

Free or low cost events and activities to increase physical activity in Christchurch

There are many activities that are free or for low cost for anyone to join in Christchurch City. Listed below are some of the options available.

<p>Banks Peninsula Walks Find out about all the walking and tramping tracks on beautiful Banks Peninsula.</p>	<p>www.bankspeninsulawalks.co.nz</p>
<p>Banks Peninsula Walking Festival Offers a wide variety of walks on the weekends in November each year.</p>	<p>www.facebook.com/bankspeninsulawalkingfestival/</p>
<p>Be Active Programme An eight-week course suitable for people new or returning to activity, who want to have fun along the way. Run each term at a variety of locations across the city and region. Anyone 16 years and over with any level of ability welcome. The cost is \$3 per session.</p>	<p>Contact: Anna Wilson at Sport Canterbury Phone: 03 373 5045 Email: annaw@sportcanterbury.org.nz www.sportcanterbury.org.nz/Physical-Activity/Green-Prescription/Be-Active-Programme-1</p>
<p>Christchurch Walking Festival Offers dozens of walks for every ability and interest during the spring school holidays (September/October). Most walks are free, but some may have a cost for transport.</p>	<p>www.ccc.govt.nz/news-and-events/events/show/37</p>
<p>Cycle Tracks and Trails Find out about mountain bike tracks or cycle trails including those on the Port Hills or The Little River Rail Trail</p>	<p>www.christchurchnz.com/what-to-see-and-do/cycling-in-canterbury/ www.ccc.govt.nz/rec-and-sport/cycling-tracks</p>
<p>Department of Conservation Areas The Department of Conservation has several reserves and conservation areas that can be explored on foot or by bike.</p>	<p>Canterbury www.doc.govt.nz/canterbury</p>
<p>Dog Parks Get some exercise with your dog at a local reserve where your dog can be off the leash or at a dog park.</p>	<p>ccc.govt.nz/services/dogs-and-animals/dogs-in-parks</p>
<p>Frocks on Bikes A non-competitive cycling group where people ride wearing every day clothing. Monthly rides range from easy to moderate over distances between 5 and 25km. Women, men and cycle-savvy children welcome.</p>	<p>Email: frocksonbikeschristchurch@gmail.com www.facebook.com/Frocks-on-Bikes-Christchurch</p>

<p>Go Cycle Christchurch A FREE initiative that helps people gain confidence for commuter cycling.</p> <p>Individuals can request a one-on-one bike buddy. People are also invited to join "short rides for beginners" events.</p>	<p>Email: GoCycleChristchurch@gmail.com</p> <p>www.facebook.com/GoCycleChristchurch/</p>
<p>Meet Up Join this online network of local communities that meet offline about their shared interests and passions, including for walking, running and cycling groups. You can also start your own</p>	<p>www.meetup.com/cities/nz/christchurch/</p> <p>Listings also available for other locations including Akaroa, Cust, Darfield, Lyttelton, Oxford and Tai Tapu.</p>
<p>Parkrun NZ An international initiative where FREE 5km fun runs take place every Saturday morning at 1000 destinations around the world.</p> <p>Joggers and walkers, dogs on leads and babies in buggies welcome!</p>	<p>Hagley Parkrun www.parkrun.co.nz/hagley/</p>
<p>Parks and Playgrounds There are lots of green spaces in your area that you can visit with your family and friends.</p>	<p>www.ccc.govt.nz/parks-and-gardens/bbqs-picnics-and-playgrounds/playgrounds/</p>
<p>Swimming Pools Make a splash at your local pool.</p> <p>A discounted entry fee is available at Christchurch and Selwyn pools for those with a:</p> <ul style="list-style-type: none"> • Community Services Card; • KiwiAble Leisure Card; or • NZ SuperGold Card. <p>Most indoor pools also run Learn to Swim programmes to help adults or children become more confident in the water.</p> <p>Most outdoor or paddling pools are only open during the summer (usually mid-November to late March).</p>	<p>www.ccc.govt.nz/rec-and-sport/pools</p>
<p>Walking Trails and Groups Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways, including the Christchurch 360 Trail.</p> <p>You can also join a free weekly Walk 'n' Talk group from some Christchurch libraries.</p>	<p>www.ccc.govt.nz/rec-and-sport/walks/</p> <p>Akaroa and Banks Peninsula http://www.christchurchnz.com/walk-canterbury/akaroa-and-banks-peninsula/</p>

Other useful links

You could also try one of the following websites or links for more information

- **CCC Events** has many activities and events for the whole family that are often free or low-cost
www.ccc.govt.nz/news-and-events/events
- **Active Canterbury** highlights upcoming events and programmes, as well as information on activities suitable for beginners or families
www.activecanterbury.org.nz