

Walk of the Month

Welcome to 10,000 Steps Northland's 'Walk of the Month'. Each month a stunning walk somewhere in Northland is highlighted. If you have a favourite track or walk in your community, contact us by email 10000steps@sportnorth.co.nz.

March Walk of the Month – **Waka 'n' Wave (Whangarei)**

Seeing that we are into our last few weeks of daylight savings, it's high time to get outside and stretch your legs on some of Northland's beautiful walks. If you are looking for a track in your area, be sure to check out the Department of Conservation's website and search a track that suits your ability www.doc.govt.nz. Our walk of the month list can also be located on www.10000stepsnorthland.co.nz.

March has brought our Walk of the Month back to Whangarei with a special feature on the Town Basin and the Whangarei District Council's Waka 'n' Wave walkway.

The Waka 'n' Wave sculpture lies at the eastern entrance to Whangarei's Town Basin on the Hihiaua peninsula.

The sculpture site was chosen for several reasons:

- The site reflects the traditional Maori name for Whangarei Te Renga Paraoa (a gathering place of whales), with the peninsula resembling a whale's head
- It is opposite Mt Parihaka, Whangarei's oldest and largest pa site
- It is directly in the path of people who arrive in Whangarei by sea or air

If you have sometime with the kids or grandchildren walk down the wide walkway to the sculptures at the end (follow the walkway past Reyburn House) and then stop in at the new playground – you will not be disappointed. The walk is very accessible and follows the Hatea River and mangroves down past the marina and boat yards.

It is such a lovely area and you will see people picnicking on the grass in front of Reyburn House and all along the waters reserve.



Pictured above, Waka 'n' Wave sculptures located at the Town Basin
From the Town Basin, walk for approximately 10 minutes in each direction and you will have accumulated **1,250 steps** (approximately 1 kilometre). The kids will love it and so will you.

Did you know that the Town Basin has a brand new and very challenging children's playground found at the far end? This development has been greatly anticipated and capped with the finishing touches of the Hatea River walkway towards the Waka 'n' Wave sculptures.

Enjoy and get out there and remember this **free** exercise is right at your doorstep!



*New playground located at the
Town Basin*

Active Lifestyles – Sandi Burleigh from Sport Northland, www.10000stepsnorthland.co.nz