
NORTH SHORE WALKS

For a wide variety of North Shore Walks/Tracks please visit the Harbour Sport Website:

www.harboursport.co.nz

There you will find maps/routes of walks in all different areas of the North Shore.

HUMAN BEINGS WERE MADE TO WALK

It is the most basic of all physical activities. It is also convenient, enjoyable, safe, healthy and FREE! You can enjoy the sights, sounds and fresh air, and your need for fitness will take care of itself.

Walking is ideal for people who have been inactive or prefer less vigorous activity. It offers multiple health benefits, is relatively easy on muscles and joints and carries a low risk of injury.

Remember the Golden Rule of any physical activity, "go at your own pace", particularly at the beginning. With walking you can go as slow or fast as you like— but a brisk pace produces better results.



HOW TO MAKE WALKING WORK FOR YOU

Only 26% who walk to exercise are walking briskly enough to bring about the correct intensity level. Follow these tips to ensure your walking is effective:

- Pump your arms. Keep your elbows at 90 degrees and swing your arms back and forth in a natural motion to add intensity.
- Shorten your stride.
- Stand up straight. Good posture helps you breathe easier and you put less stress on your back, shoulders and neck.
- Walk briskly. It means walking fast enough to cover at least 3.5 miles in an hour. To figure it all out, walk a mile and time it. If you make it in 15 minutes or less, you're on the right track.
- Monitor your intensity. Pretend as though you're late for an appointment or hurrying to catch a bus. That should be your pace throughout your workout.
- Walk long enough. Your walk should be between 30-60 minutes.
- Spice things up. How about adding some hills, speed-walking or even jogging to boost intensity?



LOCAL ACTIVITIES

WALKING



More People, More Active, More Often

WALKERS AND TALKERS

(09) 410 4019
Wed 9.30am
Meet: Outside Methodist Church, Campbells Bay

WALKING GROUP

(09) 480 5279
Mon 10am (50+), Fri 9.45am (fast walkers)
Meet: Highbury Community house

DEVONPORT WALKERS

(09) 445 2743
Tues, Thurs 9am, Sun 8.30am
Meet: Devonport Community House

NORTHCOTE WALKING CLUB

(09) 443 3392
Every 2nd Tues 9.30am
Various Meeting Places, Contact to Confirm

CASUAL WALKERS

(09) 425 4999
Monday 9am (Ladies)
Meet: Snells Beach Library

LONGER WALKS

(09) 425 4999
9am every 1st/3rd Mon of Month
Meet: Outside Snells Beach Shops
(Will be back noon-mid afternoon)

HIBISCUS COAST LEISURE WALKERS

(09) 424 9227
Thurs 9.15am
Meet: Various, Call to Confirm

MAIRANGI WALKING

(09) 444 6435
7 Days a Week
Meet: Various, Contact to Confirm

Y'S WALKER

(09) 426 6461
Sunday 8am
Meet: Various, Call to confirm

TORBAY WALKERS

(09) 473 1931
Wed 4pm
Meet: Near Torbay Bus Stop

60'S UP MOVEMENT

(09) 444 0236
4th Mon of Month, 10am
Venue: Progress Hall, East Coast Bays

(09) 478 7201
2nd Tues of Month, 1pm
Venue: Torbay Community Hall, Beach Road

GREENHITHE WALKING GROUP

(09) 413 9065
Tues 9.30am
Meet: Greenhithe Fire Station

NORTH SHORE TRAMPING CLUB

(09) 442 1204
Weekends
Meet: Varies
Refer to Website <http://nstc.org.nz>

CONTACT US HERE

Harbour Sport
Stadium Drive, Albany
Ph: (09) 415 4610

WHAT'S ON IN YOUR AREA?