

# Free or low cost events and activities to increase physical activity on the West Coast

There are many activities that are free or for low cost for anyone to join on the West Coast. Listed below are some of the options available.

<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails.</p>	<p><a href="http://westcoast.co.nz/plan-your-trip/see-do/cycling/">westcoast.co.nz/plan-your-trip/see-do/cycling/</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><a href="http://www.doc.govt.nz/parks-and-recreation/places-to-go/west-coast/">www.doc.govt.nz/parks-and-recreation/places-to-go/west-coast/</a></p>
<p><b>Physical activity classes for older people</b> Get a timetable of low impact activity classes happening in the community</p>	<p><a href="http://www.wcdhb.health.nz/wp-content/uploads/Physical-activity-classes-for-older-people-March-2018.pdf">www.wcdhb.health.nz/wp-content/uploads/Physical-activity-classes-for-older-people-March-2018.pdf</a></p>
<p><b>Walking Trails</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://westcoast.co.nz/plan-your-trip/see-do/walking-hiking/">westcoast.co.nz/plan-your-trip/see-do/walking-hiking/</a></p>

## Buller District

<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails.</p>	<p><a href="http://westport.nz/cycling/">westport.nz/cycling/</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>Westport <a href="http://www.meetup.com/cities/nz/westport/">www.meetup.com/cities/nz/westport/</a></p> <p>Listings for other locations also available including Hector – Ngakawau, Karamea, and Reefton.</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://bullerdc.govt.nz/parks-reserves/">bullerdc.govt.nz/parks-reserves/</a></p>
<p><b>Swimming Pools</b> Make a splash at your local pool.  A discounted entry fee is available for those with a NZ SuperGold Card.</p>	<p>Pulse Energy Recreation Centre <a href="http://www.pulseenergyrec.co.nz/aquatic-centre/">www.pulseenergyrec.co.nz/aquatic-centre/</a></p>
<p><b>Walking Trails</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://westport.nz/walking/">westport.nz/walking/</a></p>

## Grey District

<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails including the West Coast Wilderness Trail.</p>	<p><a href="http://www.greydc.govt.nz/facilities/parks-walks-cycle-trail/cycle_trail/Pages/default.aspx">www.greydc.govt.nz/facilities/parks-walks-cycle-trail/cycle_trail/Pages/default.aspx</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.greydc.govt.nz/our-services/animal-control/dog-park/Pages/default.aspx">www.greydc.govt.nz/our-services/animal-control/dog-park/Pages/default.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>Greymouth <a href="http://www.meetup.com/cities/nz/greymouth/">www.meetup.com/cities/nz/greymouth/</a></p> <p>Listings for other locations also available including Blackball, and Dobson.</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.greydc.govt.nz/facilities/parks-walks-cycle-trail/parks/Pages/default.aspx">www.greydc.govt.nz/facilities/parks-walks-cycle-trail/parks/Pages/default.aspx</a></p>
<p><b>Swimming Pools</b> Make a splash at your local pool.  A discounted entry fee is available for those with a NZ SuperGold Card.</p>	<p>Westland Recreation Centre Swimming Pool <a href="http://www.greydc.govt.nz/facilities/wrc/Pages/default.aspx">www.greydc.govt.nz/facilities/wrc/Pages/default.aspx</a></p> <p>Spring Creek Swimming Pool – open December to March/April <a href="http://www.greydc.govt.nz/facilities/spring-creek/Pages/default.aspx">www.greydc.govt.nz/facilities/spring-creek/Pages/default.aspx</a></p>
<p><b>Walking Trails</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.greydc.govt.nz/facilities/parks-walks-cycle-trail/walks/Pages/default.aspx">www.greydc.govt.nz/facilities/parks-walks-cycle-trail/walks/Pages/default.aspx</a></p>

## Westland District

<p><b>Cycle Tracks and Trails</b> Find out about mountain bike tracks or cycle trails.</p>	<p><a href="http://hokitika.org/see/outdoors/54/Mountain-Biking- -Cycling">hokitika.org/see/outdoors/54/Mountain-Biking- -Cycling</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>Hokitika <a href="http://www.meetup.com/cities/nz/hokitika/">www.meetup.com/cities/nz/hokitika/</a></p> <p>Listings for other locations also available including Fox Glacier, Franz Josef, Harihari, and Ross.</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.westlanddc.govt.nz/reserves">www.westlanddc.govt.nz/reserves</a></p>
<p><b>Swimming Pools</b> Make a splash at your local pool.  A discounted entry fee is available for those with a NZ SuperGold Card.</p>	<p>Hokitika Pool <a href="http://www.westlanddc.govt.nz/swimming-pool">www.westlanddc.govt.nz/swimming-pool</a></p>

## Canterbury

District Health Board  
Te Poari Hauora o Waitaha

**Walking Trails**

Head outdoors, breathe in the air, and take in the views on one of many walking tracks and walkways.

[www.hokitika.org/see/outdoors/70/Walks](http://www.hokitika.org/see/outdoors/70/Walks)