

The Redwoods & Whakarewarewa Forest

The beautiful Whakarewarewa Forest is one of Rotorua's most spectacular natural assets. Here you can experience some of the finest walking tracks in the world, not to mention taking in superb panoramic views of Rotorua city, lake and surrounding district.

The Redwoods Gift Shop and Visitor Centre is the place to go for your FREE walking track maps and forest information.

Walking for Recreation

The Rotorua Walkway

The Rotorua Walkway has been developed in stages over 10 years. The entire length of the walkway measures 26km, divided into eight shorter sections.

It allows you to enjoy Rotorua's most scenic spots with the option of entering and exiting at any stage. Some of the main features of the walkway include geothermal areas, native wildlife and local historic sites.

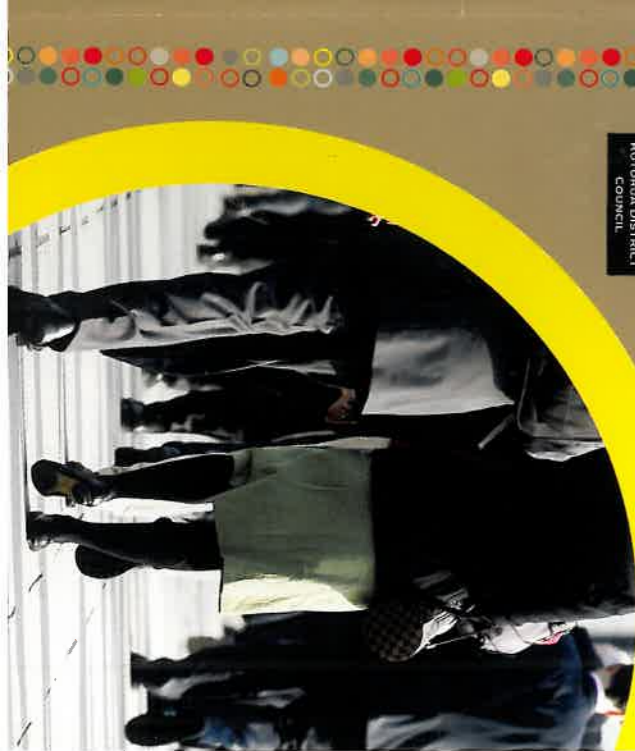
Pick up a brochure on the Rotorua Walkway, or other walkways in the Rotorua lakes reserves, from City Focus, Rotorua Library, Rotorua i-Site or Rotorua District Council Civic Centre.

Why walk to work?

- Walking is cheap – all you need is a pair of comfortable walking shoes.
- Walking to work or school is an easy way to keep fit and it's fun!
- Rotorua is a great place to get around because it's flat with a mild climate.
- Free parking – it costs you nothing!
- 1/3 of all trips we make are under 2km – a distance that can be walked in 12 minutes!
- There are heaps of health benefits to walking including:
 - Giving you more energy
 - Helping you sleep better
 - Helping reduce stress
 - Reducing blood pressure
 - Helping you to manage your weight.

Walk to Work

Your Rotorua Walking Map



Rotorua by Night

Rotorua street lights map.



Walking Clubs and Groups

Plunket Walking Group

This is a regular walking group, which meets every Tuesday morning. The walking group is for children under 5 years and it's a great opportunity to meet other parents while also getting fit, and allowing the children to take in the sights. For more information contact Angela, tel: 345 5640.

YWCA - Cross Country Trampers

For those serious walkers we go out weekly on a Thursday and a high level of fitness is required. For more information contact Betty Jamieson, tel: 345 6491 or Shirley Toni, tel: 343 6566.

YWCA - Cross Country Walkers

We go out twice a week, on Tuesdays and Thursdays, and walk for at least 4 hours. Most of our walks are medium to hard. For more information contact Betty Jamieson, tel: 345 6491 or Ingrid Bonnington, tel: 348 9407.

Rotorua Heart Support Group

This is a leisurely walk through Government Gardens to Sulphur Point each Tuesday. We walk for 30-40 minutes. For more information contact Violet Wood, tel: 348 0357.

Rotorua Tramping and Skiing Club

The club offers a wide range of activities including day and weekend tramps, alpine instruction and opportunities to assist DOC with track work. Day trips are generally held every Sunday, visiting nearby areas of interest. For more information contact Graham Jenner, tel: 357 4129.

Springfield Strollers

We gather at 9:30am each Wednesday morning. The group is very social and sometimes meets for coffee after the walk. For more information contact Glenys Searancke, tel: 348 4243.

Join a walking group in Rotorua. It's a great way to keep you motivated, meet new people and see new places.

Green Prescription Redwoods Walking Group

Take an easy walk through the Redwoods every Monday morning. The walks are easy and we walk for up to 45 minutes. For more information contact Jessica Meade tel: 348 4156.

Lake City Athletic Club - Walkers Group

Many of our walks are in the Redwoods, where the ground is soft and there is less friction on the joints. We walk Sundays, Tuesdays and Thursdays for an hour or more. For more information contact Ted Sheppard, tel: 348 1205.

Mokoia Walking Group

A casual group walk each Wednesday morning around the eastern suburbs of Rotorua. We walk for about an hour. For more information contact Laurel, tel: 345 9405.

Ngongotaha Walking Group

Easy local walks through the heart of Ngongotaha, getting to know the community and scenic views. We walk each Friday for an hour and a half. For more information contact Joy Gordon, tel: 357 5744.

Catch a Bus

Too far to walk? Why not catch a bus halfway and walk the rest, or walk to work and catch a bus home? City Ride buses operate in Rotorua from Monday to Saturday (except public holidays).

Check out www.baybus.co.nz for information on bus fares, routes and timetables, or call 0800 4 BAYBUS / 0800 422 928 between 7am and 6pm, Monday to Friday.



KEY

-  Rotorua Walkway
-  Bus Route
-  Bus Stop
-  Light controlled Pedestrian crossing
-  Information Centre
-  Underpass
-  Hospital
-  Police Station
-  Toilets

