

Free or low cost events and activities to increase physical activity in the Waimakariri District

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

<p>Canterbury Regional Parks Take advantage of Canterbury's beauty by exploring one of the regional parks for walking, swimming, boating, fishing, gamebird hunting, motocross, mountain biking, bird watching, horse riding and more.</p>	<p>Ashley Rakahuri Regional Park www.ecan.govt.nz/your-region/living-here/regional-parks/ashley-rakahuri-regional-park/</p> <p>Northern Pegasus Bay www.ecan.govt.nz/your-region/living-here/regional-parks/ashley-rakahuri-regional-park/</p> <p>Waimakariri River Regional Park www.ecan.govt.nz/your-region/living-here/regional-parks/waimakariri-river-regional-park/</p>
<p>The Breeze Walking Festival Offers walks for every ability and interest during the spring school holidays (September/October) including in the Waimakariri. Most walks are free, but some may have a cost for transport.</p>	<p>www.ccc.govt.nz/news-and-events/whats-on/?programme=7</p>
<p>Cycle Tracks and Trails Find out about local mountain bike tracks or cycle trails, including the St James Cycle Trail and the Tūhaitara Coastal Park.</p>	<p>www.visitwaimakariri.co.nz/walking-and-cycling/</p> <p>www.waimakariri.govt.nz/leisure-and-recreation/activities/outdoor-activities/walking-and-cycling/cycling-in-waimakariri</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>www.waimakariri.govt.nz/services/animals-and-stock/dogs/exercising-your-dog</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 groups.</p>	<p>Rangiora www.meetup.com/cities/nz/rangiora/</p> <p>Listings for other locations are available, including Sefton, Waikuku, and Woodend.</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.waimakariri.govt.nz/leisure-and-recreation/facilities/parks-and-playgrounds</p>

<p>Swimming Pools Make a splash at your local pool.</p> <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.waimakariri.govt.nz/leisure-and-recreation/facilities/aquatic-centre</p>
<p>Walking Tracks Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways.</p>	<p>www.visitwaimakariri.co.nz/walking-and-cycling/</p> <p>www.waimakariri.govt.nz/leisure-and-recreation/activities/outdoor-activities/walking-and-cycling/walks-in-waimakariri</p> <p>www.christchurchnz.com/walk-canterbury/waimakariri/</p> <p>Waimakariri Walkway www.ccc.govt.nz/parks-and-gardens/explore-parks/plains-and-wetlands/spencer-park/waimakariri-walkway/</p>

Other useful links

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

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