

# WEDNESDAY WAITAKERE WALKS 2007

## Adventure at your back door

**Wednesday 28 March**

### Upper Nihotupu Dam

An easy walk along a closed metal road, through beautiful native bush, streams and waterfalls. Forested ridges descend into the 14.5ha Upper Nihotupu Dam providing fiord-like scenery.

**Meet: 9.50am, Upper Nihotupu Dam car park, Piha Road.**

**Grade: Easy**



**Wednesday 18 April**

### Mercer Bay Loop

A guided walk along the top of the highest windswept cliffs in the Auckland region. Find out the origin of Rangitoto. View the coastline from Whatipu to Muriwai.

**Meet: 9.50am,, Te Ahuahu Road car park, Piha**

**Grade: Moderate**

**Wednesday 23 May**  
**Auckland City Walk**

No, you can't see the city!! This is the Waitakere Ranges showcase for Kauri. Trees approximately 800 years old tower over the beautiful stream valley. An area rich in wildlife and ironically, right next to a golf course!

**Meet: 9.50am, Falls Road car park** (drive through the Waitakere Golf Course).

**Grade: Easy**



**Wednesday 27 June**

### Kitekite Falls

Walk through coastal broad leaf forest along the Glen Esk stream to the tallest waterfall in the Ranges. An area full of kauri milling history, hidden in beautiful forest.

**Meet: 9.50am, Glen Esk Road car park, Piha**

**Grade: Easy**



# SWANSON

&

# RANUI

## “LOCAL PUSH PLAY ACTIVITIES”

(Compiled by Jene Lin)



Te Rongoāa Kakariki **Green  
Prescription**

**For more information call:**

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**Green Prescription Area Manager**

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**HealthWEST**

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**Email: [kay@healthwest.co.nz](mailto:kay@healthwest.co.nz)**

**[www.healthwest.co.nz](http://www.healthwest.co.nz)**

## **AEROBICS**

### **Pasifika Aerobics**

Ranui Tongan Methodist Church  
Tuesdays 6.00 – 7.00pm  
Free of charge  
Contact: Tui Pulotu  
Phone: 837 1780

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## **BOWLING**

### **Bowling Class**

Ranui Community Centre  
474 Swanson Rd, Ranui  
Saturday: 1pm-3pm  
Contact: Glenys Phone: 832-4069

## **BOXING**

### **Low Impact Boxing**

Birdwood School Hall  
Karepo Crescent, Ranui  
Wed: 7pm-8pm  
Contact: Heather Phone: 832-5815

### **Low Impact Boxing**

Tone Zone Health Studio  
Unit 6, 8 bricks Rd.  
Focus on health, strength, balance, posture and fitness.  
Tues & Thur: 4pm-5pm  
Contact: Heather Phone: 832-5815



## **DANCING**

[www.wheretodance.co.nz](http://www.wheretodance.co.nz)

### **Dancing Fitness**

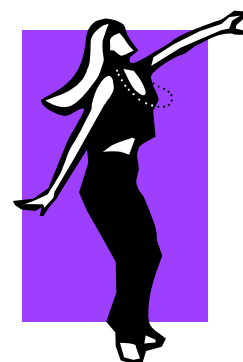
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Tone Zone Health Studio  
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Focus on health, strength, balance, posture and fitness.  
Tues & Thur: 4pm-5pm  
Contact: Heather Phone: 832-5815

### **Waitakere City School of Dance**

**Jazz, Hip Hop & Ballet**  
from Pre-School to Adults  
Contact: Natalie Sinclair  
Phone: 813 3664  
Mobile: 021 035 4262  
Email: [dancewaitakere.co.nz](mailto:dancewaitakere.co.nz)



## **EXERCISE CLASSES**

### **Ranui-Keeping Active**

Tone Zone Premise  
Unit 8, 6 Brick St, Ranui  
Fun activities, personal plans, gym, outdoor activities, aqua, yoga, flexer-stretch, support, friends, walks, outings, nutrition and active lifestyle options  
Wed: 11am  
\$2 donation (first time free)  
Phone: 832-3155 or 021-579-030

## **GOLF**

### **Redwood Park Golf Club**

13 Knox Rd, Swanson  
Open Daily: 7am till dark  
Contact: Make  
Phone: 827-3967

## **WALKING**

### **Ranui Action Project- RAP Walking Group.**

Sat: 7am  
Contact: Vai  
Phone: 832-6048

## **YOGA**

### **Fay's Hatha Yoga**

Ranui Community House  
474 Swanson Rd, Ranui  
Class starts on 12<sup>th</sup> Oct for 8 wks  
Tues: 10:30am-12pm  
\$40 for the whole term  
Phone: 833-6280