

## Walk of the Month

Welcome to 10,000 Steps Northland's 'Walk of the Month'. Each month a stunning walk somewhere in Northland will be highlighted so watch this space for your next walking adventure. (If you have a favourite track or walk in your community contact us on email at [10000steps@sportnorth.co.nz](mailto:10000steps@sportnorth.co.nz)).

### June's Walk of the Month – Tokitoki Creek Wetland Walkway (Portland)

As a follow on from last month's 'Walk of the Month' on wetlands walkways in Northland, we had several calls at Sport Northland asking about where the Portland Track is that was mentioned briefly at the end of the article. This prompted me to put some time into finding out more about this area.

The Portland community has been expanding now for several years and after visiting the area you will see why. There are some gorgeous views out over the Whangarei Harbour and Headlands and I can only imagine the colours you might see during sunset.

Portland is also the home to Golden Bay Cement Company as well as the site for a very large quarry. Many people come to this area to work on a daily basis and it made a lot of sense for us to feature a walk here.

Driving south to Portland from Whangarei, turn left on to Portland Road (approximately 9 kilometres along State Highway 1). Follow the road towards Golden Bay Cement and turn right on to McGill road and you will see the sign for the walkway just over the railway track.

This loop track is a well formed 4 wheel drive road that loops around the lower grounds and wetlands of Golden Bay Cement and has been created and donated by the Golden Bay Cement works company. It is a delightful walk with views into the mangroves, estuary and man-made lakes. This walk does have a couple of steep, short hills to climb up and down, but overall it is not that challenging. It does look like a wonderful spot to take the kids cycling off road and walking with the family and or work members.

In total this walk is a little over 4,500 steps (3.7 km) long and will take you approximately 35 - 55 minutes. Enjoy everyone and remember every step counts towards your 10,000 steps a day goal! Get out there and explore somewhere new - enjoy Portland's wetlands walk.



**Active Lifestyles – Sandi Burleigh from Sport Northland, [www.10000stepsnorthland.co.nz](http://www.10000stepsnorthland.co.nz)**

