

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

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

<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><a href="http://www.doc.govt.nz/canterbury">www.doc.govt.nz/canterbury</a></p>
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## Mid-Canterbury including Ashburton

<p><b>Be Active Programme</b> 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 Sport Canterbury:</p> <ul style="list-style-type: none"> <li>• Annabel Askin – 03 928 8026 or</li> <li>• Jan Cochrane – 03 307 0475</li> </ul> <p><a href="http://www.sportcanterbury.org.nz/green-prescription/for-participants/be-active-programme">www.sportcanterbury.org.nz/green-prescription/for-participants/be-active-programme</a></p>
<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails including the Ashburton River Trail and those in the Hakaterere Conservation Park.</p>	<p><a href="http://www.midcanterburynz.com/newzealand/cycling-adventures/">www.midcanterburynz.com/newzealand/cycling-adventures/</a>  <a href="http://www.christchurchnz.com/what-to-see-and-do/cycling/mid-canterbury/">www.christchurchnz.com/what-to-see-and-do/cycling/mid-canterbury/</a></p>
<p><b>Dog Parks</b> 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><a href="http://www.ashburtondc.govt.nz/our-services/dogs-and-animals/Pages/Dog-Exercise-Areas.aspx">www.ashburtondc.govt.nz/our-services/dogs-and-animals/Pages/Dog-Exercise-Areas.aspx</a></p>
<p><b>Meet Up</b> Join this network of local communities that meet offline about their shared interests and passions, including for walking, running and cycling. You can also start your own group.</p>	<p>Ashburton <a href="http://www.meetup.com/cities/nz/ashburton/">www.meetup.com/cities/nz/ashburton/</a>  Listings also able for Methven and Rakaia.</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><a href="http://www.ashburtondc.govt.nz/our-district/sport-and-recreation/parks-and-sports-fields/Pages/parks-in-our-district.aspx">www.ashburtondc.govt.nz/our-district/sport-and-recreation/parks-and-sports-fields/Pages/parks-in-our-district.aspx</a></p>
<p><b>Swimming Pools</b> Make a splash at your local pool.  A discounted entry fee is available at The EA Network Centre pool for those with a NZ SuperGold Card.</p>	<p><a href="http://www.ashburtondc.govt.nz/our-services/ea-networks-centre/Pages/default.aspx">www.ashburtondc.govt.nz/our-services/ea-networks-centre/Pages/default.aspx</a></p>

<p><b>Walking Trails and Groups</b> Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways, including the Ashburton/ Hakatere River Trail.</p>	<p><a href="http://www.midcanterburynz.com/newzealand/hiking-and-walking/">www.midcanterburynz.com/newzealand/hiking-and-walking/</a></p> <p><a href="http://www.christchurchnz.com/walk-canterbury/mid-canterbury/">www.christchurchnz.com/walk-canterbury/mid-canterbury/</a></p>
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## Timaru District

<p><b>Be Active Programme</b> An eight-week course suitable for people new or returning to activity, who want to have fun along the way.</p> <p>Run each term at a variety of locations across the district.</p> <p>Anyone 16 years and over with any level of ability welcome.</p> <p>The cost is \$3 per session.</p>	<p>Contact: Debbie Esler at Sport Canterbury Phone: 03 929 2501</p> <p><a href="http://www.sportcanterbury.org.nz/green-prescription/for-participants/be-active-programme">www.sportcanterbury.org.nz/green-prescription/for-participants/be-active-programme</a></p>
<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails.</p>	<p><a href="http://www.timaru.govt.nz/community/recreation/walking-and-cycling">www.timaru.govt.nz/community/recreation/walking-and-cycling</a></p> <p><a href="http://www.christchurchnz.com/what-to-see-and-do/cycling/south-canterbury/">www.christchurchnz.com/what-to-see-and-do/cycling/south-canterbury/</a></p>
<p><b>Dog Parks</b> 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>Timaru Dog Park <a href="http://www.timaru.govt.nz/services/environment/dogs-and-animals/dogs/dog-park-timaru">www.timaru.govt.nz/services/environment/dogs-and-animals/dogs/dog-park-timaru</a></p> <p>Dog Exercise Areas <a href="http://www.timaru.govt.nz/services/environment/dogs-and-animals/dogs/dog-exercise-areas">www.timaru.govt.nz/services/environment/dogs-and-animals/dogs/dog-exercise-areas</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 group.</p>	<p>Timaru <a href="http://www.meetup.com/cities/nz/timaru/">www.meetup.com/cities/nz/timaru/</a></p> <p>Listings also able for Geraldine, Pleasant Point and Temuka.</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>Timaru <a href="http://www.timaru.govt.nz/community/recreation/parks-and-sports-facilities/parks-by-area-location/timaru">www.timaru.govt.nz/community/recreation/parks-and-sports-facilities/parks-by-area-location/timaru</a></p> <p>Geraldine, Pleasant Point and Temuka <a href="http://www.timaru.govt.nz/community/recreation/parks-and-sports-facilities/parks-by-area-location/geraldine">www.timaru.govt.nz/community/recreation/parks-and-sports-facilities/parks-by-area-location/geraldine</a></p> <p>Rural Areas <a href="http://www.timaru.govt.nz/community/recreation/parks-and-sports-facilities/parks-by-area-location/rural">www.timaru.govt.nz/community/recreation/parks-and-sports-facilities/parks-by-area-location/rural</a></p>

## Canterbury

District Health Board  
Te Poari Hauora o Waitaha

<p><b>Swimming Pools</b> Make a splash at your local pool.</p> <p>A discounted entry fee is available for those with a NZ SuperGold Card.</p> <p>Most outdoor pools are only open during the summer (usually mid-November to late March).</p>	<p>Caroline Bay Trust Aoraki Centre <a href="http://www.cbaytimaru.co.nz/">www.cbaytimaru.co.nz/</a></p> <p>Summer Pools <a href="http://www.timaru.govt.nz/community/facilities/swimming-pools">www.timaru.govt.nz/community/facilities/swimming-pools</a></p>
<p><b>Walking Trails and Groups</b> Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways.</p>	<p><a href="http://www.timaru.govt.nz/community/recreation/walking-and-cycling">www.timaru.govt.nz/community/recreation/walking-and-cycling</a></p>

## Mackenzie and Waimate Districts

<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails.</p>	<p>Mackenzie District <a href="https://mackenzienc.com/activities/cycling/">https://mackenzienc.com/activities/cycling/</a></p> <p>Alps 2 Ocean Cycle Trail <a href="http://www.nzcycletrail.com/trails/alps-2-ocean-trail/">www.nzcycletrail.com/trails/alps-2-ocean-trail/</a></p> <p>Waimate District <a href="http://www.waimatedc.govt.nz/community/sport-and-recreation/waimate-trackways-group">www.waimatedc.govt.nz/community/sport-and-recreation/waimate-trackways-group</a></p> <p><a href="http://www.waimatedc.govt.nz/visiting-waimate/attractions/outdoors/mountain-bike-trails">www.waimatedc.govt.nz/visiting-waimate/attractions/outdoors/mountain-bike-trails</a></p> <p><a href="http://www.christchurchnz.com/what-to-see-and-do/cycling/waimate/">www.christchurchnz.com/what-to-see-and-do/cycling/waimate/</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 group.</p>	<p>Twizel <a href="http://www.meetup.com/cities/nz/twizel/">www.meetup.com/cities/nz/twizel/</a></p> <p>Waimate <a href="http://www.meetup.com/cities/nz/waimate/">www.meetup.com/cities/nz/waimate/</a></p> <p>Listings also able for Fairlie, Lake Tekapo, and Mount Cook.</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>Waimate District <a href="http://www.waimatedc.govt.nz/community/parks-and-gardens">www.waimatedc.govt.nz/community/parks-and-gardens</a></p>
<p><b>Swimming Pools</b> Make a splash at your local pool.</p> <p>A discounted entry fee may be available for those with a NZ SuperGold Card.</p> <p>Most outdoor pools are only open during the summer (usually mid-November to late March).</p>	<p>Community Pools (Fairlie and Twizel) <a href="http://www.mackenzie.govt.nz/Site/Community/Facilities/Pools.aspx">www.mackenzie.govt.nz/Site/Community/Facilities/Pools.aspx</a></p> <p>Norman Kirk Memorial Swimming Pool (Waimate) <a href="http://www.waimatedc.govt.nz/community/sport-and-recreation/recreation-options/norman-kirk-memorial-swimming-pool">www.waimatedc.govt.nz/community/sport-and-recreation/recreation-options/norman-kirk-memorial-swimming-pool</a></p>

<p><b>Walking Trails and Groups</b>  Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways.</p>	<p>Mackenzie District  <a href="https://mackenziencz.com/activities/walking-hiking/">https://mackenziencz.com/activities/walking-hiking/</a>   <a href="http://www.christchurchnz.com/walk-canterbury/mackenzie/">www.christchurchnz.com/walk-canterbury/mackenzie/</a>   Waimate District  <a href="http://www.waimatedc.govt.nz/visiting-waimate/attractions/outdoors/walks-in-and-around-waimate">www.waimatedc.govt.nz/visiting-waimate/attractions/outdoors/walks-in-and-around-waimate</a>   <a href="http://www.christchurchnz.com/walk-canterbury/waimate/">http://www.christchurchnz.com/walk-canterbury/waimate/</a></p>
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