



# A guide on how to be healthy and active in kapiti

Produced August 08

## Kapiti Coast



## COMMUNITY SUPPORT GROUPS

Age Concern Kapiti Coast	(04) 298 8879
Alzheimer's Society	(04) 297 3179
Cancer Society (Kapiti)	(04) 298 8514
Diabetes Kapiti Coast	(04) 904 4847
Epilepsy New Zealand	0800 202122
Kapiti Arthritis Group	(06) 355 0435
Kapiti Cardiac Club	(04) 298 2015
Multiple Sclerosis Society Wellington	(04) 298 8887
Parkinsons Society Kapiti H'whenua	(04) 904 4240

## DANCING

### Dance Fitness, Jazz, Hip Hop, Tap, Contemporary, Ballet, Musical

Paraparaumu	<b>Fun2BFit</b>	
	Paraparaumu Memorial Hall Tues 7.15pm/Fri 9 am	
	<i>Sally Stepforth</i>	<i>(04) 299 0607</i>
Paraparaumu	<b>Judith Fuge Dance School</b>	<i>(04) 902 6573</i>
Paraparaumu	<b>Kapiti Dance Centre</b>	<i>(04) 904 2532</i>

**Aim to eat 5 fruits and vegetables plus 2 whole grains every day.**

## **DANCING continued**

### **Aerobic**

**Paekakariki Leigh Brewers Aerobic Dance**  
Paekakariki School Hall Wed 7pm & Sat 9am  
**Waikanae Waikanae Memorial Hall Mon 10am & Fri 10am**  
*Marion Shirley (04) 292 8460*

### **Line Dancing**

**Paraparaumu Kapiti Line Dancing**  
Paraparaumu Memorial Hall, Tutanekai Street  
*Carol Bowyer (04) 902 4617*

**Paraparaumu Paraparaumu Line Dancing**  
Paraparaparaumu Memorial Hall, Tutanekai Street  
Learn Thurs 12.45pm Int 1.30pm, Adv. Tues 1.15pm  
*Rena Kerr (04) 905 7002*

**Waikanae Waikanae Line Dancing**  
Waikanae Club, Elizabeth Street  
Monday 11am Beginners or 11.30am Advanced  
*Marilyn Billing (04) 905 5106*

### **Rock & Roll**

**Paraparaumu Gold Coast Rock 'n' Roll Club**  
Paraparaumu Memorial Hall Wednesday 7.30pm  
*Debbie Harrison (04) 905 5504*

**30 minutes a day provides some health benefit however additional health benefit can be achieved with more activity.**

## **DANCING continued**

### **Scottish Dancing**

Waikanae

**Waikanae Scottish Dance Club**

Kapanui School Hall, Rimu Road

Friday 7pm

*Margaret Grant*

*(04) 293 8702*

### **Sequence Dancing**

Raumati

**Beginners Basic Step by Step Sequence Dancing**

[www.sequencedancing.org.nz](http://www.sequencedancing.org.nz)

Raumati United Church, Raumati Road

Thursday 2.30pm

*Vivienne Hardwick*

*(04) 904 2733*

Paraparaumu

**Kapiti Dance Club Inc**

[www.sequencedancing.org.nz](http://www.sequencedancing.org.nz)

RSA Monday 7pm

*Valda Staugheir*

*(04) 904 6220*

[lentoo@paradise.net.nz](mailto:lentoo@paradise.net.nz)

**Physical activity includes taking the stairs instead of the lift, hanging out the washing, walking to the shops or to work and school, gardening, vacuuming and sweeping, and carrying objects.**

## **FITNESS CENTRES**

Otaki	<b>Body &amp; Soul Fitness</b> Wairenga Road Otaki	(06) 364 6191
Paraparaumu	<b>City Fitness</b> Coastlands , Rimu Road	(04) 297 2033 <a href="http://www.cityfitness.co.nz">www.cityfitness.co.nz</a>
Paraparaumu	<b>Configure eXpress (Womens)</b> 34 Te Roto Drive	(04) 298 8062 <a href="http://www.configureexpress.co.nz">www.configureexpress.co.nz</a>
Paraparaumu	<b>Curves Womens Gym</b> 11 Kodex Place	(04) 892 0327
Paraparumu	<b>Don Oliver Fitness City</b> 27 Hinemoa Street	(04) 297 0514 <a href="http://www.dofc.co.nz/1.php">www.dofc.co.nz/1.php</a>
Otaki	<b>Otaki Surf Club Gym</b> Otaki Surf Club , Marine Parade	(06) 364 8740
Waikanae	<b>The Gym Waikanae</b> Mahara Place	(04) 905 5013 <a href="mailto:thegymwaikanae@gmail.com">thegymwaikanae@gmail.com</a>

**Limit your alcohol intake**

## **GROUP EXERCISE (see also dancing)**

### **Active Seniors**

Paraparaumu

#### **Active Seniors**

Kapiti Gymnastic Club, Scaife Drive Thurs 9am

Paraparaumu

Salvation Army Hall, Bluegum Rd Mon 10.30am

*Helene Kay (04) 297 0671 (021) 488 413*

Waikanae

#### **Mens Keep Fit**

The Gym Waikanae, Mahara Place

Tuesdays and Thursdays 11am

Waikanae

#### **Womens Lite Pace**

Tuesdays and Thursdays 9.30am

*Ann-Marie Gregory 04 905 5013 /021 110 4406*

[\*thegymwaikanae@gmail.com\*](mailto:thegymwaikanae@gmail.com)

### **Aerobics**

Paraparaumu

#### **Active Bodies (General Fitness Exercise Class)**

Salvation Army Hall, Bluegum Road

Monday and Wednesday 6pm

Monday, Wednesday and Friday 9.15am

*Helene Kay (04) 297 0671*

Otaki

#### **Body & Soul Fitness**

Otaki Aerobics Club

Joseph Te Wiata

(06) 364 6191

**"It's cool to be SMOKEFREE"**

## **GROUP EXERCISE (see also dancing) continued**

### **Aqua Aerobics**

Otaki

#### **Aqua Aerobics Otaki Pool**

Otaki Pool, Haruatai Park Mill Road

*Colleen Mitchell*

*(06) 364 3008*

### **Aqua Fitness**

Otaki

#### **Otaki Swimming Pool**

[www.kapiticoast.govt.nz/PublicFacilities/swimmingpools.htm](http://www.kapiticoast.govt.nz/PublicFacilities/swimmingpools.htm)

Haruatai Park Mill Road

Tuesdays and Thursdays 10am

*(06) 364 5542*

### **Aqua Fitness and Aqua Circuit**

#### **Flying Fish Fitness Aerobics and Circuit Classes**

Raumati Beach

Raumati Pools, Marine Gardens

Fitness - Mon to Thurs 10am , Saturday 9am

Circuit - Monday 7pm

*Janice Evans*

*(04) 971 9103 / (021) 213 3234*

Raumati

#### **Raumati Clinical Pilates Studio**

Beach

[www.empowerpilates.co.nz](http://www.empowerpilates.co.nz)

3 Alexander Road

*(04) 905 2228*

Paraparaumu

#### **Team Medical Pilates Paraparaumu**

Team Medical, Coastlands Shopping Centre.

*Wendy Krivan*

*(04) 297 3000*

**Physical activity is any bodily movement produced by skeletal muscles that results in an expenditure of energy.**

## **GROUP EXERCISE (see also dancing) continued**

**Hora Te Pai**      **Group Exercise (Circuits, Combat Mums, Cardio)**

**Paraparaumu**      Paraparaumu Memorial Hall, Tutanekai Street  
Circuit Training with EZE, Mondays 11.30am  
Mid Section Blitz, Tuesdays 11.30am  
Combat for Mums, Wednesdays 11am  
Butts Abs and Thighs, Thursdays 10.15am  
Cardio Boxing, Friday 10.45am

**Sit and Be Fit**

Paraparaumu      **Arthritis Sit & Be Fit (Intermediate)**

Salvation Army Hall, 41 Bluegum Rd Thurs 1.15pm Fortnightly

*Helene Kay*      (04) 297 0671

*Mary Missen*      (04) 905 5121

**Diabetes Sit & Be Fit**

Paraparaumu      Paraparaumu Memorial Hall, Tutanekai St Mon 10am  
*Jan Precey*      (04) 902 4718

Paraparaumu      **Respiratory Support Group**

Kapiti Community Centre, Ngahina St Wed 1.30pm every 2nd

*Jill Banfield*      (04) 297 0573

Paraparaumu      **Sit & Be Fit (Beginners)**

Soccer Club Rooms, Scaife Drive Fridays 1pm

*Ann-Marie Gregory* (04) 905 5013 /021 110 4406

[thegymwaikanae@gmail.com](mailto:thegymwaikanae@gmail.com)

*Helene Kay*      (04) 297 0671

## SPORT AND RECREATION

### Badminton

Paraparaumu

#### **Paraparaumu Badminton Club**

[www.sportingpulse.com/assoc\\_page.cgi?c=1-2406-0-0-0&slD=20974](http://www.sportingpulse.com/assoc_page.cgi?c=1-2406-0-0-0&slD=20974)

PPM College Community Hall, PPM College

*Michael Newman (04) 902 2636 / (027) 292 4712*

Waikanae

#### **Waikanae Badminton Club**

Waikanae Community Hall, Pehi Kupa Street

*Lyn Stickland (04) 293 5459 / 027 282 74*

### Bowls - Lawn

Kapiti

#### **Kapiti Coast Bowling Centre Incorporated**

[www.kcbc.co.nz](http://www.kcbc.co.nz) (For a full list of clubs)

*Barry Taylor (04) 902 6230 [kcbc@paradise.net.nz](mailto:kcbc@paradise.net.nz)*

### Croquet

Paraparaumu

#### **Paraparaumu Croquet Club**

[isabel.robertson@paradise.net.nz](mailto:isabel.robertson@paradise.net.nz)

Mazengarb Reserve, Scaife Drive

*Isabel Robertson (04) 904 1656*

Waikanae

#### **Waikanae Croquet Club**

Waikanae Park, Park Avenue

*Anne Kerr (04) 904 0035*

*Jan Hoeksma (04) 973 5644*

**Eat less fatty, salty, sugary foods.**

## **SPORT AND RECREATION continued**

### **Cycling (Social)**

Waikanae

#### **Kapiti Coast Cyclists**

Meeting place by email/phone every 2<sup>nd</sup> week  
Social Group of Cyclists.

*Barry Blake*

(04) 904 7479

[bblake@actrix.co.nz](mailto:bblake@actrix.co.nz)

### **Cycling (Social)**

Kapiti

#### **50 plus cycle group**

Meeting place by email/phone every 2<sup>nd</sup> Tuesday  
Social Group of Cyclists.

*Mike Boland*

(04) 905 4559

[kapiti50plus@gmail.com](mailto:kapiti50plus@gmail.com)

### **Indoor Bowls**

#### **Kapiti Coast Indoor Bowling Association**

*Jenny German*

(04) 293 2893

#### **Kapiti Indoor Bowling Club**

Raumati Beach

Matatua Road Wednesday and Saturdays 1pm

*Bill Moffatt (04) 902 1788 or (04) 904 7823*

Waikanae

#### **Mahara Indoor Bowls Club**

Waikanae Memorial Hall, Pehi Kupa St

Mon 7.15pm

*Jan Solway*

(04) 293 2388

Otaki

#### **Otaki Indoor Bowling**

15 Waerenga Road

*Ann or Rodd Goss (06) 364 8404 (021) 215 1984*

[argoss@oron.net.nz](mailto:argoss@oron.net.nz)

## **SPORT AND RECREATION continued**

Paraparaumu **Paraparaumu Beach Indoor Bowling Club**  
Paraparaumu Memorial Hall, Tutanekai Street  
Monday 1pm to 4pm.  
*Audrey Phillips* (04) 905 3034  
*Barry Stanway* (04) 905 9771

Raumati Beach **Raumati Beach Indoor Bowling Club**  
Scotts Hall, Weka Road Thursday 7.15pm  
*Jill Banfield* (04) 297 0573

Paraparaumu **St Pat's Indoor Bowling Club**  
Catholic Parish Church, Tongariro St Wed 7.20pm  
*Stan Furze* (04) 298 2015

**Wesley Indoor Bowling Club**  
Paraparaumu Kapiti Uniting Church Hall, Raumati Rd  
Tues 7.20pm  
*Rod Windskill* (04) 904 6752

### **Joggers/Walking**

Paraparaumu **Kapiti Joggers and Walkers**  
[\*granville@paradise.net.nz\*](mailto:granville@paradise.net.nz)  
Paraparaumu Domain, Aorangi Road Sunday 8am  
*John Granville* (04) 902 3536

**Muscle strengthening and balance training can reduce falls.**

**SPORT AND RECREATION continued**

**Marching**

**Kapiti Gold Coast Leisure Marchers**

Kapiti College Hall, Mazengarb Rd Mondays 6pm  
*Pam Snowden* (06) 364 8770

**Leaders Marching Team**

Paraparaumu

Paraparaumu College Gym, Mazengarb Rd  
Wed 6pm

*Victoria Mollison* 04 904 7656/(027) 248 5693

**Raumati Supremes**

Paraparaumu

Mazengarb Com Hall, Mazengarb Rd Tues 6.30pm  
*Shirley Mitchell* (04) 902 1745

*Paraparaumu*

**Rauoterangi Royals**

Paraparaumu Memorial Hall Tuesdays at 8pm

*Heather Simeon* (04) 905 6771

**Waikanae Joystepers**

Waikanae

Waikanae Memorial Hall, Pehi Kupa St, Tues 10am

Paraparaumu

Paraparaumu Mem Hall Tutanekai St Wed 5.30pm  
*Yvonne Murdie* (04) 293 7228

**Pasta, bread, grains, potatoes provide an easily available source of energy.**

**Petanque**

Paraparaumu

**Kapiti Petanque Club**

www.petanquenz.com

Aorangi Road

*Gwendoline Scott*

*(04) 905 3444*

**Table Tennis**

Raumati

**Paraparaumu Table Tennis Club**

Kapiti Uniting Parish Hall, 27 Raumati Road

Thursday 7.30pm

*John Lawton*

*(04) 902 2981*

[lawtons1@paradise.net.nz](mailto:lawtons1@paradise.net.nz)

Waikanae

**Waikanae Table Tennis Club**

Waikanae Memorial Hall, Pehi Kupa Street

Mon 7pm, Tues 1pm, and Thursdays 1pm

*Bert Singleton*

*(04) 904 7862*

*Shirley Chandler*

*(04) 905 2123*

**Meeting the 30 minutes per day physical activity target will be easier if you find activities that you enjoy and can do daily. Some people find having a goal such as a competition or event, or participating in a group, helps them to keep active.**

## SWIMMING POOLS

- Otaki                      **Otaki Swimming Pool**                      (06) 364 5542  
Haruatai Park Mill Road
- Raumati Beach        **Raumati Swimming Pool**                      (04) 904 5787  
Marine Gardens
- Waikanae                **Waikanae Outdoor Heated Pool**    (04) 296 4789  
Ngarara Rd            (Opening season Labour Weekend to end of March)

## MARTIAL ARTS & FLEXIBILITY , QIGONG AND TAI CHI

### Martial Arts and Flexibility

- Waikanae                **Aikido Kapiti**  
Waikanae Wrestling Club, Park Avenue  
*Blair Hall*    (04) 904 3396
- Paraparaumu        **Feldenkrais Class (Wellbeing Mobility, Agility)**  
12 Ventnor Drive    Monday 6.30pm  
*Robyn du Chateau*                              (04) 905 3029
- Raumati                **Kali Escrima and Mande Muda Maenpo**  
We meet at Kapiti Primary School, Rimu Road  
*Brent Cundy*                                      (04) 293 5662

**Limit takeaway foods !**

## MARTIAL ARTS & FLEXIBILITY , QIGONG AND TAI CHI continued

Waikanae

### **Kapiti Coast Rembuden Karate Club**

Waikanae Wrestling Club, Park Avenue

*Leo Donnelly*

*(04) 237 9707*

Raumati Beach

### **Kapiti Tae Kwon Do Club** [www.kctkd.ath.cx](http://www.kctkd.ath.cx)

War Memorial Hall, Tennis Court Hall

*Ian Leitch*

*(029) 924 9432*

[kapiti.coast.taekwando@gmail.com](mailto:kapiti.coast.taekwando@gmail.com)

**Zen Do Kai Karate** info on style [www.bjc.com.au](http://www.bjc.com.au)

*Gary Northcote (04) 293 6628 / 027 491 0735*

[sds@paradise.net.nz](mailto:sds@paradise.net.nz)

## Tai Chi and Qigong

### **ACC Tai Chi NZ** [www.acc.co.nz](http://www.acc.co.nz)

Paraparaumu

Paraparaumu Memorial Hall, Aeroangi Road

Monday, Wednesday, Friday 10am, Tuesday 11am

Waikanae

Waikanae Mem Hall, Pehi Kupa St Mon, Wed 9am

Raumati

20 Alexander Rd, Tuesdays 1pm & Fridays 11.30am

*Anthony Bosch (04) 439 4900 / (027) 276 9503*

[antony.bosch@psc.org.nz](mailto:antony.bosch@psc.org.nz)

Paraparaumu

### **Kapiti Tai Chi**

Coleman St Tues 1.15pm, Thurs 1.15pm, Fri 9.30am

*Maria Meyler*

*(04) 904 3206*

**When becoming more active, start slowly and gradually increase the length of time of the activity.**

## **MARTIAL ARTS & FLEXIBILITY , QIGONG AND TAI CHI continued**

Waikanae	<b>Kapiti Tai Chi Chuan Club</b> <i>David Josephson</i> (04) 293 6103 <a href="mailto:davidj@kapiti.co.nz">davidj@kapiti.co.nz</a>
Paraparaumu	<b>Lotus Centre - Tai Chi, Qigong and Yoga</b> 91 Ruapehu Street, Paraparaumu <i>Eric Doornekamp</i> (04) 298 8258
	<b>Qigong (Dayan)</b>
Paraparaumu	St Paul's Church Monday 9.30am
Raumati	Raumati Beach School Hall Wednesday 7.30pm <i>Belinda Hadfield</i> (04) 298 7974
	<b>Tai Chi New Zealand (Falls Prevention)</b>
Waikanae	Paraparaumu Memorial Hall, Aorangi Road Wednesday 12.15pm, Friday 9.45am
Paraparaumu	Sevenoaks Retirement Village, Lodge Dr Tue 10am
Waikanae	Waikanae Snr Citzs Centre, 44 Ngai Rd Fri 11am <i>Nora Kipenberger</i> (027) 605 7885 <i>Paul Virrall</i> (027) 665 6235 <i>Robert Gemmell</i> (04) 237 5254

**When eating out choose smaller servings and healthier options. If main servings are large either order an appetiser or share a main course with a friend.**

## MARTIAL ARTS & FLEXIBILITY , QIGONG AND TAI CHI continu

### Tai Chi Qigong

Paraparaumu Coastal Villas - Saturday 9am  
Waikanae Parklands - Friday 10am  
Otaki Senior Citizens Hall - Tuesdays 10am  
Waikanae Waikanae Mem Hall (ACC Falls Prevention) Mon/Wed 9am  
*Gillian Sutherland* (04) 904 8190

### Taoist Tai Chi Society [www.taoist.org](http://www.taoist.org)

Paekakariki Paekakariki Memorial Hall  
Monday 7pm, Friday 9.30 or 11.30am  
*Mabet Currian* (04) 292 7665

(till Dec 08 then contact [www.taoist.org](http://www.taoist.org) for details of the next Paekakariki instructor)

## WALKING GROUPS

Paraparaumu **Kapiti Joggers and Walkers**  
Paraparaumu Domain, Aorangi Road Sun 8am  
*John Granville* (04) 902 3536  
[granville@paradise.net.nz](mailto:granville@paradise.net.nz)

### Kapiti Monday Walkers

Mostly Local walks of approx 4 hours

*Martin Denley* (04) 904 7877  
*Reg Goodsell* (04) 904 7558

**Aim to maintain a healthy weight throughout life.**

## **Kapiti Sunday Walkers**

Local and Wellington Regional Walks 4 hours.  
Walks every fortnight on a Sunday.

*Ethel Symes* (04) 904 1485

*Stephen Brazier* (04) 905 8752/(021) 162 0820  
[stephenbrazier@paradise.net.nz](mailto:stephenbrazier@paradise.net.nz)

*Frank Morris* (04) 293 2567

## **Kapiti Wednesday Walkers**

Mostly Local and Wellington Regional Walks of  
approx 4 hours. Every fortnight.

*Margaret Hati* (04) 904 8302

*Muriel Hill* (04) 293 5121

*Rob* (04) 905 4680

*Gaynor Bradbury* (04) 902 0085

## **Kapiti Thursday Walkers**

Local walks, weekly for 2 hours starting at 10am

<http://www.sportsground.co.nz/kapitithursdaywalkers>

[kapitithursdaywalkers@gmail.com](mailto:kapitithursdaywalkers@gmail.com)

*Margaret Hati* (04) 904 8302

**Push play is a nationwide SPARC campaign to get “more people more active more often”.**

**Here are some quick ideas to build activity into your daily routine:**

- Take the stairs instead of the lift.**
- Walk to the shops rather than drive.**
- Get off the bus early and walk.**
- Park the car further away from the office and walk.**
- When you walk, step out briskly.**
- Wash your car by hand.**
- Use chores around the garden to work up a sweat.**

## YOGA

- Paekakariki      **Astanga Yoga**  
Paekakariki Sch Hall, Wellington Rd Sun 9.30am  
*Jan Bolwell*      (04) 905 8203    (027) 226 5755
- Paraparaumu      **Lotus Yoga Centre & Whare Ora Retreat**  
[www.lotusyogacentre.org.nz](http://www.lotusyogacentre.org.nz)      (04) 298 8258
- Otaki      **Otaki Womens Health**  
Off Mill Road .    Thursdays 9.15am  
*Fay Gill*      (06) 364 5753
- Paraparaumu      **Yoga for Beginners** [www.yogaforbeginners.co.nz](http://www.yogaforbeginners.co.nz)  
Kapiti Community Centre, Ngahina St Mon 7pm  
*Avril Shufflebotham* 904 3243/(027) 477 0162  
[avril@test.co.nz](mailto:avril@test.co.nz)
- Paraparaumu      **Yoga Paraparaumu**  
St Pauls' Church, Kapiti Road    Thursday 11.45am  
*Kathleen Godfrey*      (04) 299 8358
- Raumati South      **Yoga Pure Wellbeing** [health@purewellbeing.com](mailto:health@purewellbeing.com)  
Times to be arranged. Also do retreats.  
*Michael Haymen*      (04) 905 6363

## Youth Services

- Paraparaumu*      **Kapiti Youth Services**      (04) 905 9597  
*A free confidential health service for ages 11-25*

## Activities for Families

Paekakariki to Raumati South	
Campbell Park	<p><b>Location:</b> Wellington Road, Paekakariki</p> <p><b>Activity Description:</b> Playground, Sports Field.</p>
Fishermans Table To Paekakariki	<p><b>Location:</b> SH1 just north of Restaurant. (Or from Paekakariki Railway Station).</p> <p><b>Activity Description:</b> Circular route that includes, coastal bush, footpaths and beach. Track goes up into bush, out at Ames Street down to Beach Road and then back along beach. There are some steps, and some sandy patches in the bush but it is possible to take a baby buggy if two adults available to lift over the steps. Great views and the opportunity to combine with a meal in Paekakariki. Toilets in Beach Street.</p> <p><b>Distance/Time:</b> 3kms / <math>\frac{3}{4}</math> to 1 hour round trip.</p>
Queen Elizabeth Park	<p><b>Location:</b> Entrances: Wellington Road, Paekakariki or McKays Crossing or The Esplanade, Raumati Beach South or Rainbow Court, Raumati South.</p> <p><b>Activity Description:</b> Off-road walking track through coastal dunes. Two tracks to choose from: <u>Coastal track</u> – along coastal dune foredune; great sea views; slightly easier than inland route; <u>Inland track</u> – along back of the dune area; rolling to relatively steep in places. Playground, public toilets and picnic areas available. NB: Tracks are shared with bicycles and horses. Tramway Museum McKays Crossing is open weekends 11am – 5pm (McKays Crossing entrance). Tram Rides for the family. Picnic Areas at McKays Crossing Entrance, beach carpark.</p>

## Raumati to Paraparaumu

<p>Raumati Marine Gardens &amp; Beach area (Raumati Beach)</p>	<p><b>Location:</b> Beach end of Raumati Road. Parking by swimming pool or Garden Road.</p> <p><b>Activities Description:</b> Next to Indoor Pool and Beach. Miniature Train rides in weekend, playground, picnic tables, toilets. Walks through formal and native gardens.</p> <p><b>Distance/Time:</b> 1/2 km if doing a circular walk via the beach, ¼ hour.</p>
<p>Kaitawa Reserve &amp; pathway network (Paraparaumu)</p>	<p><b>Location:</b> Over Railway line - entrances Kaitawa Crescent and Riwai Street.</p> <p><b>Activity Description:</b> Scenic Walkway, playgrounds, great flying fox, picnic tables.</p> <p><b>Distance/Time:</b> 1km / ¼ to ½ hour.</p>
<p>Mazengarb Reserve (Paraparaumu)</p>	<p><b>Location:</b> Main entrance Scaife Drive, off Mazengarb Road, access also from Realm Drive, and Guilford Drive.</p> <p><b>Activity Description:</b> Open space – sports facilities. Extensive children’s playground. Pathway/cycleway.</p> <p><b>Distance/Time:</b> 2km of tracks</p>
<p>Wharemauku Stream (Paraparaumu)</p>	<p><b>Location:</b> Access from Rimu Road, Paraparaumu or Weka Park Raumati.</p> <p><b>Activity Description:</b> Tracks run along both sides the Wharemauku Stream. Easy grade gravel track is well formed .</p> <p><b>Distance/Time:</b> 6 km return trip / 1.5 hrs return</p>

## Raumati to Paraparaumu continued

<p>Raumati escarpment to stone cairn. (Half Mataihuka Walk)</p>	<p><b>Location:</b> Waterfall Road, - over railway line from SH1 1.8km south of Poplar Avenue, keep left at fork, continue for 0.5km to car park on left.</p> <p><b>Activity Description:</b> A newly formed track up to the lookout. Climb the stile from the carpark and follow the track to the left along the fence line for magnificent views of the entire Kapiti District. Follow the track to the stone cairn, if windy there is a sheltered spot 5 mins on with regenerating native bush for a pleasant picnic area.</p> <p><b>Distance/Time:</b> 2km / ½ to ¾ hour each way.</p>
<p>Tennis Court Road Rserve</p>	<p><b>Location:</b> Tennis Court Road, Raumati South</p> <p><b>Activity Description:</b> Community tennis courts, playground.</p>
<p>Matthews Park</p>	<p><b>Location:</b> Menin Road, Raumati</p> <p><b>Activity Description:</b> Playground, sports park.</p>
<p>Weka Park</p>	<p><b>Location:</b> Weka Road, Raumati</p> <p><b>Activity Description:</b> Playground, sports park.</p>
<p>McLean Park</p>	<p><b>Location:</b> Marine Parade, Paraparaumu Beach</p> <p><b>Activity Description:</b> Playground, Skatepark.</p>
<p>Te Atiawa Park</p>	<p><b>Location:</b> Percival Road, Paraparaumu.</p> <p><b>Activity Description:</b> Playground, Community Tennis and Netball Courts.</p>

## Raumati to Paraparaumu continued

Mazengarb Park	<b>Location:</b> Mazengarb Road, Paraparaumu Beach <b>Activity Description:</b> Playground, sports grounds.
Paraparaumu Domain	<b>Location:</b> Aorangi Road, Paraparaumu <b>Activity Description:</b> Playground, Sports grounds.
Atarau Grove Reserve	<b>Location:</b> Atarau Grove, Paraparaumu <b>Activity Description:</b> Playground.
Nikau Reserve	<b>Location:</b> State Highway 1, 1.5km north of Paraparaumu. Parking at rest area. New entrance – through Nikau Palms subdivision, Nikau Palm Road. <b>Activity Description:</b> Beautiful bush walk through reserve area. A short loop track through lush Nikau palms and coastal bush to a picnic area, giving great views of Paraparaumu. Very steep track for the last part. Picnic benches at top and bottom. <b>Time:</b> Bush walk roundtrip takes about 30 minutes.
Manawa Avenue Reserve	<b>Location:</b> Manawa Avenue, Paraparaumu <b>Activity Description:</b> Playground.

## Raumati to Paraparaumu continued

Wesley Knight  
Park  
(Paraparaparaumu  
Beach)

**Location:** Paraparaumu Beach Main entrance  
Ocean Road

**Activity Description:** A best kept secret this quiet reserve is filled with mature trees and provides a welcome retreat on a hot or windy day. If you climb to the ridge there are views over the Bowling Club and out to Kapiti Island. Tuis and Monarch Butterflies are often seen in abundance in this park. Picnic table and park benches.

Waikanae River  
Estuary –  
Scientific Reserve  
(Paraparaumu)

**Location:** North end of Manly Street.

**Activity Description:** On the Paraparaumu side of the Waikanae River the Estuary has formed a tidal wetland – a sea bird viewing and nesting area so it is very important that people keep to the tracks and do not let dogs loose in the reserve. There are two tracks; the first, closest to the sea gives access to the beach where you can continue around the sandhills to the river and the lagoon. Even if the tide is low do not be tempted to cross the lagoon as there are areas of very soft sand that people have become stuck in. The second track has an elevated seating area and a track through to the end of Takahe Drive where the Kotuku Lakes provide a pleasant loop walk.

**Distance/Time:** 3kms round trip if including lakes.  
¾ to 1 hour.

Otaihanga	
Otaihanga Domain	<p><b>Location:</b> Makora Road, Otaihanga</p> <p><b>Activity Description:</b> Picnic areas by the Waikanae River – swimming, fishing. Walk across the footbridge and along the Waikanae River bank (see Waikanae River walkways). Toilets.</p>
Waikanae & Waikanae Beach	
<p>Te Araroa Trail Route (Kapiti Section)</p> <p><i>A trail which will provide a continuous hiking trail from Cape Reinga to Bluff .</i></p>	<p><b>Location:</b> Edgewater Park, Waikanae to Paekakariki. (More details <a href="http://www.teararoa.org.nz">www.teararoa.org.nz</a>)</p> <p><b>Activity Description:</b> The entire route is 22km. Approximate times:</p> <ul style="list-style-type: none"> <li>*Waikanae Edgewater Park to Otaihanga Bridge 4.5km/ 1 hr 15 mins</li> <li>*Otaihanga Domain to Manly Street via Scientific Reserve 2.5km / 30 minutes</li> <li>*Paraparaumu North Bridge to Raumati South Queen Elizabeth Park entrance 8.5km/3 hours</li> <li>*Queen Elizabeth Park Coastal Route to Paekakariki Surf Club 3.5km/1 hr 15 mins</li> <li>* Paekakariki Surf Club to Paekakariki Town 3km/1hr.</li> </ul>
Jim Cooke Memorial Park	<p><b>Location:</b> Charnwood Grove, Waikanae</p> <p><b>Activity Description:</b> River access, walkways, sports ground.</p>
Edgewater Park	<p><b>Location:</b> Fleetwood Grove, Waikanae</p> <p><b>Activity Description:</b> River access, walkway.</p>

## Waikanae & Waikanae Beach continued

Waikanae Park	<p><b>Location:</b> Ngarara Road, Waikanae.</p> <p><b>Activity Description:</b> Park area – walking and picnic spots. Playground. Swimming pool, Skate board park, Squash courts, Equestrian, Croquet. Sports grounds.</p>
He Awa Crescent Reserve	<p><b>Location:</b> He Awa Crescent, Waikanae</p> <p><b>Activity Description:</b> Playground.</p>
Waimea Lagoon	<p><b>Location:</b> Main access off Queens Road, Waikanae Beach.</p> <p><b>Activity Description:</b> Freshwater Lagoon, Bird hide, Wetland Boardwalk, Playground, Toilets. Access possible around the entire lagoon – no formed track.</p> <p><b>Distance/Time:</b> Up to half hour to walk the circuit.</p>
Waimanu Lagoons pathway	<p><b>Location:</b> South of Waimea Lagoon; main access Tutere Street, Waikanae Beach but also from Barret Drive and the coastal/river track from Otaihanga.</p> <p><b>Activity Description:</b> . There is a well formed wheelchair friendly pathway on the eastern shore and grassed access possible on the western side. Plenty of picnic tables and one toilet at the southern end by the Waikanae River. Playground.</p> <p><b>Distance/Time:</b> Allow an hour to walk around both lagoons.</p>

## Waikanae & Waikanae Beach continued

Reikorangi Reserve

**Location:** Reikorangi Road, Reikorangi

**Activity Description:** Community Tennis Court.

Waikanae River walkways (North & South banks)

**South Bank:** Access from Otaihanga Domain or SH1 south side of bridge.

**Description:** The track follows the river on the true left bank (if you stand beside the river and face the way its flowing your left is 'true left') from Otaihanga to SH1. This is mainly managed by Greater Wellington Regional Council's flood protection works – horses also use this track. Toilets and picnic tables at Otaihanga Domain.

**Distance/Time:** 4.5km / 1.25 minutes one way.

**North Bank:** Access from most roads that turn south off Te Moana Road however main entrances are: Fleetwood Grove, Nimmo Avenue West, Greenaway Road, and Tutere Street.

**Description:** The track follows the river on the true right bank from the beach to SH1. It can be muddy in places and there are stiles but is generally well formed and suitable for baby buggies in places. There are numerous parks and reserves and safe swimming spots along the way. Toilets and picnic tables. Horses Prohibited

**Distance/Time:** Waikanae Beach to Otaihanga footbridge :1.10km / 25 minutes. Otaihanga to Jim Cooke Park, Nimmo Ave West : 2.69km / 40 minutes Jim Cooke Pk to Edgewater Reserve., Fleetwood Grove: 1.27km / 25minutes  
Edgewater Reserve to Highway : 0.72km/15 mins.

## Waikanae & Waikanae Beach continued

<p>Hemi Matenga (urban &amp; foothill reserve) (Waikanae)</p>	<p><b>Location:</b> Access for all walks via Tui Crescent, Waikanae</p> <p><b>Description:</b> Native forest reserve with several walking options. <u>Kohekohe Walk</u> – (Easy walk) on well formed path going from Tui Crescent to Kakariki Grove. (30 minute return). <u>Parata Walking Track</u> – (Medium walk). Climbs steadily about 400m on a well formed track to the lookout for beautiful view of the coast and Reikorangi Valley. Sturdy shoes with good grip needed after rain when dry the track is good.</p>
<p>Nga Manu Nature Reserve</p>	<p><b>Location:</b> ¾ kms north along Ngarara Road, Waikanae.</p> <p><b>Description:</b> Birds (including a Kiwi house), eels, lakes, and extensive walks through native bush. Islands of rare and endangered native plants and ferns. All facilities – entrance fee charged.</p> <p><b>Distance/Time:</b> Allow half a day – take a picnic!</p>
<p>Waikanae Memorial Park</p>	<p><b>Location:</b> Pehi Kupa Street, Waikanae</p> <p><b>Activity Description:</b> Playground, community netball and tennis courts.</p>
<p>Tutere Street Reserve</p>	<p><b>Location:</b> Tutere Street, Waikanae Beach</p> <p><b>Activity Description:</b> Playground, community tennis courts.</p>

Otaki	
Otaki Beach Reserve	<p><b>Location:</b> Marine Parade, Otaki Beach</p> <p><b>Description:</b> Family Amenities, Boat Ramp.</p>
Haruatai Park	<p><b>Location:</b> Mill Road, Otaki.</p> <p><b>Description:</b> Picnic and play area for children. Heated indoor swimming pool. Tennis &amp; squash courts. Large park for games.</p>
Otaki River walkways	<p><b>Location:</b> Winstone Quarry Carpark, Otaki</p> <p><b>Description:</b> Riverbank walk to Otaki Beach</p> <p><b>Distance/Time:</b> 4km/2 hours return.</p>
Chrystalls Walkway	<p><b>Location:</b> Winstone Quarry Carpark, Otaki</p> <p><b>Description:</b> Riverbank walk from Quarry carpark to Chrystalls Lagoon. Open only outside normal working hours</p> <p><b>Distance/Time:</b> 2km/1 hour return.</p>
Otaki Beach	<p><b>Location:</b> Otaki Beach and river mouth.</p> <p><b>Activity Description:</b> Good walking along beach. Safe swimming within the flagged area beside the Surf Club. Fishing at the river mouth is popular.</p>
Otaki Beach Domain	<p><b>Location:</b> Domain Road, Off Mill Road, Otaki</p> <p><b>Description:</b> Playgrnd, Tennis Courts, Picnic Area.</p>
Tasman Road Reserve Beach	<p><b>Location:</b> Tasman Road, Otaki</p> <p><b>Description:</b> Playground.</p>
Matai Street Reserve	<p><b>Location:</b> Matai Street, Otaki</p> <p><b>Description:</b> Playground, Community Tennis Courts, Picnic Area.</p>
Aotaki Street	<p><b>Location:</b> Cnr of Riverbank Road &amp; Aotaki Street, Otaki</p> <p><b>Description:</b> Skateboard rink.</p>

## Fast Food

### Fast Food

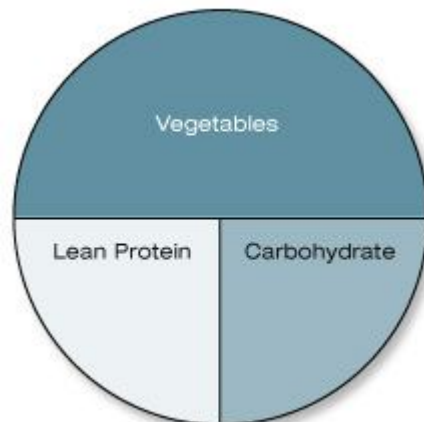
Keep a bowl of apples, bananas and carrots on your table.  
It'll give your family and friends  
a fast food fill up.  
Plus you could save a life. Yours.

stack the odds in your favour



[www.livesmart.org.nz](http://www.livesmart.org.nz)

## A Healthy Dinner Plate



**Use this physical activity guide to help set your goals and achievements to help develop a healthy lifestyle.**

<b>Physical Activity Goals and Achievements</b>	
<b>My Goals</b>	Goals 1  Goals 2  Goals 3  Goals 4  Goals 5  Goals 6
<b>My Achievements</b>	Achievements 1  Achievements 2  Achievements 3  Achievements 4  Achievements 5  Achievements 6

## Sport, physical activity and nutrition contacts

Sport and Recreation New Zealand

[www.sparc.org.nz](http://www.sparc.org.nz)

Wellington Community Trust

[www.comtrustwn.co.nz](http://www.comtrustwn.co.nz)

Healthy Eating Healthy Action

[www.moh.govt.nz/healthyeatinghealthyaction](http://www.moh.govt.nz/healthyeatinghealthyaction)

Sport Kapiti

[www.sportwellington.org.nz](http://www.sportwellington.org.nz)

Kapiti Coast District Council

[www.kapiticoast.govt.nz](http://www.kapiticoast.govt.nz)

Capital & Coast District Health Board

[www.ccdhb.org.nz](http://www.ccdhb.org.nz)

Regional Public Health

[www.huttvalleydhb.org.nz/Article.aspx?ID=834](http://www.huttvalleydhb.org.nz/Article.aspx?ID=834)

Kapiti Community Health Group

[www.kapitihealth.org.nz](http://www.kapitihealth.org.nz)

Kapiti Youth Support

[kys@kys.org.nz](mailto:kys@kys.org.nz)

Cancer Society

[www.cancernz.org.nz](http://www.cancernz.org.nz)

National Heart Foundation

[www.nhf.org.nz](http://www.nhf.org.nz)

Hora Te Pai

[horatepai@paradise.net.nz](mailto:horatepai@paradise.net.nz)

Kapiti PHO

[www.wipa.org.nz/PHO\\_Kapiti/KapitiHome.aspx](http://www.wipa.org.nz/PHO_Kapiti/KapitiHome.aspx)

Green Prescription

[www.sparc.org.nz/getting-active/green-prescription/overview](http://www.sparc.org.nz/getting-active/green-prescription/overview)

Feeding Our Futures

[www.feedingourfutures.org.nz](http://www.feedingourfutures.org.nz)

Active Smart

[www.activesmart.co.nz](http://www.activesmart.co.nz)