

# Free or low cost events and activities to increase physical activity in North Canterbury

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

<p><b>Cycle Tracks and Trails</b> Find out about local mountain bike tracks or cycle trails, including the Waipara Valley Vineyard Trail.</p>	<p>Cheviot <a href="http://www.cheviotnz.com/cycle-trails">www.cheviotnz.com/cycle-trails</a></p> <p>Hanmer Springs <a href="http://hanmertrails.nz/#mountain-biking">hanmertrails.nz/#mountain-biking</a></p> <p>Hurunui District <a href="http://visithurunui.co.nz/things-to-do/walking-and-biking/?c=18">visithurunui.co.nz/things-to-do/walking-and-biking/?c=18</a></p> <p><a href="http://www.hurunuitrails.org.nz/">www.hurunuitrails.org.nz/</a></p> <p><a href="http://www.christchurchnz.com/what-to-see-and-do/cycling-in-canterbury/hurunui/">www.christchurchnz.com/what-to-see-and-do/cycling-in-canterbury/hurunui/</a></p> <p>Kaikoura District <a href="http://www.kaikoura.co.nz/see-do/kaikoura-cycling-trails/">www.kaikoura.co.nz/see-do/kaikoura-cycling-trails/</a></p> <p><a href="http://www.christchurchnz.com/what-to-see-and-do/cycling-in-canterbury/kaikoura/">www.christchurchnz.com/what-to-see-and-do/cycling-in-canterbury/kaikoura/</a></p>
<p><b>Department of Conservation Areas</b> The Department of Conservation has several reserves and conservation areas that can be explored on foot or by bike</p>	<p>Canterbury <a href="http://www.doc.govt.nz/canterbury">www.doc.govt.nz/canterbury</a></p> <p>Kaikoura <a href="http://www.doc.govt.nz/parks-and-recreation/places-to-go/marlborough/places/kaikoura-area/">www.doc.govt.nz/parks-and-recreation/places-to-go/marlborough/places/kaikoura-area/</a></p> <p>Kaikoura Peninsula Walkway <a href="http://www.doc.govt.nz/parks-and-recreation/places-to-go/marlborough/places/kaikoura-area/things-to-do/tracks/kaikoura-peninsula-walkway/">www.doc.govt.nz/parks-and-recreation/places-to-go/marlborough/places/kaikoura-area/things-to-do/tracks/kaikoura-peninsula-walkway/</a></p>
<p><b>Meet Up</b> 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 groups.</p>	<p>Kaikoura <a href="http://www.meetup.com/cities/nz/kaikoura/">www.meetup.com/cities/nz/kaikoura/</a></p> <p>Listings for other locations also available including Amberley, Cheviot, and Hanmer Springs.</p>
<p><b>Parks and Playgrounds</b> There are lots of green spaces in your area that you can visit with your family and friends.</p>	<p>Cheviot <a href="http://www.cheviotnz.com/parks-reserves">www.cheviotnz.com/parks-reserves</a></p> <p>Hurunui District <a href="http://www.hurunui.govt.nz/services/things-we-operate/parks-reserves">www.hurunui.govt.nz/services/things-we-operate/parks-reserves</a></p>

<p><b>Sports Clubs</b> Find out about clubs and groups offering sport and recreation opportunities</p>	<p>Kaikoura District <a href="http://www.kaikoura.govt.nz/our-district/sport-in-kaikoura/clubs-and-groups/">www.kaikoura.govt.nz/our-district/sport-in-kaikoura/clubs-and-groups/</a></p>
<p><b>Swimming Pools</b> Make a splash at your local pool.  Outdoor pools are only open during the summer (usually mid-November to late March)</p>	<p>Hurunui District <a href="http://www.hurunui.govt.nz/services/things-we-operate/parks-reserves#toc-link-7">www.hurunui.govt.nz/services/things-we-operate/parks-reserves#toc-link-7</a></p> <p>Kaikoura District <a href="http://www.kaikoura.govt.nz/our-district/swimming-pool/">www.kaikoura.govt.nz/our-district/swimming-pool/</a></p>
<p><b>Walking Tracks</b> Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways, including the Kaikoura Coastal Track.</p>	<p>Cheviot <a href="http://www.cheviotnz.com/localwalks">www.cheviotnz.com/localwalks</a></p> <p>Hanmer Springs <a href="http://hanmertrails.nz/#walking-hiking">hanmertrails.nz/#walking-hiking</a></p> <p>Hurunui <a href="http://visithurunui.co.nz/things-to-do/walking-and-biking/?c=18">visithurunui.co.nz/things-to-do/walking-and-biking/?c=18</a></p> <p><a href="http://www.christchurchnz.com/walk-canterbury/hanmer-springs-and-hurunui/">www.christchurchnz.com/walk-canterbury/hanmer-springs-and-hurunui/</a></p> <p>Kaikoura District <a href="http://www.kaikoura.co.nz/see-do/kaikoura-walks/">www.kaikoura.co.nz/see-do/kaikoura-walks/</a></p> <p><a href="http://www.christchurchnz.com/walk-canterbury/kaikoura/">www.christchurchnz.com/walk-canterbury/kaikoura/</a></p> <p>Kaikoura Coastal Track <a href="http://www.kaikouratrack.co.nz/">www.kaikouratrack.co.nz/</a></p>

## Other useful links

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

- **Visit Hurunui, Eventful Hurunui** and **Events Kaikoura** list many activities and events for the whole family that are often free or low-cost  
[visithurunui.co.nz/things-to-do/events/](http://visithurunui.co.nz/things-to-do/events/)  
[www.eventfulhurunui.co.nz/](http://www.eventfulhurunui.co.nz/)  
[eventskaikoura.co.nz/](http://eventskaikoura.co.nz/)
- **Active Canterbury** highlights upcoming events and programmes, as well as information on activities suitable for beginners or families  
[www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)