

## 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, let us know at [10000steps@sportnorth.co.nz](mailto:10000steps@sportnorth.co.nz)).

This month's Walk of the Month is a special feature highlighting walks into the Central Business District (CBD) of Whangarei and back.

With the beautiful weather and lighter evenings there is plenty of reason to schedule yourself in for walking to and from work. The effort does not have to end there – why not make time to walk your kids to school, the grocery store or into town to do your shopping? If you live too far from town to walk or cycle, check out the free carparks that are available and have been measured from the perimeter of the CBD for you to park your car and walk.

Throughout the week from Monday 1 – Friday 5 December, Sport Northland staff and volunteers will be positioned at different routes to hand out prizes to those walkers that are hitting the streets and walking as opposed to driving. Prizes will include 10,000 Steps Northland pedometers, coffee vouchers, drink bottles, Mizone water and ASB merchandise.

Depending on where you are coming from there are a variety of walks ranging from 700m - 2km (one way) into town, which can take approximately 7 - 20 minutes to achieve. Make a plan to leave home a little earlier and 'get your feet on the street'. Have a look at the map attached to plan your walk.

If you live close to Kensington or drive through daily, did you know that there is free parking at the ASB Leisure Centre and along the road towards Kensington? You can walk from the ASB Leisure Centre down the by-pass and into town via the Library which will have you accumulating 2,750 steps.

If you are heading to the CBD via Tikipunga or the Tutukaka coast, did you know that you can park your car along Mill Road or any of the roads adjacent from Mill Road and walk to town either down Mill Road to Bank Street or via Hatea Drive and along the river to the CBD.? These two routes are almost the same in length and will have you accumulating between 2,500 - 2,900 steps.

From Riverside Drive, there is plenty of parking at the carpark adjacent to the Hatea River. This is the shortest walk into the CBD adding 500 – 875 steps one way to your day.

Finally, coming from the southeast you can access the CBD by walking either down Maunu Road or Tarewa Road. These walks are almost identical in length at 2km and will have you stepping (on average) 2,500 times. There is free parking along the roadsides on both of these routes or alternatively get someone to drop you off in the area so that you can walk the rest of the way.

Remember to keep an eye out for the Sport Northland staff and volunteers throughout the week and you might be lucky enough to win some spot prizes. Walking your children to school, to and from work or to the shops is a great way to get your steps in each day. Alternatively you can join Sport Northland staff on their **Walk to Work day** which is leaving from the ASB Leisure Centre at 7.30am on Wednesday 3 December.

Get Your Feet on the Street Everyone!

# Get your feet on the street

