

Motueka 50+ Walking Group Descriptions:

Naming of Walks:

Our walks are named Walk 1, 2 and 3, rather than Group 1, 2 and 3 as they were historically. This is to encourage members to read the walk descriptions and gradings, thereby making a conscious decision which 'walk' they will complete on a particular day.

Understandings:

As a member, you may choose to join any particular group on a given day.

However, please check the walk description and track grading for EACH walk and consider YOUR fitness for the group you choose to walk with.

Walk 1 - can be a challenging walk so you need a good level of fitness. Often more than 15 km total distance, with a walking speed of approx. 4 to 5km/hour. Often has steep climbs, rough tracks and more focused on the walk rather than sightseeing.

Walk 2 - can be a similar track and terrain as Walk 1 but usually less than 15km, with a walking speed approx. 3 to 4k/hour. More stops and some sightseeing, though with some effort to encourage fitness.

Walk 3 - usually 10km total distance on easier tracks. Enjoyable rambles to interesting places with some effort. A more social focus.

Esturians - Good for rehabilitation and to keep walking as we get older. Walks are around the Motueka Estuary/Inlet area and usually has a flat terrain. The destination is usually a local coffee cart, where drinks and a chat are enjoyed.