

Walking Group

There's a
near you

NORTH ISLAND

NORTHLAND

KAITIARA

FAR NORTH TRAVEL CLUB: Maurice Lowell, 09-408-0732 after 3pm.

BAY OF ISLANDS

BAY OF ISLANDS RUNNERS & WALKERS: Saturday (AM), Bert Vanasche 09-404-0147, or Gea Haddingh 09-405-7773

DARGAVILLE

DARGAVILLE TRAMPING GROUP: Last Sunday of month (AM), Maxine Stringer 09-439-7815, 09-439-6029, stringer@infogen.net.nz

WHANGAREI

KIWI SENIORS WALKING GROUP: Monday (AM), Lee Taylor 09-430-3470

CARDIAC CARE WALKING GROUP: Wednesday (AM or PM), Jo or Hugh Knight 09-438-7976

KIWI SENIORS WALKING GROUP: Monday (AM), Kensington Reception, 09-437-4404

GREEN PRESCRIPTION WALKING GROUPS: 0800-228-483

HARRIERS WALKING GROUP: Tuesday (AM), Wednesday (PM), Thursday (AM), Val Babe 09-437-1657

HIKURANGI WALKING GROUP: Tuesday (PM)

KAMO 60'S UP: Monday, Thursday (AM), Yvonne 09-435-1101

KENSINGTON WALKING GROUP: Tuesday Thursday (PM), Sport Northland 09-437-4404

TIKIPUNGA WALKING GROUP: Tuesday (AM), Barbara Derrick 09-435-0746

WAIPIU WALKING GROUP: Wednesday (AM)

WHANGAREI ATHLETICS CLUB WALKING GROUP: Wednesday (PM) (BIA), Tuesday Thursday (AM), Saturday (PM) Morris or Shirley Gray 09-436-1524

WHANGAREI TRAMPING CLUB: Sue Guyatt 09-436-1441

GREAT BARRIER ISLAND

BARRIER TRAMPING & BEER LOVERS CLUB: Sunday, John Brock 09-429-0211

AUCKLAND

OUTDOOR ACTIVITIES CLUB: midweek, weekends (BIA), walks, tramps, Val Todd 09-579-8250, www.oacnz.org

AUCKLAND NATURAL HISTORY CLUB: Every second Sunday, (AM), (IA), Praemi Perera 09-836-9161, www.aucklandnaturalhistoryclub.org

ALPINE SPORTS CLUB: Tramps, walks, cycling, Sunday, Saturday, Marianne Rienhard 09-575-2429

ALPINE SPORTS CLUB: Sunday, Saturday & weekdays, tramps, walks, Beryl Borwick 09-444-9667 or Sue Fitzpatrick 09-576-1069

THUMBS UP ADVENTURE GROUP (TUAC): Alan Grigg 027-493-6850, Libby 021-137-1488, Leonie 021-222-8982, www.tuac.co.nz

AUCKLAND CENTRAL

AUCKLAND YMCA MARATHON CLUB, (Walkers Section), Sunday (AM), Helen Meyer 09-815-1444

AUCKLAND CATHOLIC TRAMPING CLUB: Sarah Hart 09-625-7891, acctrampingclub@gmail.com

AUCKLAND WALKERS & JOGGERS CLUB: Tuesday, Thursday (PM), Sunday (AM), (BIA), Bev Horton 09-625-5329

AUCKLAND PRESBYTERIAN HARRIER & WALKING CLUB: Ray Vickers 09-576-6906

AUCKLAND BAPTIST TRAMPING CLUB: Sunday Monthly (PM), (BIA), John McCarthy 09-630-4073

AUCKLAND PRESBYTERIAN HARRIER CLUB: John Yolland 09-576-9807

RACEWALKING AUCKLAND: Sunday (AM), Grant 09-299-5634, www.sportground.co.nz/racewalkingauckland/

AUCKLAND TRAMPING CLUB: Doug Astley 09-620-4923

AUCKLAND UNIVERSITY TRAMPING CLUB: Michelle Lee 09-358-1296

BLOCKHOUSE BAY COMMUNITY CENTRE: Len Govind 09-627-9911

ELLERSLIE Y'S WALKING CLUB: Olive Andrews 09-634-4148

EAST AND BAYS RUNNERS & WALKERS: Glendowie, Saturday, Sally 09-522-5321

EPSOM Y'S COMMUNITY CENTRE WALKERS: Tuesday/Thursday (AM), Don Hay 09-636-9730

LYNFIELD Y'S WALKING CLUB: Mt Roskill, Sunday (AM), Marlene 09-827-2737, Danny 09-627-9993

MT ALBERT Y'S WALKING GROUP: Tuesday Friday, (AM), 09-846-0788

MT ROSKILL COMMUNITY HOUSE: Theresa McDonald, 09-624-3281

OUTDOOR ACTIVITIES CLUB AUCKLAND: Marshall Pickey 09-445-3808, www.oacnz.org

ST HELIERS HIKERS: First/Third Wednesdays (all day), Glenn 09-528-9726

WALKING CLUB: Graeme Easte, 09-376-5901

LES MILLS GYM: Seven days, (AM) (PM), (BIA), Powerwalking, Dave Buchan, 09-379-9590

STEP OUT WALKING GROUP: Thursday (AM), 09-379-2095 x 9704

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Anne 09-480-5424, www.wops.co.nz

WEST AUCKLAND

BLUETOP WALKERS: Henderson, Tuesday, Thursday (AM), Terry Wilson 09-814-9523 or 021-266-1071, terryandsheena@xtra.co.nz, www.bluetopwalkers.weebly.com

FIA OLA WOMEN'S DEVELOPMENT WALK GROUP: Monday to Saturday, Anne, 09-813-0021

FIT4LIFE: Glenfield, Monday (PM), Friday (AM), Sarah 021 534 649

FOOTSTEPS: Saturday (AM), John 09-410-2995

GLEN EDEN WALKERS: Oratia Bowling Club, Tuesday (AM), Ethel Denscombe 09-818-3561

GLEN EDEN ATHLETIC CLUB WALKERS: Glen Eden, Wednesday (PM) and Saturday (AM), Neil Turner 09-817-6230

GREEN BAY MUMS BUSH WALKERS: Every second Monday, Anne 09-827-7810 or 09-817-5867

GREEN BAY COMMUNITY HOUSE WALKERS: Tuesday (AM), Thursday (AM), Elaine 09-827-3300

HENDERSON SENIORS WALKING GROUP: Henderson, Friday (AM), Alene Couchman 09-818-2580

KELSTON MORNING WALKERS: Kelston C.C. Tues (AM), Joy Martin 09-838-6553

KELSTON TWILIGHT WALKERS: Kelston, Tuesday (PM), Joy Martin 09-818-6084

KUMEU WALK GROUP: Kumeu, Friday (AM), Beryl Pook 09-412-8914

LYNNMALL CITY MALL WALKING: Tuesday, Thursday (AM), (BIA), 09-826-2333

LYNFIELD Y'S WALKING CLUB: Mt Roskill, Sunday (AM), Marlene 09-827-2737, Danny 09-627-993

LYNNDALE AMATEUR ATHLETIC & HARRIER CLUB: Wednesday and Sunday (AM), Mic Baker 09-626-3232

MASSEY ATHLETIC CLUB: Sunday (AM), Shena McGregor 09-412-8076

MASSEY JOGGERS & WALKERS: Sunday (AM), Kerry Watt 09-838-6665 or 021-517-049

NEW LYNN ACTIVE 35+ WALKING GROUP: New Lynn, Wednesday, Lorraine, 09-827-8663

RANUI MORNING WALK GROUP: Monday to Friday (AM), Judith 09-832-5692

RANUI TWILIGHT WALK GROUP: Monday, Wednesday, Glenys 09-832-4069

RIVERHEAD WALK GROUP: Wednesday (AM), Dane Brown 09-412-9952

SUMMERLAND WALKERS: Henderson, Tuesday, Thursday (AM), Lyn Mountier 09-838-1599

TE ATAU PENINSULA WALKERS: Monday, Friday (AM), Wednesday (PM), Mary Jones 09-834-6989

TE ATAU JOGGERS & WALKERS CLUB: Te Atatu Peninsula, Sunday (AM), Malcolm 09-834-4101 or Diane or Graham 09-834-4423

TE ATAU SOUTH ACTIVE 35+ WALKING GROUP: Te Atatu South, Wednesday, Edna, 09-834-1401

THE HAPPY WANDERERS WALKING GROUP: Wednesday (AM), Brian Ashmore 09-817-4562 or 027-471-3038

TITIRANGI TWILIGHT STROLLERS: Tuesday, Thursday (PM), Miranda 09-817-9677

TITIRANGI WALKERS: Sundays (AM), John Harris 09-817-7212, www.titirangiwalkers.com

WEST HARBOUR ACTIVE 35+WALKING GROUP: West Harbour, Friday (AM), Lorna Lyon, 09-416-7871

Y'S WALKING HENDERSON: Tuesdays, Thursday, Sarah, 09-836-8031

Y's Walkers, Mt Roskill, Sunday (AM), Dan Gofin 09-627-9993

WAIATARUA WALKERS: Oratia, Saturday (AM), 09-814-9945

WANDERWOMAN ADVENTURES: 09-360-7330

WALKING WAITAKERE WEDNESDAY WALKS: Wednesday, (AM), May to October, Kay Lindley 09-837-8820

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Anne 09-480-5424, www.wops.co.nz

WEST AUCKLAND DISTRICT TRAMPING CLUB: Sunday (AM), www.trampwest.co.nz

NORTH SHORE

10,000 STEPS HARBOUR CLUB: Harbour Sport 09-415-4610

60'S UP TORBAY/BROWNS BAY: Wed (AM), Heather Jean Adams 09-478-2462

ABERDEEN ROAD WALKERS: Campbells Bay, Saturday (PM), Patsy Hulse 09-410-9353

BUSH WALK & TALK: Margi Keys, 09-443-6919 or 0274-481-581

NORTH SHORE TRAMPING CLUB: Lynda Langridge 09-482-1320, www.nstc.org.nz

BIRKENHEAD PROBUS CLUB: Albany, Tuesday (AM), Tracy Watson 09-414-5351

BROWNS BAY/TORBAY 60'S UP MOVEMENT: Wednesday (AM), Roy Ulric 09-473-8777

CALLIOPE ATHLETICS WALKERS & HARRIERS: Northcote, Wednesday (PM), Dave Pampitt 09-410-5287

DEVONPORT WALKERS: Bayswater, Tuesday Thursday Sunday (AM), Pat & Jim McKay 09-445-2743

DEVONPORT FRIDAY WALKING GROUP: Devonport, Friday (AM), Naomi Gardyne 09-445-4303

EAST COAST BAYS WALKERS: Browns Bay, Tuesday, Friday (AM), Pam Mattson 09-302-4882 or 021-268-4154, pam_4882@yahoo.co.nz

GREENHITHE WALKING GROUP: Greenhithe, Tuesday (AM), Marjorie Andrew 09-413-9065

HIGHBURY COMMUNITY HOUSE: Highbury, Thursday, Friday (AM), Judy Mayn 09-480-5279

MAIRANGI WALKING NETWORK: Mairangi Bay, Everyday (AM), Paula Cole 09-444-6435

MEADOWOOD WALKING & TALKERS: Albany, Tuesday (AM), Carol Buckner 09-479-7804

MILFORD MALL WALKERS: Greenhithe, Tuesday, Thursday (AM), Carol Mosedale 09-443-2054

MILFORD MENS PROBUS: Ian Hall 09-479-4259

NORTH SHORE DIABETES SUPPORT GROUP: Every second Sunday (AM), Sue Pearson 09-449-2221

NORTH SHORE TRAMPING CLUB: www.nstc.org.nz

NORTHCOE WALKING GROUP: Northcote, Tuesday, Bernie Pringle 09-410-5700, bernie@pringle.co.nz, or Mavis Martin 09-486-2574 mavay@xtra.co.nz

TORBAY WALKERS: Torbay, Wednesday (AM), Jill Devonshire 09-473-1931

WALKERS & TALKERS: Campbells Bay, Wednesday (AM), Brenda Gray 09-410-4019, Dorothy Ensor 09-478-6702

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Anne Lindsay 09-480-5424, www.wops.co.nz

Y'S WALKING SUNDAY GROUP: Northcote, Sunday (AM), Malcolm Curtis 09-444-3823

NORDIC WALKING GROUPS

Acacia Cove Nordic Walking Group: Sunday (AM) Jenny Wills 09-267-5416

Bridge the Gap Nordic Walkers: Sunday (AM), Sheila Milbourn/Margaretha Sehnhert 027-456-2233/021-141-3801

Cornwall Park Nordic Walking Group: Saturday (AM), June Stevenson 09-361-6636 or 0274-383-923

Cornwall Park Nordic Gold (Senior Group) Monday (AM), June Stevenson 09-361-6636 or 0274-383-923

North Shore Nordic Walkers Sunday (AM), Kay Livingstone 09-473-4489

Pakuranga Nordic Walkers: Thursday (AM) Deidre Nielsen 09-271-3324

YMCA Nordic Walkers Thursday (AM) June Stevenson 09-361-6636 or 0274-383-923

RODNEY

10,000 STEPS HARBOUR CLUB: Harbour Sport 09-415-4610

ARIKI WALKERS: Snells Beach, Mondays (AM), Ivan Melville 09-425-4999

HEALTH IN ACTION: (BIA), Susie George 09-426-1269

HELENSVILLE WALKERS: Helensville, Tuesday (AM), Malcolm Keane 09-420-8739

HIBISCUS COAST Y'S WALKERS: Sunday (AM), Wednesday (AM, PM), Kevin Tiller, 09-426-6461

LEISURE WALKERS: Whangaparaoa, Thursday (AM), Pam Jordan 021-136-6129, pajordan0452@gmail.com

MONDAY NIGHTS, Orewa, Monday (PM), Laraine Chase 09-427-9321

SCOTTS LANDING WALKING GROUP: RD2, Warkworth, Sunday (AM), Angela McIntyre 09-425-5854

SNELLS BEACH WALKING GROUP: Warkworth, Wednesday (AM), Jenny Burton 09-425-5583

WELLSFORD ROAD RUNNERS & JOGGERS: Second Sunday (AM), Thursday (AM), Robert Scott 09-425-8089 or Heather Rankin 09-431-4692

WOMENS OUTDOOR PURSUITS INC: Tuesday, Thursday, Sunday, Anne 09-480-5424, www.wops.co.nz

WAIHEKE ISLAND

WAIHEKE ISLAND WALKING GROUP: Saturday (PM), Shaona Maddle, 09-372-6645

COUNTIES/MANUKAU

HOWICK TRAMPING CLUB: Sunday (AM), (BIA), Gayle Sephton 027-635-4063

PUKEKOHE JOGGERS & WALKING GROUP: Monday, Friday, Sunday (AM), 09-238-9820

WAIUKU WALKING GROUP: Information Centre, Monday, Wednesday, Friday (AM)

ONEWHERE KIWI SENIORS WALKING GROUP: Merlene, Walker, 09-232-8844

PAKURANGA ATHLETIC CLUB: Tuesday, Thursday 9am (BIA), Linda Mitchell, 09-532-8442

PAKURANGA KIWI SENIORS WALKING GROUP: Monday, Wednesday (AM), 09-576-9739

MANUKAU TRAMPING CLUB: Judith Walker, 09-296-6977

MANUREWA Y'S WALKERS: Recreation Centre, MONDAY, WEDNESDAY, FRIDAY (AM), 09-267-4646

MANUREWA Y'S WALKING GROUP: Clendon Recreation Centre, Tuesday, Thursday (AM), 09-266-1100