

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).

September Walk of the Month – Kawakawa Township

Spring is in the air and there is no better time to start thinking about and making steps towards being more active. It has been an extremely wet and wild winter but believe it or not things are starting to dry out.

Just 50 kilometres north of Whangarei on Highway 1 is the turn off for the Kawakawa Township. Kawakawa is the gateway to the Bay of Islands, home of the world famous Hundertwasser toilets and one very quaint little town. This month our walks will keep your feet dry with a short walk through town and a longer residential loop walk to help get the heart rate up for longer.

Kawakawa is now branded with the 10 000 Steps Northland footprints and logo. The main sign and map for the 10,000 Steps Northland walks is located at the front entrance to Johnson Park. This park is directly after the turn off for Kawakawa on State Hwy 1 and is also the home to one of Northland's new disc golf courses.

From Johnson Park to the beginning of the railway walkway, you will be stepping approximately 1,580 steps (1.2km) each way and as a return trip will clock up over 3,000 steps. This is a very easy, flat and safe walk through town.

Alternatively a longer walk around the Kawakawa Loop Road will have you walking for approximately 40 - 60 minutes and accumulating approximately 5,625 steps (4.5km). This walk can be started at any point on the loop so if you are visiting Kawakawa specifically to do these walks, park your car at Johnson Park (have a look at the sign for direction) and walk the loop in either direction. Either way you will be able to finish the walk in the heart of town where there are delightful café's and of course the world famous toilets – perfect!



A newly branded 10 000 steps Northland track follows the old railway tracks towards Moerewa. The Taumatamakuku – Kawakawa link track is a 3000 step walk (2.4km) and will take approximately 25 - 40 minutes. This is a good walk for the more adventurous walker and is best suited in drier conditions.

Interested in a walking group in Kawakawa?

Contact Margaret Wikaire from Ngati Hine Health Trust who has a timetable for mornings, lunchtime and evening walks. Email Margaret@mataurangawhanui.co.nz or phone (09) 404 1551 ext 734 or 0274 324 092

Every Step Counts – He Hikoi He Tika

Active Lifestyles – Christine Fraser from Sport Northland, www.10000stepsnorthland.co.nz