



**KAPITI WEEKDAY WALKERS  
FORTNIGHTLY ON MONDAYS  
NEWCOMERS ALWAYS WARMLY WELCOMED**



Kapiti Weekday Walkers started in 1983 with a small informal group of enthusiastic walkers and trampers. Since then, fitness and numbers have increased greatly.

Trips have become more challenging and classed as tramps.

**All care is taken by group leaders who will have previously walked the route but the final responsibility for safety lies with the walker.**

Walkers are divided into three groups.

**GROUP A** – are those capable of keeping a steady pace, prepared to cross rivers, negotiate rough ground, and climb steep hills.

Walking time is up to four and a half hours.

**GROUP B** – covers almost the same distance as Group A but it will be at a slower pace.

Walking time up to four hours.

**GROUP C** – travel less distance than Group B but still at a steady pace.

Walking time up to four hours.

**COST** - Adults **\$4.00**. Students free.

**TIME** - **8.45am** for a **9am** departure. **8.15am** for an **8.30am** departure.

**MEETING PLACE** - Parking and meeting place is now going to be at the North East Corner of the Paraparaumu Community Centre Car Park. Entrance is through Ngahina St off Kapiti Rd or off Rimu Rd beside Council and Library. **Waikanae Walkers** – meet New World Car Park Parata St side.

**GEAR** - Wear Shorts, Woollen or polyprop tops and carry Waterproof parka, over trousers, wool bush shirt or fleece Jacket and long-johns. A plastic or foil survival bag. Sunhat and Sunscreen in summer.

**ALWAYS** - bring an extra warm garment in your pack, plus woollen hat, mittens or gloves, lunch and a drink, hot in winter and cold water or juice. A spare set of clothes to leave in car can be useful. (You may get wet or muddy).

**FOOTWARE** - Boots are preferable but strong shoes or track shoes worn with woollen socks (Never cotton socks) are generally adequate. Bring a plastic bag to put your muddy boots in please.

**TRANSPORT** - By car pooling. Contribution is payable to driver.

Suggested contributions. These amounts are per passenger calculated from Paraparaumu.

<b>BELMONT REGIONAL PARK</b>	<b>\$7.00</b>	<b>BATTLE HILL</b>	<b>\$5.00</b>
<b>NIKAU VALLEY</b>	<b>\$2.00</b>	<b>OTAKI FORKS</b>	<b>\$8.00</b>
<b>MANAKAU NORTH</b>	<b>\$7.00</b>	<b>KAITOKE</b>	<b>\$10.00</b>
<b>MANGAONE NORTH</b>	<b>\$6.00</b>	<b>OHAU</b>	<b>\$8.00</b>
<b>PUKERUA BAY</b>	<b>\$4.00</b>	<b>REIKIORANGI</b>	<b>\$5.00</b>
<b>JOHNSONVILLE</b>	<b>\$7.00</b>		

**FIRST AID** - Carry your own small first aid kit: sticking plaster, non stick dressings crepe bandage, anti-sting cream, and any personal or allergy medication.

**ALSO PERSONAL IDENTIFICATION AND NEXT OF KIN.**

**INQUIRIES REG GOODSSELL 904 7558 OR MARTIN DENLEY 904 7877  
PLEASE DO NOT WALK AHEAD OF YOUR LEADER  
NEVER LEAVE YOUR GROUP WITHOUT TELLING SOMEONE  
HAPPY WALKING FRIENDS**

**KAPITI WEEKDAY WALKERS SCHEDULE  
APRIL 2009 – SEPT 2009**

		<b>TRIP ORGANISER</b>
<b>2009</b> <b>6<sup>th</sup> April</b>	<b>Belmont Trig BELMONT REGIONAL PARK</b>	<b>Steve Golledge 904 5904</b>
<b>20<sup>th</sup> April</b>	<b>Paraparaumu Scenic Reserve NIKAU VALLEY</b>	<b>Wendy Stratford 905 7520</b>
<b>4<sup>th</sup> May (8-15 am start)</b>	<b>Somes Island (Weather permitting) Cost is \$10 Train Fare, \$21 for ferry (Gold Card Holders Free) Please contact Margaret or Reg &amp; Lois to Book.</b>	<b>Margaret Gray 293 4971</b>
<b>18<sup>th</sup> May</b>	<b>Mt Thompson FROM MANUKAU NORTH</b>	<b>Lance Wiggins 293 3441</b>
<b>1<sup>st</sup> June (Queens Birthday)</b>	<b>Pukeatua FROM MANAKAU NORTH</b>	<b>Bill Jansen 298 7167</b>
<b>15<sup>th</sup> June</b>	<b>Pukerua Bay – Plimmerton PUKERUA BAY</b>	<b>Julian Harris 905 3733</b>
<b>29<sup>th</sup> June</b>	<b>Northern Walkway JOHNSONVILLE</b>	<b>Martin Denley 904 7877</b>
<b>13<sup>th</sup> July</b>	<b>Battle Hill Towards MT WAINUI</b>	<b>Reg Goodsell 904 7558</b>
<b>27<sup>th</sup> July (8-30am start)</b>	<b>Table Top OTAKI FORKS</b>	<b>Wendy Stratford 905 7520</b>
<b>5<sup>th</sup> Aug</b>	<b>POT LUCK DINNER Wendy &amp; Tony Stratford's</b>	<b>905 7520</b>
<b>10<sup>th</sup> Aug</b>	<b>Kapakapanui From MANGAONE</b>	<b>Margaret Gray 293 4971</b>
<b>24<sup>th</sup> Aug (8-30am start)</b>	<b>Kaitoke DOBSON – SMITHS CREEK</b>	<b>Lance Wiggins 293 3441</b>
<b>7<sup>th</sup> Sept (8-30am start)</b>	<b>Makahika OHOU</b>	<b>Bill Jansen 298 7167</b>
<b>21<sup>st</sup> Sept</b>	<b>Reikiorangi NGATIAWA STREAM (WET FOOT)</b>	<b>Julian Harris 905 3733</b>

**HAPPY WALKING FRIENDS  
PLEASE DO NOT WALK IN FRONT OF THE LEADER**