

GENERAL INFORMATION

A suburb with a strong Polynesian influence offers a number of easy-walking routes for health and enjoyment. Take a stroll through the central shopping centre where you will find an information centre and can stop for refreshments.

Find your way to the outskirts and discover the expansive Maraenui Park and peaceful views across rural land toward the coast and Hastings. A busy and diverse sports and community club is based at the park.

Walk routes will also take you past schools and churches in a suburb which also has a new community marae.

Bay City Gym available for exercising as an alternative to walking and cycling.

DISTANCE AND DURATION

Distance: see map: range from 2.6 km to 4.9km
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.

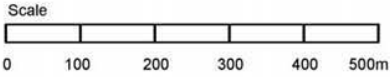
With the cities and towns of Hawke's Bay all relatively flat, cyclists won't find it too strenuous to reach their destination. However, those seeking a tougher challenge are also well catered for with a number of routes in the hills of Hawke's Bay able to test even the fittest of riders.

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





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



Walks starting from the Maraenui shopping centre.

- 2.0 Km
- 2.5 Km
- 1.6 Km
- 3.0 Km
- 4.6 Km
- 4.9 Km



ATTRACTIONS

- The popular Bay City Gym, an exercising alternative to walking and cycling, is based on the outskirts of Maraenui.
- Work on the suburb's Pukemokimoki Marae began in August, 2005. The facility on Riverbend Rd is becoming a valuable community resource.
- The Maraenui Information Centre is a 'ione stop shop' involving key agencies such as Housing HB, HB Community Law and the IRD.

Base map courtesy of the Napier City Council.

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