The Breeze
Walking Festival
27 September – 6 October

Put some Spring in your step

www.walkingfestival.co.nz
The Breeze Walking Festival

Friday 27 September–Sunday 6 October

Connecting people and places in Christchurch


Put some spring in your step and boost your wellbeing at The Breeze Walking Festival 2013 – a great chance to socialise, learn more about local history and experience beautiful wildlife and scenery.

With 25 free walks over 10 days, the Festival explores Christchurch’s best locations, including beaches, forests, ridgelines, wetlands and city streets. There’s also a workshop about how to look after your active feet.

This year’s second annual Festival kicks off with an opening event at Halswell Quarry on Saturday 28 September – the first day of the school holidays. Come and enjoy fun, short walks for children plus scenic, more challenging walks up to the Quarry Rim and Kennedy’s Bush. The Festival closes with Walk 4 Wellbeing at Hagley Park on Sunday 6 October – a gentle ramble around Christchurch’s leafy heart.

Win

For every walk you do, you can enter to win one of two ultimate packs from Stirling Sports. Simply give your details to walk leaders and you’re in the draw. Tune into The Breeze 94.5FM or visit walkingfestival.co.nz for more details.

Key points to note:

- It’s easy to get involved – wear comfortable shoes and clothing, plus bring a pack with a water bottle, snack, sun hat, sun screen and rain coat.
- Walks are free* – no bookings required unless specified.
- Different walks suit different levels of fitness – select your level using the icons below.
- Walking routes may change due to weather or track damage.
- Children must be supervised.
  *Two walks have a subsidised transport charge.

Essential Information

- www.walkingfestival.co.nz
- Phone (03) 941 8999
- Listen to The Breeze 94.5FM for cancellations and updates
- Bus timetable: metroinfo.co.nz or phone (03) 366 8855

Icon Guide

Each walk has been given an approximate time and grading.
The grading reflects the type of terrain and level of fitness required.

- Easy – Flat terrain
- Medium – Mixed terrain
- Hard – Hills/challenging

- Suitable for buggies
- Dogs on a leash
- No dogs
- Toilets on route
- Map on website
- Feature walk
The Breeze Walking Festival
All Right? Opening at Halswell Quarry

Saturday 28 September 10.30am–2pm
Meet: Halswell Quarry car park, Cashmere Road

Celebrate the opening of The Breeze Walking Festival by taking part in a variety of walks at the picturesque Halswell Quarry on the outskirts of Christchurch.

The official opening ceremony at 12.30pm will feature celebrity guests, music and spot prizes. Buy food on-site or bring a picnic.

Kennedy’s Bush Walk
10.30am–12.30pm
Meet: Halswell Quarry Information Centre

Starting with a gentle climb up to the Quarry Rim, this walk then takes you further up the hill where you can enjoy great views of the Southern Alps.

Distance: 5km

Quarry Rim Walk
11.15am–12.15pm
Meet: Halswell Quarry Information Centre

Take this guided walk to learn about the Quarry’s history and significance to Christchurch’s heritage.

Distance: 4km

We’re Going on a Bear Hunt
11.30am–12noon
Meet: Halswell Quarry Information Centre

Especially for the kids – bring your favourite teddy and snack along for this fun adventure, including singing, stories and a teddy bears picnic.

Distance: 2km

Pukeko Stomp
1pm–1.20pm
Meet: Halswell Quarry Information Centre

Have fun exploring the Quarry’s wetlands, with a Christchurch City Council Ranger bringing the swamp alive.

Distance: 1km

Sister Cities Garden Tour
1pm–2pm
Meet: Sister Cities Garden area

This guided tour takes you around six areas planted with indigenous species to represent the special character and beauty of Christchurch’s sister cities.

Distance: 1.5km
Roving Riccarton
Sunday 29 September
10.30am–11.30am
Meet: Riccarton Bush, Titoki Street
Rove the historic streets of Riccarton with Warren Cain, an experienced leader of Christchurch City Council’s Sunday Walks, before finishing with a talk at the iconic Riccarton Bush. Afterwards, you can stay on for the lively weekly Artisans market.
Distance: 5km

Boulder Bay and Godley Head
Sunday 29 September
Boulder Bay: 11am–1pm; Godley Head: 11am–3pm
Meet: Taylor’s Mistake car park
This popular track has recently reopened so come and enjoy its captivating scenery, history and wildlife. Bring a picnic lunch and linger in the sun at Boulder Bay – taking in breathtaking views of Whitewash Heads, Taylor’s Mistake and the Kaikoura mountain range. The first walk loops back from Boulder Bay, while the extended walk continues on to the historic Godley Head coastal defence battery before looping back.
Distance: Boulder Bay: 5.4km; Godley Head: 8km

Misty Peaks Reserve on Banks Peninsula
Sunday 29 September
11am–3pm
Meet: Bus transport to the start of the walk provided from Akaroa car park, seaward side of the domain grounds off Rue Brittan near the public toilets.
This walk traverses gently through regenerating shrub, with fabulous views over the Flea Bay Marine Reserve out toward Akaroa Heads and the Canterbury Bight. Bring a packed lunch, water; sturdy footwear; jacket and a sense of adventure. Rain Date: 6 October. Listen to The Breeze 94.5FM for weather call at 8am.
Registrations required, contact (03) 941 8999. Transport cost – $15 per person.
Distance: 5km

The Groynes and Roto Kohatu Reserve
Monday 30 September 10am–12noon
Meet: The Groynes, Picnic Area 1, Johns Road
Join the Eastenders walking group and a Christchurch City Council Ranger on this walk that winds along the Otakikino River past Clearwater Resort and on to Roto Kohatu Reserve – a popular water space for boating and sailing.
Distance: 7km

New Brighton Walk ‘n’ Talk
Monday 30 September
10am–10.45am
Meet: New Brighton Library foyer at the Pier, Marine Parade
Take a social walk along New Brighton beach or climb the dunes to appreciate beautiful views of the Port Hills, ending with a healthy food talk with the Heart Foundation.
Distance: 3km

Halswell Walk ‘n’ Puff
Monday 30 September 10am–11am
Meet: St Mary’s Church, 329 Halswell Road
All aboard the walking train to experience a behind-the-scenes tour of the Halswell miniature trains before jumping on-board for a ride. One free ticket per person. Bring a picnic morning tea or lunch. Additional rides $2 per person.
Distance: 3km
**Gondola and Bridle Path**

Monday 30 September 10.30am–1.30pm  
Meet: Bridle Path car park, Bridle Path Road

Catch a gondola to the top of the Bridle Path and enjoy great views as you stroll along the Crater Rim and eat a self-catered packed lunch. Then it’s a steep downhill walk boasting fantastic panoramic views of Canterbury, Christchurch and the ocean. Suitable for children aged over six. Not suitable for buggies. Gondola cost: $10 per adult; school-aged children free of charge.

Distance: 3km

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**Stride out on Rapaki**

Monday 30 September 5.30pm–7pm  
Meet: Corner of Rapaki and Centaurus roads

The Rapaki Track climbs up Mount Vernon Valley and offers stunning views over the city. To keep it fun and further increase your fitness, expect optional exercises along the way.

Distance: 6.5km

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**Explore the Rail Trail**

Tuesday 1 October 9.30am–11am  
Meet: Sign-posted car park on State Highway 75 (Christchurch to Akaroa Road)

This nature walk with a difference, from Ataahua Point to Kaituna on the Little River Rail Trail, features exploration, fun and games. Led by experienced ecologist Niall Mugan, it is suitable for children aged over six.

Distance: 2km

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**Christchurch Botanic Gardens**

Tuesday 1 October 10am–11am  
Meet: Botanic Gardens outside Curator’s House, Rolleston Avenue

Celebrate 150 years of the Botanic Gardens with Jeremy Hawker, Christchurch City Council’s Team Leader of Garden and Heritage Parks. His informative walk will reveal little-known, behind-the-scenes stories of working for the gardens.

Distance: 3km

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**The Food Trail with Youhttown**

Tuesday 1 October 10am–1pm  
Meet: At the red Youhttown gazebo, Latimer Square

A discovery trail for ten- to 13-year-olds, including challenges, food, water balloons, quizzes and good old fashioned treasure hunting. Registrations required phone (03) 381 3245.

Distance: 7km

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**Tuhaitara/Pegasus Coastal Track Walk**

Tuesday 1 October 10.30am–12.30pm  
Meet: Te Tai Kohaka Trust Office at Woodend Beach Domain, Woodend Beach Road

Join this guided walk that takes in Tutaepatu Lagoon, habitat restoration sites and scenic spots. You’ll walk to Pegasus Beach car park before returning along the beach and rejoining the inland track. Bring a picnic lunch, bikes for the kids and enjoy Woodend Beach Domain playground.

Distance: 7km
Discovering Woolston Cut and Beyond
Wednesday 2 October 10am–11am
Meet: Woolston Club, Hargood Street entrance

Join Linwood’s Walk ‘n’ Talk leader Trudy on this loop walk that takes in unique Woolston architecture, the historic Heathcote tow path and the Woolston Cut.

Distance: 3km

Papanui Walk ‘n’ Talk
What’s your Walking Style?
Wednesday 2 October 10am–11am
Meet: Papanui Library foyer, Langdons Road

Walk around St James Park to take in the spring flowers while Active Health’s Simon Wheeler advises on how to get the most out of your walk so you go home feeling energised and refreshed.

Distance: 4km

Have-A-Go Nordic Walking on the Wild Side
Date: Wednesday 2 October 10am–11.30am; 6pm–7.30pm
Meet: Broad Park, corner of Beach Road and Marine Parade, New Brighton

Learn how to get a total body workout from Nordic Walking. Guided by Linda Stewart, you’ll learn the technique before walking along the beach and tracks. Poles provided or bring your own.

Registrations required, phone (03) 941 8999.

Distance: 4.2km

Our ever evolving City by Foot
Wednesday 2 October, Friday 4 October and Saturday 5 October 1.30pm–3pm
Meet: Outside Central Library Tuam, 121 Tuam Street, or self guide by downloading the map (see below).

Come along and get reacquainted with the Central City on this walk that reveals new hangouts, temporary community projects and guerrilla art. We’ll share recovery stories, reveals, relocations and redevelopments.

See how Christchurch City Council is supporting vibrancy and colour in your city and find out how to get involved in its re-imagination.

To self-guide, download the map at www.walkingfestival.co.nz

Bookings essential, phone (03) 941 8999.

Distance: 4km

Twilight Winding River Path to Cracroft
Wednesday 2 October 6pm–7pm
Meet: South Library entrance, Colombo Street

Join the Glow Worm Walkers for a brisk evening loop walk that takes you along the banks of the Heathcote River to Cracroft.

Distance: 5km
Exercise is a proven pick-me-up – even a little bit helps a lot.

WHEN DID YOU LAST GET YOUR SWEAT ON?

Looking for people to go walking with? Looking for places to walk?

Active Canterbury puts walking information at your fingertips.

Visit today for info on...
• walking groups
• tracks and trails
• dog-friendly walks
• getting started
• walking advice

www.activecanterbury.org.nz
The Breeze Walking Festival 2013

The Groynes

Island River walk
Saturday 5 October 1.30pm–3.30pm
Meet: The Groynes, Picnic Area 2, Johns Road

Join Christchurch City Council rangers to explore this new track which roams along the banks of Otakaikino River, through native plantings and past a new high-ropes course. Bring a picnic or cook your lunch on the available barbecues.

Distance: 3.5km

Fendalton Walk ‘n’ Talk

Thursday 3 October 10am–11am
Meet: Fendalton Library, corner Jeffreys and Clyde roads

Join our loop walk to the new high-performance centre at Jellie Park for a behind-the-scenes tour of this exciting facility.

Distance: 3km

The Loop in Times Past

Thursday 3 October 1pm–2pm
Meet: South Library entrance, Colombo Street

An historic walk ‘n’ talk that follows the Heathcote River around Beckenham Loop using the Donkey Track, with pauses to hear about historical places of interest before returning to South Library. Shorter route available on request.

Distance: 4km

Marae to Marae Hikoi

Friday 4 October 10am–12noon
Meet: Nga Hau E Wha Marae, Pages Road

Hikoi. Savali. More Māori, more pacific from marae to marae. Motivate your whānau to walk, run, scooter, bike or push a baby buggy. Gossip, sing and breathe as you go.

Distance: 6.5km

Tuhaitara/ Pegasus Coastal Track Walk

Friday 4 October 1pm–3pm
Meet: Te Tai Kohaka Trust, Woodend Beach Domain, Woodend Beach Road

A shorter version of the 1 October walk, this guided loop walk takes in Tutaepatu Lagoon, habitat restoration sites and scenic spots. Bring a picnic lunch, bikes for the kids and enjoy Woodend Beach Domain playground.

Distance: 3.5km

Travis Wetlands

Saturday 5 October 10am–11.30am
Meet: Education Centre, corner of Beach and Frosts roads

Join a Travis Wetland Trust representative for this informative walk through the largest remaining freshwater wetland in Christchurch.

Distance: 4km

The Groyynes Island River walk

Saturday 5 October 1.30pm–3.30pm
Meet: The Groyynes, Picnic Area 2, Johns Road

Join Christchurch City Council rangers to explore this new track which roams along the banks of Otakaikino River, through native plantings and past a new high-ropes course. Bring a picnic or cook your lunch on the available barbecues.

Distance: 3.5km
**Escape From the Zoo, Christchurch Botanic Gardens**

**Sunday 6 October 10am; 1pm**
Meet: At the Band Rotunda, near Christchurch Hospital

Get ready to roar and pounce like a lion on this comedy walking tour that has performers re-enacting Hagley Park’s historic zoo.

Distance: 2km

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**The Breeze Walking Festival Workshop**

**Sunday 6 October 11am–3pm**
Meet: Botanic Gardens, Armagh Street Bridge entrance

Take time, take a breath and take notice as you join this gentle ramble around the city’s leafy heart – Hagley Park.

Start and finish in your own time and discover the five winning ways to wellbeing in surprise stations along this beautiful course. Part of Mental Health Awareness Week, 7–13 October.

Cancelled if wet. Listen to The Breeze 94.5fm for cancellation details.

Contact: (03) 366 6936 or (03) 941 8999.

Wheelchair friendly.

Distance: 3km

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**Feet First**

**Friday 27 September 1pm–3pm**
Meet: YMCA Bishopdale, 13A Bishopdale Court

This workshop looks at the latest trends and common myths about looking after active feet. With a focus on why barefoot exercise is becoming popular, it also covers shoe choice and walking accessories.

Bookings required, phone Broni on 0800 000 929 or phone (03) 941 8999.
Walk 'n' Talk...
For a healthier and active life

Walk ‘n’ Talk programmes meet weekly in various locations for a gentle 30 minute stroll on the flat. Led by experienced leaders, they are an easy way to meet new people and become more active.

Join a free Walk ‘n’ Talk programme today.

Phone: 03 941 8999
Email: info@ccc.govt.nz
Web: www.ccc.govt.nz

Community Recreation

Walk it off

Just present this ad to receive
30% off any footwear purchase

Discount applies to RRP only. *Voucher only redeemable at Stirling Sports Riccarton, The Palms or Northlands stores. Offer ends 30th November 2013.

Cross Safely.

Could they stop? Don’t risk it.
CONSERVATION WEEK
8 – 15 September 2013
New Zealand Government

Get out & WALK
Get your class or group together and take part in the virtual Great Walks competition!

Take part in the Christchurch Walking Festival and match every kilometre against a Great Walk. Find out how to enter at conservationweek.org.nz

Illustration: 2bytwo.co.nz

THE BANKS PENINSULA
Walking Festival
2nd & 3rd November 2013
Over 40 guided walks around the peninsula www.lyttelton.net.nz for more information

Sensational Selwyn offers a huge variety of walks for the whole family

Stroll along our short scenic walks, take in the sights and sounds of native bush, marvel at stunning lakes and rivers or take in the majesty of the Selwyn District from high up in Arthurs Pass National Park.

With beautiful landscapes and a walk to suit everyone, make sure you escape to the Selwyn District – just 20 minutes from Christchurch.

sensationalselwyn.co.nz
### Event Programme – Timeline

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|                        | • The Groynes – Island River Walk  
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| **Sunday 6 October**   | • Escape From the Zoo  
|                        | • Walk 4 Wellbeing                                                                          |

Visit [www.walkingFestival.co.nz](http://www.walkingFestival.co.nz)  
or phone (03) 941 8999

*Numbers are limited – bookings are essential.*