



NORDIC KIWI

World Nordic Walking Day 2013

WORLD NORDIC WALKING DAY 2013

Welcome to our reminder newsletter and invitation to attend World Nordic Walking Day celebrations for 2013 in Auckland, New Zealand.

This year our theme is "Green Lungs" and we would like to thank our sponsors Eco Store and Aqa Lite drinks for their support for our event.

Auckland will be the first country to start the celebrations and we hope to see many of our Nordic Walkers attend this year.

The celebrations will be held at the Hawke Sea Scout Clubrooms at Herne Bay and we will start the celebrations with three walks.

There will be a short, medium and long walk, maps will be available and there will be guides to assist you along the way. The walk will commence at 8.30 am starting at Cox's Bay Reserve.

There is the opportunity to walk through three of Auckland's Urban Green Parks

The short walk starts from Cox's Bay and it will finish at the edge of Grey Lynn Park/Williamson Ave, there walkers will turn around and return to finish.

Cox's Bay Park is actually three parks; the Hukanui Reserve, a mangrove with winding boardwalks but with beautiful clearings. Bayfield Park is an undulating wooded area strewn with hidden pathways and serene views. Then there's Cox's Bay Park, it's a place used by many sporty Aucklanders with playing fields for rugby, soccer, cricket, basketball and a volleyball pitch.

The medium walk will continue through Grey Lynn Park to the entrance of Western Park where walkers will turn around and return.

Western Park, originally known as City Park, is in Freeman's Bay. It is one of Auckland's oldest public amenities.

The walkway to the park is through the trees, and is adjacent to the path of a seasonal stream through a gentle sloping valley. The park is well equipped with playing fields and tennis courts. If you have been to one of our guided walks you will have seen the several distinctive sculptures on display along the Ponsonby Road Western Park area.

The third and final long walk continues to the bottom edge of Western Park and returns across the bridge and up Wharf Road.

So please bring your waterproof, meet old friends and meet new Nordic Walkers, there will be light refreshments and a brief presentation for your enjoyment.



A MESSAGE FROM INWA

"The Nordic Walking Day is a day of unified commemoration of Nordic Walking Family around the world; it is for everyone, all ages and abilities.

Thousands of participants around the world take to the streets to share in INWA Nordic Walking Day, promoting health and physical active.

<https://www.facebook.com/nordicwalking>

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