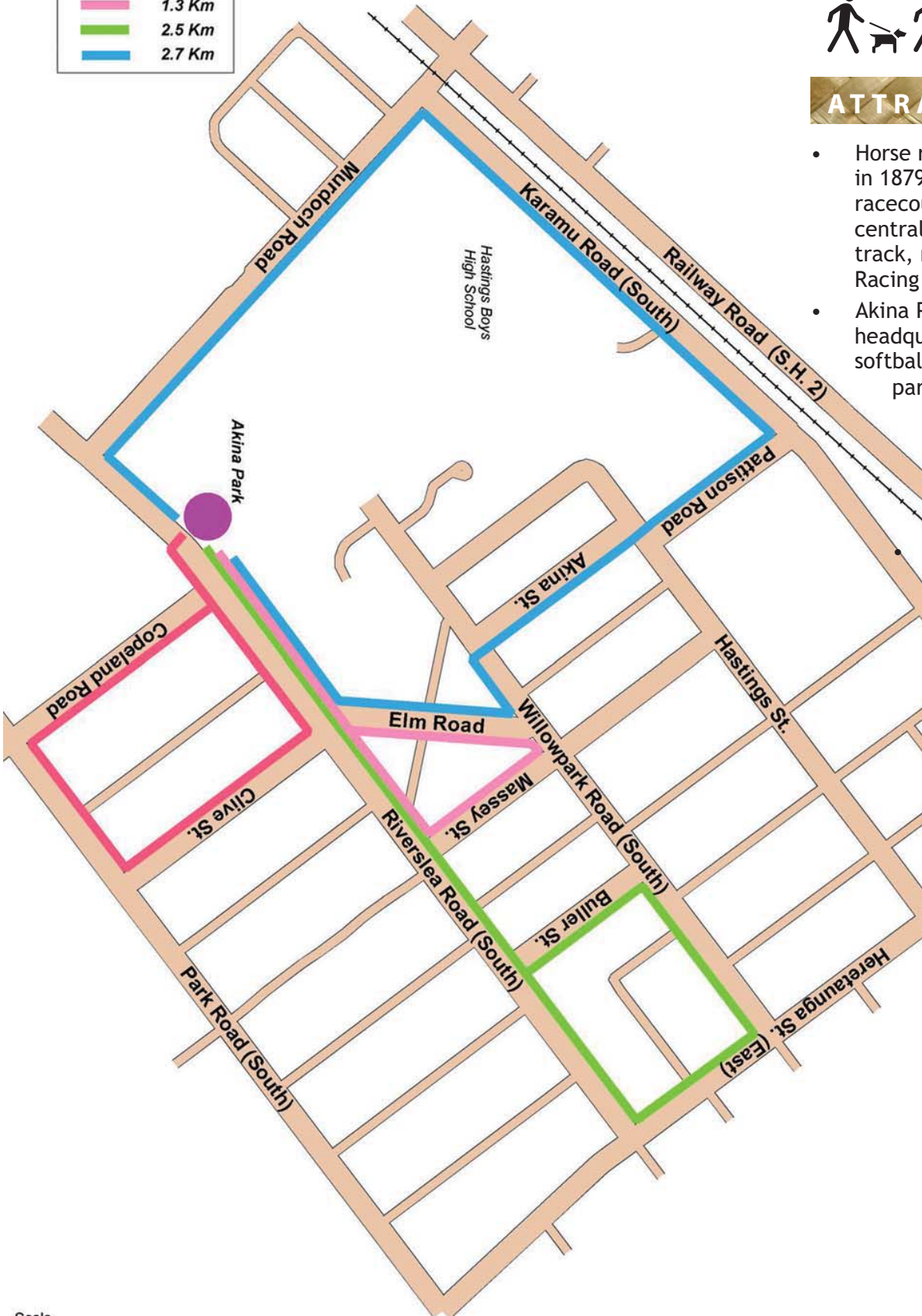
PUSH PLAY
30 MINUTES A DAY



Akina walks

Walks starting from Akina Park.

	1.3 Km
	1.3 Km
	2.5 Km
	2.7 Km



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



ATTRACTIONS

- Horse racing began in Hastings in 1879. Closure of the Napier racecourse in 1961 saw racing centralised at the Hastings track, now known as the HB Racing Centre.
- Akina Park has long been the headquarters of Hawke's Bay softball. Development of the park began in 1937, two years after visiting American servicemen introduced the game to New Zealand.

Hastings Boys' High, established in 1904 as the Hastings District HS, opened on the present site in 1926.

