

# OUR Auckland

TŌ TĀTOU TĀMAKI MAKAURAU

*Get active  
your way*

How to make the most of Auckland's amazing walks, parks, courts, classes, events and leisure centres

WHIRINGA-Ā-RANGI NOVEMBER 2019 / ISSUE 97

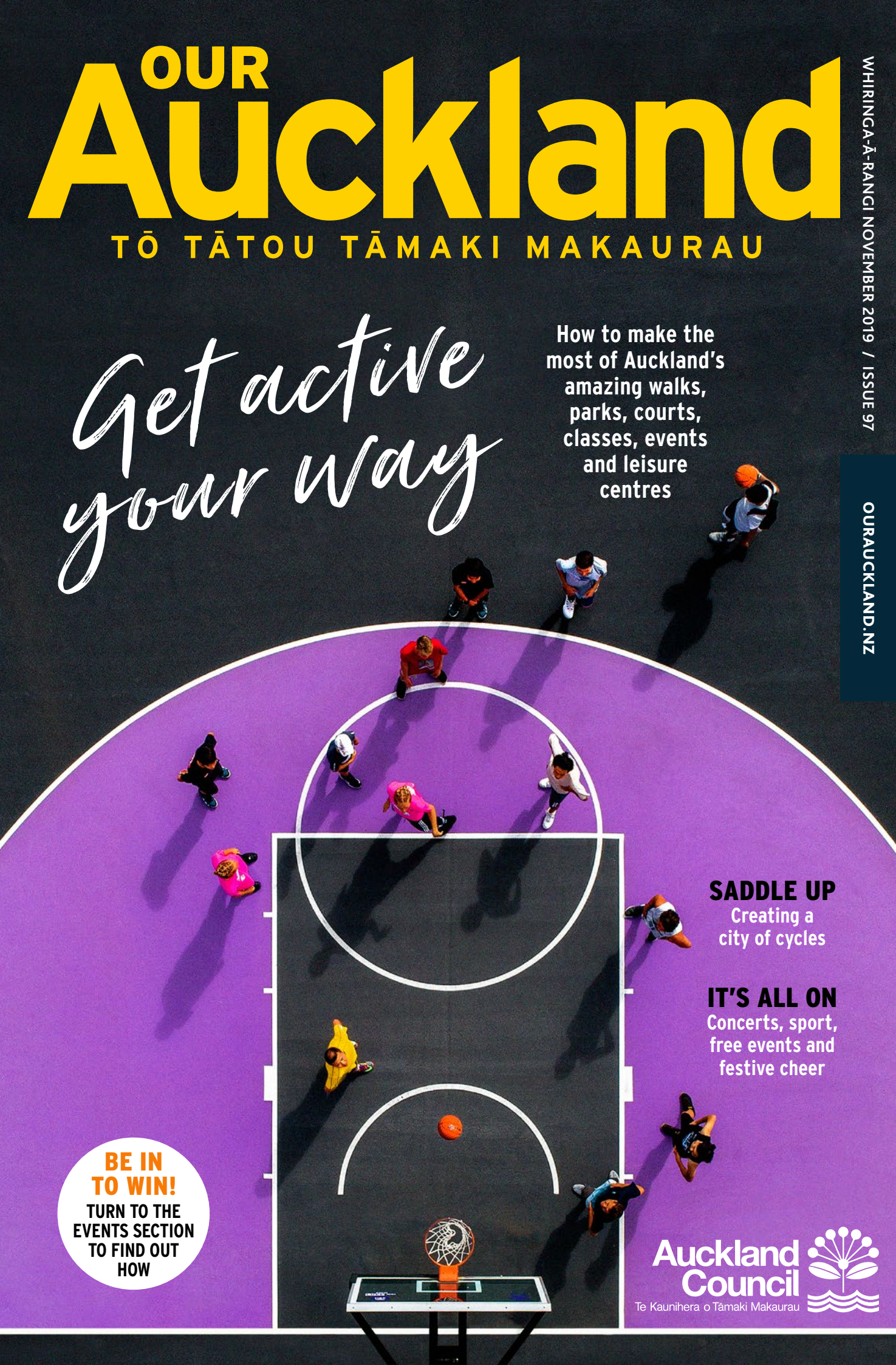
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**SADDLE UP**  
Creating a city of cycles

**IT'S ALL ON**  
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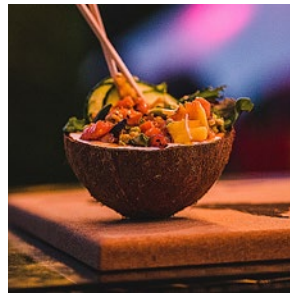
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## CONTACT US

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### About OurAuckland

*OurAuckland* keeps you up to date with council services, projects and events and helps to fulfil our legislative obligations to keep Aucklanders informed. We conduct regular research to ensure *OurAuckland* is an efficient way of doing this.

### Te reo Māori

We're proud to use te reo Māori in *OurAuckland*. If you come across a word you don't know, you can learn what it means at [maoridictionary.co.nz](http://maoridictionary.co.nz)

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## NEED TO KNOW

### Beach driving

Aucklanders are fortunate to have two stunning beaches – Karioitahi and Muriwai – where you're allowed to drive, provided you have a permit from Auckland Council. The only time you don't need one is to launch or retrieve a boat in an emergency. You can get a free permit online via the

Auckland Council website in less than five minutes. Under the law, the beaches are legal roads, so all road rules apply.

### Online memberships

Whether on the train, in the car, at the beach, or in a cafe, Auckland Libraries are making it easier for you to enjoy your libraries anywhere, anytime. Head to [aucklandlibraries.govt.nz](http://aucklandlibraries.govt.nz)

and click 'Join'. In under five minutes, you'll have access to eBooks, audiobooks and magazines from your phone, tablet or laptop.

### Share alike

Join up to the People's Panel, answer short surveys and you can help shape Auckland (and maybe win prizes). Search 'People's Panel' on [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz) for more details.





# Get a move on

Tāmaki Makaurau is a place for everyone to get active. No matter who you are or how you like to move, our region has opportunities for play all around us. Stunning beaches, harbours, swathes of native bush, more than 4000 world-class parks and reserves, 44 leisure and recreational facilities and hundreds of sports and recreation programmes – our city inspires people to live a life of movement. And this issue of *OurAuckland* aims to showcase some of the many options available to Aucklanders who want to get active their way.

Relaxed physical activity, recreation and sport are an essential part of

Auckland, making our region an attractive place to live, work and play in. It improves our quality of life, health and wellbeing, contributes to strong communities and cultural identity and builds pride. It also supports the growth of Auckland's economy.

We are committed to helping all Aucklanders to get active by giving them access to open spaces, harbours, coastlines, waterways and a fit-for-purpose network of facilities that enable physical activity, recreation and sport at all levels, no matter what your age or ability.

As our region continues to grow, we want to ensure that Auckland is a place where recreation and sport are a part of our everyday lives, with plenty of green open space, great facilities and opportunities to get moving.

*Mace Ward,  
Auckland Council General Manager  
Parks, Sport and Recreation*



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Get weekly updates on news and events across Auckland at [ourauackland.nz/enews](http://ourauackland.nz/enews)

Follow us on social media

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## BY THE NUMBERS

### \$120 million

has been dedicated to developing regional and sub-regional sports and recreation facilities in Auckland over the next 10 years. Netball, table tennis, hockey and BMX were among sports to receive funding in the first round. This is on top of the \$1 billion Auckland Council already allocates to sport and recreation

### 44

pools and leisure centres are owned by Auckland Council. It manages 21 of them; the others are operated by companies in partnership with the council



### 96%

of 12- to 14-year-olds have been active in the past seven days, for an average of 12 hours a week. For 18- to 24-year-olds, only 73% are active each week, and the duration more than halves to 5.5 hours

### 73%

of adults in Auckland participate in sport and recreation each week, and 71% of Aucklanders would like to play more sport

### 228

dedicated sports parks, 800 winter sports fields, and more than 4000 parks, including 27 regional parks, are managed by Auckland Council

### Nearly 40%






of Aucklanders were born overseas, and more than a third of the city's residents aged under 24 identify as Māori and Pasifika



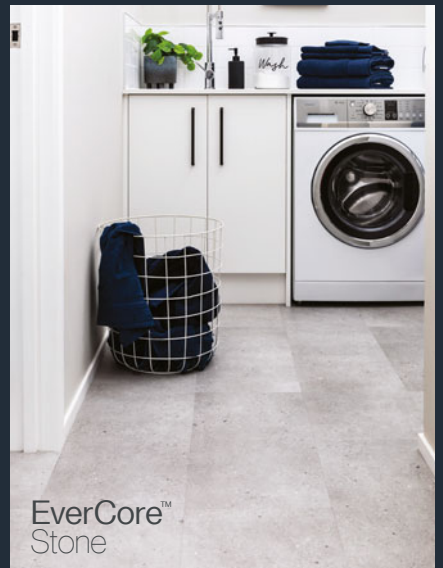
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# THE BRIEFING

## INFORMATION AND INSPIRATION FROM AUCKLAND COUNCIL HQ

### WATERWISE SUMMER

Over winter, Aucklanders were called on to reduce their water usage to help the region's dams recover from a record-breaking dry spell. They heeded the call and water demand dropped by around 2.5 per cent.

With summer just around the corner, remember to continue your waterwise ways. Here are three top tips to help you reduce water usage at home:

1. Turn off the tap when brushing your teeth or shaving
2. Try to shower for four minutes or less
3. Run full loads on dishwashers and washing machines whenever possible; if you are hand-washing dishes, fill the sink rather than washing them under a running tap.

For more information, visit [watercare.co.nz](http://watercare.co.nz) and search 'Be waterwise'.



### IN WITH THE NEW

Got an old, damaged or worn lifejacket? Don't risk lives on the water – upgrade and get a great discount on a brand-new Hutchwilco lifejacket with Coastguard's Old4New Lifejacket Upgrade campaign.

The Old4New van will travel the country over summer, stopping at boat ramps and community hubs with the goal of keeping New Zealanders safe while out on the water.

More than 11,500 old or damaged lifejackets have been traded in and taken out of circulation since the programme started five years ago.

This year's campaign will run from 3 November to 2 February.

Check [old4new.nz](http://old4new.nz) for more information.



### GREAT DANES

Charting developments in Danish design from the 19th century to today, Auckland Art Gallery's new exhibition, Denmark Design, presents more than 200 original objects, from furniture to

fabrics, graphic design to jewellery, and ceramics to toys.

The exhibition features iconic works, such as the 'Egg' chair, the 'PH Artichoke' light and the Lego brick, and runs until 2 February 2020.

Visit [aucklandartgallery.com](http://aucklandartgallery.com) for more information.

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Kaj Bojesen *The Monkey* 1951  
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Photograph © Matsubara Yutaka.

**AUCKLAND**  
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**TOI OTAMAKI**



# LOCAL NEWS / AROUND AUCKLAND

COMMUNITY MARKET, BMX TRACK AND MARAE UPGRADES, KAURI PROTECTION, NEW TOILETS, STREET ART



## IN YOUR NEIGHBOURHOOD

**TORO ATU VISIT / WESLEY MARKET (ABOVE)**  
Find affordable produce, hot food, clothing, accessories, locksmith services and more at the Wesley Market each week. The market supports local families, community and charitable groups, social enterprises and small businesses. Tuesdays and Fridays 7.30am-1pm, Wesley Community Centre, 740 Sandringham Road.



**WHAKAMĀTAUHIA EXPERIENCE / CHRISTMAS LIGHTS**  
Come one, come all to this delightful annual event. Stage entertainment, stalls, carol singing and the iconic lighting of the Onehunga Christmas tree make this a fun evening for the whole family. Wear something warm. Friday 29 November, 7pm-9pm, at Jellicoe Park, corner of Grey Street and Quadrant Road.



**TITIRO LOOK / STREET ART**  
Rubbish bins and street furniture on Karangahape Road are being turned into works of art by Harunga Project volunteers and Lifewise Trust's Piki Toi collective, with support from the Karangahape Road Business Association and Auckland Council.



**MATAREKA ENJOY / STAIRCASE FIXED**  
The storm-damaged Stairway to Heaven staircase at Kennedy Park in Castor Bay has been repaired and will reopen this month. The project involved cliff stabilisation works and the removal and replacement of damaged sections of the staircase.

WESLEY MARKET / BRYAN LOWE; CHRISTMAS LIGHTS / DOUG COLE; REACHING FOR THE STARS / GRANT APIATA





## LIGHTING THE WAY

Plans to improve the facilities at the Waitākere BMX Club have been given a boost with a \$14,000 grant from Henderson-Massey Local Board. The funding will go towards installing floodlights at the club grounds, work that needs to be done during summer in order to comply with regulations at the site. The work is part of an overall programme of improvements at the club, which will also see a new canopy over the start gate and the installation of a new electronic timing system.

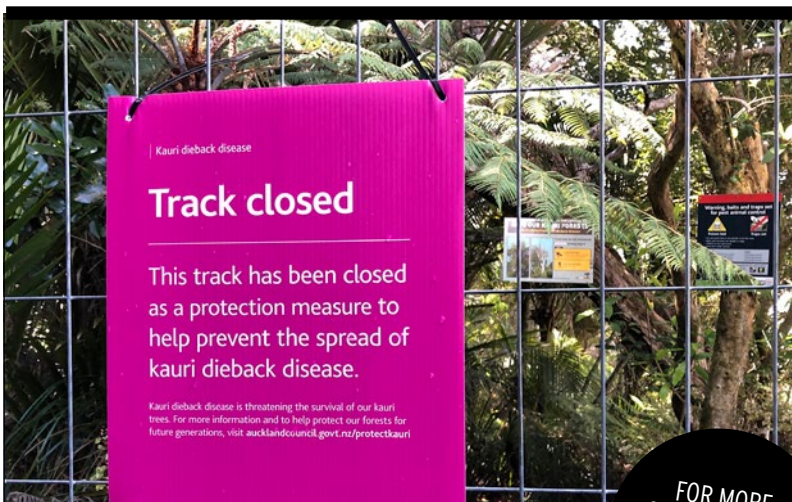
## SPICK AND SPAN

Papakura Marae is among 32 that will benefit from Auckland Council's \$60 million Marae Infrastructure Programme. Under this, four marae a year will be improved to ensure they are safe and healthy spaces for whānau.

The scheme focuses on maintaining, repairing and upgrading facilities, including wharenuī, wharekai and wharepaku (toilets).

Marae are important for both Māori and the wider community as focal points for social, economic and cultural leadership and strengthening whānau connections.

The programme will help marae to be self-sustainable and thriving spaces.



## FIGHTING THE GOOD FIGHT

### TRACK UPGRADES OFFER PROTECTION FROM KAURI DIEBACK

Tracks in local parks are being upgraded as part of a multimillion-dollar investment to combat the spread of kauri dieback disease. Hibiscus and Bays and Upper Harbour local boards have approved mitigation plans for tracks in Alice Eaves Scenic Reserve, Awaruku Reserve, Emlyn Place Reserve, Gills Reserve, Three Streams Reserve, Paremomore Scenic Reserve and Lady Phoenix Reserve over the next three years.

The work – which includes realigning or rerouting tracks, installing new surfaces, steps, boardwalks and hygiene stations and, in a few instances, closing walkways indefinitely – is being prioritised so the tracks can reopen as soon as possible. It is being paid for by Auckland Council's introduction of the natural environment targeted rate, which will ringfence \$105 million over 10 years to combat the disease citywide.

The council is also providing training for contractors and interested community groups on how to carry out pest- and weed-management work in local parks in a kauri-safe manner.

At present, there are 47 local parks across Auckland with partial or full track closures, imposed this year while mitigation options were developed.

To get track information and find out more about what's being done to tackle kauri dieback disease, visit [aucklandcouncil.govt.nz/protectkauri](http://aucklandcouncil.govt.nz/protectkauri).



## SPEND A PENNY

Rodney Local Board has approved plans for a wheelchair- and parent-friendly toilet facility in the centre of Wellsford.

The proposals include additional and better lighting, and car parking that is visible from the street. The old toilet block will be demolished.

The area in front of the new facility may eventually be transformed into a green oasis complete with seats and picnic areas.

The project is estimated to cost just over a million dollars. Construction work is expected to start in the 2020/2021 financial year, subject to resource consent.



# INSIDER'S GUIDE

## Westside story

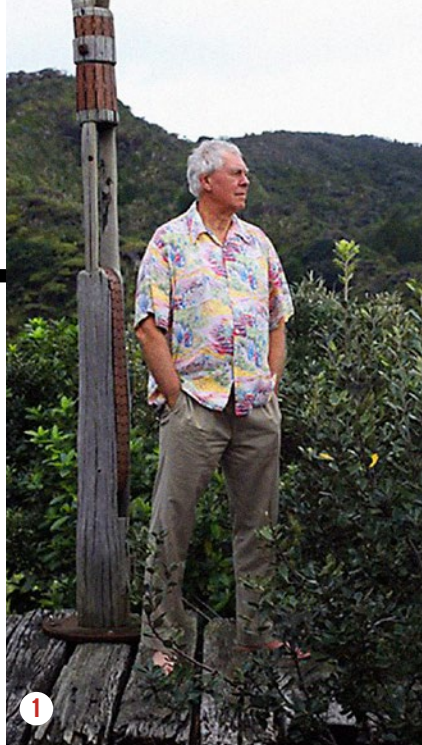
From stunning bush walks to wild beaches, Sir Bob Harvey, a six-term mayor of Waitākere City and formerly Auckland's champion for overseas investment, takes us on a tour of his favourite west coast nature spots.

### OPAL POOL STREAM

The pools are to the right of the great waterfall at Karekare. Cross the bridge, go up to the waterfall and just at the bottom, turn right and you're there. Take your togs, or don't! I first fell in love with the pools in 1956, when I joined the surf club. I was 16. Back in those days, we would always go to the pools because we had no water at the surf club, and we'd take a pack of soap and wash ourselves! Now, soap is forbidden, to protect the pools. There used to be 10 pools, but in the 1960s, Lone Kauri Road was put in and the blasting and bulldozers destroyed five of them. But the remaining ones are some of the most glorious, beautiful deep pools in the Waitākere Ranges.

### KAREKARE BEACH

All my life I've spent around the west coast, but this would be my favourite location – I'm still a lifeguard there. At 78, I'm still up the tower, with my son, who is 46, and his son, who is 11. We have a house in Karekare and my 12 grandkids are there all the time. I used to be the president of the surf life saving club, and I've held pretty much every role at Karekare. I love that the beach was the setting for the film *The Piano*, which won three Oscars, and the recent movie *The Heart Dances – The Journey of The Piano: the Ballet*. It was great when the locals put a piano on the beach for people to play and celebrate the film.



1. Sir Bob Harvey in Karekare 2. Karekare Falls next to the Opal Pools 3. Karekare Beach from Comans Track 4. The gannet colony at Muriwai Beach 5. Caves at Whatipu scientific reserve

### MURIWAI BEACH

At Muriwai, you have to experience the gannet colony. They usually return in November, but came early this year. I think they are fascinating birds, devoted and clever. I was up there three weeks ago; I never miss a summer or a spring without visiting the gannet colony. I call it the beach of a thousand shipwrecks – the west coast is full of them, including one at Muriwai, the Daring, which was discovered last year and gently lifted out of the sands. It now sits in Hobsonville.

### WHATIPU SCIENTIFIC RESERVE

You can't live in Auckland without going to Whatipu, near the mouth of the Manukau Harbour, and enjoying the sheer isolation and mysteriousness of it. I think it's a ghostly, eerie experience;

it has a feeling of 'the other'. One of the true joys of Whatipu is the Great Cave, where they used to hold dances in the early 20th century. I've been going there for 60 years and it doesn't cease to amaze me – these places are my lifetime treasures.

### KITEKITE FALLS

The path to the falls has had a significant upgrade to stop the spread of kauri dieback disease, so now the walk is an absolute gem. What I love about some of these locations on the coast is that they haven't changed in the 60 years I've been going to them; when you're there, you're in the presence of nature as it was a thousand years ago. These are the pleasures of the west coast. It blows the wind through you; it freshens your brain, your body, your spirit. If the west coast loves you, you can do no wrong.

IF YOUR AREA DESERVES TO BE FEATURED, TELL US WHY. EMAIL [OURAUCKLAND@AUCKLANDCOUNCIL.GOV.TZ](mailto:OURAUCKLAND@AUCKLANDCOUNCIL.GOV.TZ) WITH THE SUBJECT LINE 'INSIDER'S GUIDE'





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# SADDLE UP

A city that cycles is a healthier, cleaner and more efficient place to live. So how do we get more Aucklanders on two wheels? Investing in new cycling infrastructure and improving what's already there is a big part of it. And so, too, is building skills and confidence in riders. **Tom Sadler** looks at how you can do just that this summer – for free.

## PAVING THE WAY

A recent Auckland Transport (AT) study found that 50 per cent of respondents would consider cycling as a daily mode of transport if cycling infrastructure was improved in the region. With the establishment of an interconnected network of cycleways across the city already well under way (over 27km of cycle paths have been laid since 2014) and encouraging people to hop onto two wheels, the first step has been taken. And the completion of connective routes such as the Ian McKinnon Drive, Waterview and the Te Ara i Whiti / Lightpath cycleways has resulted in increased rider counts across the whole cycle system.

But expanding the cycling infrastructure is only one part of the process. Ensuring that anyone wanting to take up cycling has the understanding and skillset necessary to ride safely is essential.

## ADULT CYCLE-SKILL SESSIONS

To that end, AT is offering free cycling instruction courses this summer that cater to any community

or workplace groups that want to get riding – be the participants new to cycling or looking to brush up on old skills and get back in the saddle. Sessions require a group booking and can be arranged and tailored to suit the group. To get more information on adult bike skills courses visit [AT.govt.nz/cyclingevents](http://AT.govt.nz/cyclingevents).

The courses that are on offer are as follows:

- **Bronze Bike Skills Course** (10-person minimum)  
Two hours in an off-road environment. A relaxed, practical session that provides plenty of opportunities to learn bike handling and brake and gear-control skills.
- **Silver Bike Skills Course** (six-person minimum)  
A three-hour session, beginning in an off-road environment before moving onto shared paths and quiet local roads. This course teaches participants on-road handling skills, tips on how to choose safe routes, and how to communicate with other road and path users.
- **Gold Bike Skills Course** (six-person minimum)

## COMMUTE



A three-hour course, beginning in an off-road setting and progressing onto busier roads. The course offers pointers on how to confidently and safely ride on the road in heavier traffic conditions.

- **Bike Maintenance Course** (10-person minimum)  
Two hours in an off-road or indoor locale. This interactive workshop teaches you how to ensure your bike is in safe working order. Participants will learn how to do a basic inspection, how to clean and make minor adjustments to cycling gear, and how to change a flat tyre on their bikes.

"Cycling makes me feel good that I'm not driving to work and adding to Auckland's traffic woes; good that I'm not adding CO<sup>2</sup> to the atmosphere; good that I'm exercising safely by riding on the cycle lanes; good about not having to upsize my clothes; good when I get to work; and good when I get back home." **WAYNE, 64**

FAMILY  
FUN





NEW  
FREEDOM

## WHEELS OF FORTUNE

51% of Aucklanders own a bicycle, 3% own an e-bike.

38% of Aucklanders say they cycle at least once a month.

More than 230,000 people live within a 30-minute bike ride of the city centre, and more than 736,000 live within a 15-minute ride of a public transport hub.

There were 3.77 million cycle movements across the Auckland cycle network in the year to June 30, an 8.9% increase on the previous 12 months.

Transport emissions account for 38% of New Zealand's greenhouse-gas output. Illness and mortality resulting from transport emissions are estimated to cost \$466 million a year in healthcare.

New Zealand has the third-highest obesity rate in the OECD, and it costs the nation an estimated \$1 billion in healthcare a year. Energetic exercise such as biking could help to lower the obesity rate.

In the late 1980s, 19% of New Zealand's secondary students cycled to school. That number had dropped to 2.3% by 2017. Fifty-eight per cent currently travel by car. A return to those 1980s numbers could remove more than 100,000 cars from the roads each morning.



RUN AND  
RIDE



"Everyone should ride to school because it's quicker than cars!"

**SONNY, 7**

relaxed, fun sessions to help children aged 2-8 years learn to ride. Whether learning on a balance bike or transitioning to a pedal cycle, kids will be able to improve their handling and confidence within a supervised environment. Instructors work alongside parents and provide them with basic steps to help foster their children's cycling skillsets.

These sessions are run on a free, drop-in basis and are weather dependent. For information on sessions and on other events, cycleways, rides to explore, safety tips and advice on bikes and gear, visit [AT.govt.nz/cycling](http://AT.govt.nz/cycling).

### KIDS' LEARN-TO-RIDE SESSIONS

Learning to ride a two-wheeler is one of those big childhood milestones, and it's pretty exciting for the parents, too. If you are wondering how to get started, or experiencing a few bumps along the way, then check out the free #Learn2Ride sessions.

Auckland Transport's qualified cycling instructors will be regularly holding

"I love cycling because you can do cool adventures. You can go off-road and find places you've never been to."

**APRIL, 6**



# DO YOUR THING

We all want to be fit and healthy but life has a habit of getting in the way. Whatever your interests, income level and commitments, Auckland has something for everyone when it comes to sport and exercise. We spoke to four Aucklanders who were inspired to get active their way.



## CHANTELLE WILLIAMS

With three children and a full-time job, life is non-stop for Chantelle, 36. But

that hasn't stopped the

West Aucklander from finding a way to stay fit and healthy.

### How do you like to get active?

I am a single mother of three little ones – nine, six and two years old – and I work full time, so trying to get active and balance life was hard until I found a boot-camp group called Buttabeen Motivation, aka BBM. I was first introduced by a good friend, and nearly two years later, I'm still attending. Before, I could not join a gym because I had no one to watch my children, but they have a motto, 'NO EXCUSES', and encourage you to bring your kids. All classes are free and there are boot camps all around Auckland – it's the most amazing thing.

### How does being active make you feel?

Everyone, especially the leaders, are so encouraging and offer awesome support both in and out of training. Since having my youngest child, I have lost 21kg and feel great, not just because of the weight loss but also the great group of people – we are all on the same journey. I feel blessed that I have these amazing people around me who only want to see me better myself, not only with being active and healthy but in all aspects in life.

### What are your tips for getting started and staying active?

1. Choose activities that suit your lifestyle. Exercising somewhere affordable and having a kid-friendly environment are very important for me. The boot camps I attend are perfect for starting out.

2. Make exercise a social event and

have fun. Surround yourself with people who are on the same journey and can motivate you. We also take the kids to the park, explore bike tracks, go swimming, do kid-friendly hikes up in the Titirangi area, and even a bit of kick boxing with my older son.

3. Plan ahead for bad weather. When the weather is not so good, Buttabeen Motivation boot camp is perfect as it is all indoors and the kids get to run around inside together.

4. Get active at home. Housework, walking the dog or playing outside in the yard with the kids are all great ways to move.

5. If I have to work late and cannot make it to BBM boot camp, I can throw on a YouTube workout, which shows you exercises that any beginner can follow, and the kids can join in, too.







**ANIA BIAZIK** turned 40 this year, but she feels like her life has only just begun. After moving

from Poland to New Zealand in 2004 for a work and life experience, she settled and has been here ever since, having fallen in love with the natural beauty of Aotearoa, our people and culture.

### How did your journey to getting active begin?

Being active has been part of my life for a long time now, but I initially just built it in over time, starting with a routine walk in the evening. Now, I love getting active with a friend or a group of people – it's a great way to connect with the people you love, and to chat and have a good laugh about successes and challenges during the week.

A few years ago, I joined a social dragon-boating team, which transformed into a professional team winning medals. After three years of that, I then moved into stand-up paddle boarding (SUP) and took part in the Ocean Culture series in Takapuna in winter.

### Why do you get active the way you do?

Being active is part of my life. I want my body to be fit for a long time so I can enjoy life now and into my old age. Because I enjoy time in nature and connection with people, I prefer group classes and hikes; things that

foster more of a personal connection with my close friends, or allow me to meet new ones. It enriches my life, engages my mind, and I learn something new every day.

### How does being active make you feel?

So good – physically, mentally and intellectually. I feel my best on a Friday, not because it is the day before the weekend but because on Thursday night, I go to a dance class with a super-fun instructor, great music, an awesome group of men and women of all ages, and no right or wrong moves. After exercising, I feel like I can climb mountains and solve any problem. I am so much more clear-headed.

### What are your top fitness tips:

1. Make a habit of your fitness routine that feels rewarding, like a weekly power-walk with your neighbour or friend for a catch-up and lots of laughter.
2. Keep it diverse. Staying active does not mean doing the same routine or sport all the time. Try exercising at different times of day, take different routes, visit parks and beaches that you haven't been to before, try a new sport or class – even just for a few weeks.
3. Making a different routine for each season is a great way to add variety and stay motivated. Try gym sessions in autumn, neighbourhood walks in winter, hikes in spring and a water sport in summer.



**RICKY LIU** Ricky, 41, lives on the North Shore and works for Auckland Council's Community

Facilities Department. His day job might be largely desk-bound, but he loves to move – karate and running, especially – and has even convinced his wife and two sons to join him as training partners.

One of the best moments of his life was running across the Harbour Bridge at sunrise with his family during the Auckland Marathon. "Being active is not a task, it's a way of life," he says.

### How do you like to get active?

I have been going to council leisure centres for over 10 years, and I enjoy running and participating in running events. I also started learning karate when I turned 40, not only to maintain physical wellbeing but also to support my 10-year-old boy in his training.

I enjoy going to Glenfield Pool and Leisure Centre for karate training, cardio and endurance training and strength training. It has a super-passionate and enthusiastic group of fitness trainers, professional personal trainers, awesome gym equipment, and the pool, sauna and spa for recovery and relaxation. I go there every time after my long-distance running training, and I also managed to get the 2019 New Zealand Karate National Championship gold medal by following my training routine.

### What made you choose to get active the way you do?

Training together with your loved ones is the perfect way to get fit. I no longer need to juggle looking after the kids and finding time to work out. When I do my marathon training along the waterfront, my boy normally rides his scooter in front of me leading the way. And council leisure centres also provide active teen programmes that are specific to their needs.

### How do you balance getting active with everyday life?

Auckland Council promotes work-life balance for its employees, so I start work early and finish early to make it to a gym session.

Exercise, for me, is perfect to cope with stress; it keeps the positive





and can-do attitude, and I love the endorphins. I combine family time with exercise time.

My wife runs half-marathons with me now, and my kids enjoy going to karate with me. There is a bit of competition going on there and I'm sure my 10-year-old will be a better karate fighter than me one day. I'm trying my best to postpone that.

**What are your top tips for getting started and staying active?**

1. Pick exercise you enjoy doing and do it with your loved ones. Make it special and make progress together.
2. Choose health before wealth and make exercise part of your life. It's a lifetime journey.
3. People make the experience special, so go to a gym where staff members can remember your name and care about your progress.
4. Always warm up before training and stretch after training, as injury is the biggest enemy for staying active.

# CARRIED AWAY BAGS UNPACKED



Tāmaki  
Paenga Hira  
Auckland  
War Memorial  
Museum



Explore over 150 bags and the stories they hold.  
Exhibition on now at Auckland Museum.

**VIVA**  
Official print and  
digital partner





**MITHE HERREMANS**  
Originally from Belgium, Mithe arrived in New Zealand in 2013

during her post-university backpacking year. She decided to stay, and now works for the council as a project coordinator on things like the America's Cup. After living in central Auckland, she moved last year to Takapuna, where she lives right on the water.

**How did your fitness journey start?**

I was feeling very unhealthy and unmotivated at the end of 2018, so I jumped on the New Year's resolution bandwagon and decided to try a new sport. Working in Wynyard Quarter and having always had an interest in water sports, I asked my very fit and sporty colleague if she knew anyone who did dragon boating. It just so happened that she did, and that's how I ended up with the Komodo Dragons.

**Why do you participate in this sport, and what does it involve?**

Last year at the beginning of the season, they trained once a week, and then closer to the end of the season, when the regattas happen, it was twice a week. Because I joined in the middle of the season, I really had to grit my teeth to try to keep up. Apart from health and fitness benefits, the team really became most of my social circle. We are tight, and what I like is that we're mostly on one page when it comes to our competitive spirit.

**How does being active make you feel?**

I'm not a sporty person by nature, but

I love dragon boating. It's the water, the views and the fact that we're all squished together into this tiny boat, working in sync to get to a certain point. At first, the achy muscles really set in, but you get used to the exercise.

**How do you balance training with your everyday life?**

Because I was pretty motivated for a lifestyle change when I started, I blocked out my calendar for the whole season and did my best to schedule everything else around training. It became a habit to walk to the waterfront after work every Tuesday and Thursday. Of course, things come up, but I don't feel that bad taking the occasional day off when my body needs it.

**How do you stay motivated?**

It's thanks to the friendships I've built with the team. When everyone wants to reach a common goal, you don't want to be the weakest link or disappoint people by not showing up. Everyone has to be there for the team to get better. Honestly, 2019 has been the best year of my life. I don't think I've ever been this healthy and active, I love my job, and I found a great group of friends and even a partner through dragon boating.

**What are your tips for getting started and staying active?**

The main thing is to find something you like doing. I know I'm not a gym person, so I went out looking for exercise that could tick the boxes that are important to me. I like water, I like team sports, and I have always been intrigued by the sight of the waka in the harbour.



**It's never too late to make a change**

At Corrections, we're looking for new officers to join our whānau. We want people from all walks of life with a variety of life skills and experiences.

**Make your mahi count and join Corrections to be the change in your community.**

Find out more or apply now at [careers.corrections.govt.nz](https://careers.corrections.govt.nz)



**ARA POUTAMA AOTEAROA**  
DEPARTMENT OF CORRECTIONS



# MOVING ON UP

Auckland is an amazing place to get outside and exercise, with beaches, parks, courts and leisure centres on your doorstep. **Erin Fisher** offers some ideas that will help you to get active.

## PATHS APLENTY

Get those legs moving, wheels rolling and dogs panting at some of the following great paths. And for details of the other paths around the region, visit [aklpaths.co.nz](http://aklpaths.co.nz).

### Waterview Path (Waterview to New Windsor) ❶:

There is no shortage of things to do on this track, with a splash pad, playgrounds, parks, a waterfall, multi-coloured bridges, skateparks and a basketball court. Come for a walk, a run, or bring your bike or scooter for a ride – the path is wide and sealed the whole way.

**Tawhitokino Beach Path, Orere Point ❷:** If you're up for an adventure, escape the crowds to this beautiful secluded beach



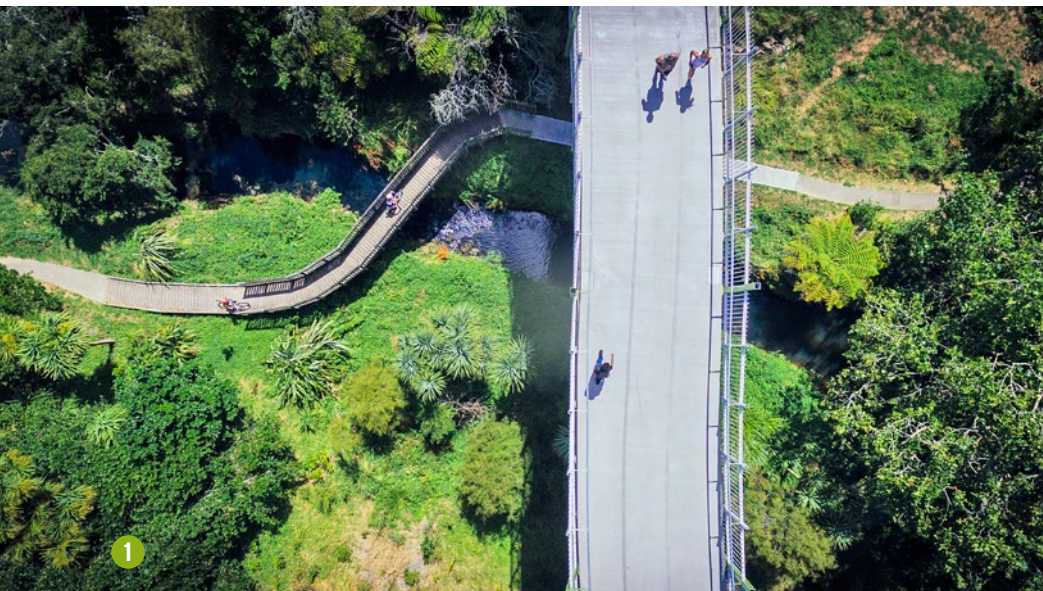
– it's only accessible by foot, kayak or small boat! Starting at Waiti Bay at the end of Kawakawa Bay Road, follow the tracks around the rocks and up over the hill. There may be stream crossings. Access is recommended only on an outgoing tide, unless you intend to stay for the day. No access to adjoining private properties is permitted. Pack a camera to snap the amazing views, your togs for a swim and a picnic for the beach.

### Rangitoto Summit

**Track ❸:** Catch a ferry over to this iconic island and hike to the top of the volcanic cone through ancient lava fields and bush. There are multiple tracks to choose from; some even have lava tunnels and caves.

### Onehunga Bay-to-Waikōwhai Path ❹:

Start at Onehunga Bay Reserve, where there's a kids' playground and exercise equipment, then walk across the Taumanu Bridge, looking out over the amazing views to Māngere Mountain. Weave around the reserve's paths, beaches and picnic areas and follow the boardwalk under the Hillsborough cliffs. Got a pup? There's a great off-leash area for them to run around, too.



### Craigavon Park,

**Blockhouse Bay:** With a dedicated dog exercise area, dog agility course, grassy fields and a shallow stream, this is the perfect park for all your furry canine friends to play and socialise. For people, there's also a fitness track, bush-covered paths, a fenced playground for the kids, and a barbecue.

**Hellyers Creek Path, Beach Haven:** Starting at Shepherds Park, this is a fantastic scenic walk. Along the path, there are stairs to climb, tree roots

JAY FARNWORTH, ADELE KRANTZ, BRYAN LOWE, LUKE HARVEY, KELLIE BLIZZARD





5



4

to dodge and even a fitness trail if you're keen to combine your walk with an outdoor workout.

**Mangemangeroa Shelly Park Beach Path (Somerville to Shelly Park):**

Passing through a diverse landscape of farmland, native forest, and unique estuary and salt-marsh habitat, this is one of east Auckland's hidden gems. The walkway

passes through native bush, freshwater creeks, mangroves and mudflats, and along the track you are likely to see (or hear) all sorts of native birdlife. There are steep sections, but the bush experience and views make it well worth the effort.

**Fisherman's Rock Path, Oneroa:** Whether you're visiting Waiheke for a week or just a day, put this stunning coastal walk on your list. There is so much for the whole family to explore – secluded rocky coves, beaches, rock pools, great views, secret picnic spots and one of Waiheke's longest staircases. To make a day of it, bring your togs and a picnic, or stop for a bite to eat at a cafe.

LOOKING FOR MORE EVENTS AND RECREATIONAL ACTIVITIES IN LOCAL PARKS ACROSS THE AUCKLAND REGION, SUCH AS GUIDED BIKE TOURS, BOOT CAMPS, AMAZING RACE CHALLENGES AND GETTING KIDS INTO NATURE? SEE 'SUN AND GAMES' ON PAGE 21.



6

**FREE AND FUN**

Want to exercise but put off by the cost? Don't be. For free workout equipment around Auckland, hit up these outdoor spots:

**Tāmaki Drive and Mission Bay Reserve 5:** Just across the road from the main strip of restaurants on Tāmaki Drive is a lush green reserve with an outdoor gym full of calisthenics equipment for strength training – think monkey bars, pull-up bars and incline benches. For an added workout, try the grass field, the beach for a swim or Tāmaki Drive for a jog.

**Jacob's Ladder, St Marys Bay 6:** Up for a challenge? Warm up with a walk or jog around Victoria Park, then run up and down this steep staircase, before shaking out your legs in a jog over the architecturally designed bridge. See how many rounds you can do.

**Sturges Park, Ōtāhuhu 7:** Forget slogging it out on an indoor treadmill, just pop down to Sturges Park instead. It has three outside



7

machines for strength and cardio training, as well as a fitness trail of interesting bars to really test your strength and balance.

**Blockhouse Bay Recreational Reserve 8:**

If you're new to exercise equipment, there is a great circuit of machines here, each with instructions on how to use it and which muscles should be feeling the burn. If a jungle gym is more your thing, try out the selection of balance beams, bars and steps.

**Grey Lynn Park:** The basketball court makes the perfect spot for some bodyweight drills or shooting hoops to warm up, and then work your way through the unique set of strength training machines.

**Onehunga Bay Reserve:**

Like a big playground for adults, there are about 10 different stations to work your whole body here, from incline benches and monkey bars, to balancing logs and running barrels. If you're a keen skater, bring your board, too, as there is a half-pipe next door.



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## THEY SEE ME ROLLIN'

From smooth cycle paths suitable for family outings, to skateparks ideal for those intent on achieving a bit more air, getting the wheels rolling is a great way to be active.

### Te Atatū-to-City

**Path 9:** Starting on Te Atatū Road, this path goes over the overbridge and onto the dedicated cycleway alongside the Northwestern Motorway. Pedal to your heart's content and enjoy the views of the Whau River, Motu Manawa / Pollen Island Marine Reserve, Rangitoto Island and the Harbour Bridge. When you reach Upper Queen Street, cruise along the pink Te Ara i Whiti / Lightpath and admire the Auckland city skyline, before continuing to downtown on the dedicated cycle lane on Nelson Street. To go even further, continue on to

Tāmaki Drive and ride all the way to St Heliers.

### Ōrewa Skatepark 10:

Hailed as one of the best-designed skateparks in New Zealand, this is perfect for all ages, abilities and whatever wheels you've got. There are large and medium half-pipes, turn-around quarter-pipes, a corner taco ramp, hipped corner, bridge, rails, ledges, pump bump and manual pad. And Ōrewa beach is nearby for a refreshing dip.

### Pakuranga Rotary Path:

Flat and paved, with some sections of boardwalk and gravel, this path makes for a great ride around the Tāmaki Estuary. Stretching from Prince Regent Drive in Farm Cove to the Panmure Bridge, there are gorgeous coastal views, as well as scenic spots for a pit stop or picnic, and playgrounds for the kids.

**Crossfield Skatepark, Glendowie:** Nestled at

the bottom of Mount Taylor, this park is often bustling with skateboards and scooters, and there's also a basketball court, playground and big field to kick a ball around in, too.

**Arch Hill:** Just five minutes from the city centre, there are more than 3km of trails – from "Training Wheels" for beginners to "Steep Street" and "Super Highway" to take it up a notch – at this scenic reserve alongside the Northwestern Motorway.

**Hunua Ranges:** About an hour from town, there's a huge network of mountain-bike trails – for beginners

as well as advanced riders – with amazing scenery, jumps, fast off-camber corners, tight sections and great swimming holes. Before and after your ride, use the bike-cleaning stations, to protect the forest from disease.

**Woodhill:** One of Auckland's most popular destinations for mountain bikers, with tracks for all abilities and bike hire if you don't have your own wheels. To blow off some steam midweek, head out on a Wednesday night, when the gates are open until 10pm.

**Grey Lynn Pump Track:** Grab the kids and get biking on this asphalt pump track, with heaps of twists, turns and jumps that are perfect for BMX and mountain bikes, skateboards and scooters. It's great for all ability levels, but if you're a beginner, it pays to get there early to beat the crowds.





## GET IT TOGETHER

Whatever your fitness level, ability or interests, Auckland Council Pools and Leisure Centres offer a huge variety of affordable group fitness classes. So if you want to meet new people and stay healthy, just enquire within or head to [aucklandleisure.co.nz](http://aucklandleisure.co.nz) to see what's available.

**For Yogis 11:** Several centres have yoga classes to focus your mind and strengthen your body. BodyBalance is available at Glenfield, Stanmore Bay, East Coast Bays, Papatoetoe's Allan Brewster centre and Pakuranga's Lloyd Elmore, and Stanmore Bay also offers Vinyasa, Yin, Iyengar, and Yin Yang styles of yoga. General classes are at Albany, Glenfield, East Coast Bays, Half Moon Bay's Marina Fitness and Henderson's West Wave.

**For Dancers:** Getting your groove on doesn't just have to be something reserved for parties and your bedroom. Fantastic classes that fuse together easy-to-learn dance moves and the latest music include Sh'Bam (Glenfield, East Coast Bays, Lloyd Elmore),

Zumba (Howick, Manurewa, Māngere's Moana-Nui-a-Kiwa, West Wave and Marina Fitness) and BodyJam (Stanmore Bay).

**For Fighters:** Love throwing punches and practising your roundhouse kick? Then the following classes could be right up your alley for a combination of martial arts, boxing and cardio to smash some calories and skyrocket your fitness: BoxFit is available at Albany, Takapuna, Lloyd Elmore Park, Ōtara, Pakuranga, Allan Brewster, Manurewa, Moana-Nui-a-Kiwa, Marina Fitness, Stanmore Bay and West Wave. Fight Do: Howick, Moana-Nui-a-Kiwa, West Wave. Kick BoxFit: Pakuranga. BodyCombat:

Glenfield, East Coast Bays, Stanmore Bay, Lloyd Elmore, Allan Brewster.

**For Seniors:** Staying active should never have an age limit, and there are plenty of classes available if you're looking to take things a little slower. Aqua fitness might be the first thing that springs to mind, but there are also more gentle versions of Pilates, whole-body workouts, and Never2Old – a programme developed by AUT that focuses on resistance, light cardio work, flexibility and balance. The council leisure centres at Glenfield, East Coast Bays, Takapuna and Papatoetoe (Allan Brewster) offer classes just for Seniors.



11



12

## COURT SESSIONS

Auckland Council has invested in creating basketball courts across the region, with a particular focus on south Auckland.

### Places to Bounce:

- Pin Oak Reserve, Greenhithe 12
- Hooton Reserve, Albany (on the cover)
- Ormiston Activity Centre, Flat Bush
- David Lange Park, Māngere
- Otara Hoops, East Tāmaki Road
- Walter Massey Park, Māngere East
- McShane Street Reserve, Pukekohe
- Silo Park, Wynyard Quarter
- Victoria Park, city centre
- Selwyn College, Kohimarama (tennis and basketball)
- Stanmore Bay Park (beach volleyball, as well as a splash pad)

## SUN AND GAMES

Out & About is a programme of free, whānau-friendly events and activities held in local parks, places and open spaces.

With a big focus on play, Auckland families can expect an exciting variety of fun ways to get active this summer, with Wild Child (nature play), Junkie Monkeys (junk play), and Mud Pie Kitchen (messy play), to name a few.

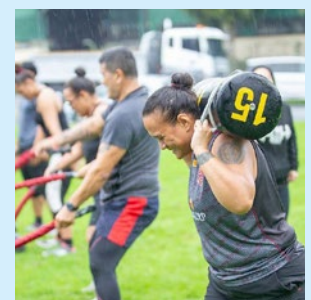
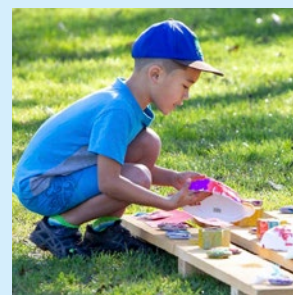
A number of the old favourites, such as Amazing Race, Art in the Park, Circability (circus in the park), kite days, park fun days and the school holiday

glow worm walks in Tōtara Park, Manurewa, will be back again. Add to this free yoga sessions, BoxFit and boot camps, skate clinics, guided bike rides and giant water slides, and you can rest assured there's something for everyone, no matter your age or interests.

Funded by local boards



and delivered in partnership with Auckland Council's Active Recreation Unit, the programme covers Franklin, Papakura, Manurewa, Māngere-Ōtāhuhu, Howick, Albert-Eden-Puketāpapa, Waitemātā, and Devonport-Takapuna, with some brand-new areas in 2019-2020, including



Henderson-Massey, Upper Harbour, and Hibiscus and Bays. So if you want to have fun, spend time with friends and whānau and be healthy and active, visit [ourauckland.nz/events](http://ourauckland.nz/events) or the Out & About Auckland Facebook page ([facebook.com/OutandAboutAKL](https://www.facebook.com/OutandAboutAKL)) for dates and locations.



## GET WET

Whether indoors or outdoors, Auckland swimmers, paddlers and splashers are blessed with options.

### Albany Stadium Pool:

Designed for family fun, this facility has a whole range of interactive water features such as the over-the-pool climbing wall, inflatables and water cannons. For toddlers, there are shallow pools and a splash pad.

### Vector Wero, Manukau:

Whether you're an adrenalin junkie or just want a cruisy day on the water, this whitewater park beside the Vodafone Events Centre in Manukau has got you covered, with two rafting courses, the highest man-made waterfall in the world, and a 9000sqm lake you explore by kayak or paddleboard.

### Te Ara Moana Kayak Trail (starts at Ōmana):

This self-guided five-day sea-kayak tour will have you paddling 50km along Auckland's south-eastern coastline, with overnight stops at beachfront camp grounds. Departing from

## WATER SAFETY

**Be prepared:** Make sure you know how to swim, have the safe and correct equipment, bring lifejackets, and know the weather and water conditions before you head out. Tell someone where you're going and when you'll be back.

**Watch out for yourself and others:** Pay close attention to children – at

public pools and at home – swim with other people and choose spots where lifeguards are present.

**Be aware of the dangers:** Keep an eye out for things such as rocks, rising water levels, currents and flash floods.

**Know your limits:** Get out of the water if you don't feel safe. Learn safe ways of rescuing others without putting yourself in danger.



Ōmana Regional Park, you'll encounter natural wonders and lush wildlife before arriving at Waharau Regional Park.

### Moana-Nui-a-Kiwa Outdoor Fun Pool, Māngere:

Five pools and two waterslides offer endless fun from December

to the end of March. There's also a splash pad, with water features, that is perfect for the little ones, while the 2.6m-deep 'bombing' pool keeps the big kids entertained. There are also indoor pools, saunas, a communal spa pool, a swim school, and a fitness centre.

### Lloyd Elsmore Park Pool and Leisure Centre, Pakuranga:

This has everything under one roof for all things fitness – cardio, strengthening, toning, group classes and swimming. Kids will also love the splash pad full of fountains, mist-sprayers and water-play fun.

**Parnell Baths:** The largest saltwater pool in New Zealand, this has been a popular spot for over a hundred years, with 60m lanes for solo laps, an interactive aqua playground, cafe, spa, toddlers' pools, and swim school over the summer months.

**Water Sports:** If you've been itching to try your hand at stand-up paddleboarding (SUP) or kayaking, Pt Chevalier, Mission Bay, Ōkahu Bay, Castor Bay and Takapuna Beach are some of the best spots to hire gear and have a lesson. For the well-seasoned pros, try out a full-body SUP fitness session, or paddleboard yoga to really test your balance and coordination.

**Aqua Classes:** Across Auckland leisure centres, there are a range of low-impact aqua group fitness classes to help you shape up and have a heap of fun. From Aqua Zumba and Aqua Karate, to aerobics, aqua jogging and classes with equipment and buoyancy belts, working out in the water doesn't have to mean just doing laps.

**FROM 25 NOVEMBER TO 20 DECEMBER, YOU CAN JOIN THE 16 PARTICIPATING POOL AND LEISURE CENTRES OWNED AND OPERATED BY AUCKLAND COUNCIL AND NOT PAY UNTIL 1 FEBRUARY 2020. T&S APPLY.**

## STEP CHANGE

**The Auckland Walk Challenge** is back for another year and it's a fun and free way to get moving and get into summer. In a team of 2-6 people, you will participate in a virtual walk from Bluff to Auckland.

It's simple. Wherever you walk in the month of November, just record your steps or use a fitness tracker and try to beat the 7000-step daily goal.

There are so many benefits to walking, but if you need more motivation, there's a bunch of prizes up for grabs, including

a weekend getaway to Waiheke for two. Get yourself registered and complete the walking survey and you'll also be instantly in the draw to win a \$150 Rebel Sport voucher. [auckland.walkertracker.com/](http://auckland.walkertracker.com/)

**To get the kids moving,** check if your school offers



a walking school bus, or start one yourself. There is a planned route and adult volunteers who act as guides, with kids collected from stops along the way and dropped off at the school gate.

A walking school bus is a fantastic way for children to learn road safety and social skills and improve their fitness before the school day has even begun, and Auckland Transport offers lots of helpful resources, such as instructions for parents, a merit scheme to encourage kids to get involved, and a leadership programme with licence plates to engage the older pupils.



# HOME & AWAY

TOP PICKS FROM NOEL LEEMING, TO MAXIMISE YOUR HOLIDAY EXPERIENCE, WHETHER YOU'RE HOME OR AWAY



## STAY

### 1 EVERY ANGLE COVERED ARLO PRO2 SECURITY CAMERA

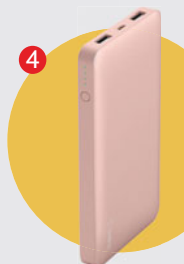
Thanks to its 1080p video, wire-free simplicity and compact weather-resistant design, the Arlo Pro2 makes it easy to keep an eye on your home. See what your pets (and pet sitters) get up to in your absence, and receive motion- and sound-activated alerts that are sent straight to your smartphone.

### 2 THE PAWFECT PURCHASE PETTECC SMART PET FEEDER

Not only does this super-clever gadget allow you to remotely feed your pet anytime, anywhere via a simple-to-use app on your smartphone, you can also manage Coco's feeding times and portion sizes as there's a weight sensor on board. Better still, you can record video, take pictures and enjoy a real-time video chat!

### 3 SWITCHED ON TP LINK SMART WI-FI PLUG

Deter burglars with the Smart Wi-Fi Plug's Away Mode, which turns your devices on and off at different times to give the appearance that someone is home. Control devices connected to the Smart Plug using the free Kasa app on your smartphone, or just use your voice with Amazon Alexa or the Google Assistant (sold separately).



## PLAY

### 4 OH SO PORTABLE BELKIN POCKET POWERBANK

You've got the power no matter where you are with this slim and lightweight portable charger. It quickly and safely charges devices like smartwatches, fitness bands, headphones and speakers, and then swiftly recharges between uses. Its durable plastic casing keeps the internal board safe as it travels.

### 5 RAIN, HAIL OR SHINE AMAZON KINDLE PAPERWHITE

Noel Leeming will be in your good books with this one – the Amazon Kindle Paper White is thinner, lighter and... waterproof! (IXP8 standard). It has an ergonomic design and 300ppi, glare-free display that reads like real paper even in bright sunlight. With weeks of reading in a single charge, you'll never be left without a good read on hand.



**ENSURE YOU HAVE YOUR HOME SET UP BEFORE YOU GO**

The Noel Leeming in-home consultant can help find the best security options for you in the comfort of your own home. As a tech expert, they can advise on the best Smart Home set-up and Home Security solutions to suit your lifestyle. There's no obligation to buy, and your consultant will be with you every step of the way.

For more info on these products, visit [noelleeming.co.nz](http://noelleeming.co.nz)





# WHAT'S ON?

VISIT [OURAUCKLAND.NZ/EVENTS](http://OURAUCKLAND.NZ/EVENTS) FOR MORE INFORMATION ABOUT THESE EVENTS AND HUNDREDS MORE, AND TO SIGN UP FOR OUR WEEKLY E-NEWS



A new show with the X factor

**WIN!** VISIT  
OURAUCKLAND.  
NZ/WIN BY  
22 NOV, NOON

## FESTIVAL X RISING THU 28 NOV, 5PM-10.30PM

From \$129.90 (+fees)

The newest event on the summer music calendar features multiple Grammy, Billboard and Brit Award winner Calvin Harris (pictured) as the headline act, as well as Juice Wrld, Lil Pump, Tchami, Anna Lunoe and Katayanagi Twins. *Western Springs Stadium*

**WIN!** VISIT  
OURAUCKLAND.  
NZ/WIN BY  
1 NOV, NOON

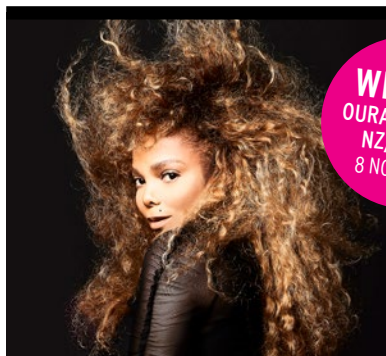


## U2 - JOSHUA TREE TOUR

FRI 8 & SAT 9 NOV, 7PM

From \$60 (+fees)

U2 make a much-anticipated return to New Zealand for the first time since their record-shattering 360° Tour in 2010. Noel Gallagher's High Flying Birds is the support act. *Mt Smart Stadium, Penrose*



**WIN!** VISIT  
OURAUCKLAND.  
NZ/WIN BY  
8 NOV, NOON

## ZM FRIDAY JAMS LIVE

SUN 17 NOV, 4PM-10PM

From \$99.90 (+fees)

Western Springs Stadium will be transformed into the hottest party of the year with RNB and hip-hop royalty performing their hits live on one stage. The 2019 line-up includes Janet Jackson (pictured), Black Eyed Peas, 50 Cent, Brandy, Jason Derulo, Keri Hilson, Sisqo, Savage, J-Kwon and more. *Western Springs Stadium*

## BLACKCAPS V ENGLAND T20

SUN 10 NOV, 2PM

Adult from \$55, junior from \$10 (+fees)

International cricket is the epitome of the Kiwi summer experience and this season will be one of the biggest in recent memory. Watch the BLACKCAPS take on England in a T20 not to be missed.

*Eden Park, Kingsland*



## GB RUGBY LEAGUE LIONS TOUR & OCEANIA CUP

SAT 2 NOV, GATES

OPEN 1.30PM, SAMOA V

FIJI 2.20PM, GBRL LIONS

V NZ 5PM, TONGA V

AUSTRALIA 7.40PM

From \$25 (+fees)

Be there as rugby league history is made at Eden Park with a huge International triple-header.

A resurgent Toa Samoa face Fiji Bati in an all-Pacific battle, then the Kiwis play the GBRL Lions in their historic test before Tonga Invitational XIII face the Kangaroos.

*Eden Park, Kingsland*







Summer's coming. Howzat!

**MONSTER ENERGY S-X OPEN SAT 16 NOV, 5PM-10PM** Adult from \$49, child from \$39

This entertainment spectacle features the world's best riders on a full-sized World Championship-style Supercross track and the greatest Freestyle Motocross (FMX) riders on the planet. There are also junior and celebrity races, live music, entertainment and stunning pyrotechnics. *Mt Smart Stadium, Penrose*



WIN! VISIT OUR AUCKLAND. NZ/WIN BY 8 NOV, NOON

**WAIUKU BLAST TO THE PAST SAT 9 NOV, 6PM-10PM FREE**

Now in its eighth year, this family-friendly festival has live music, a market with more than 50 stalls, carnival entertainment for the kids and a professional 20-minute fireworks display from around 8.45pm. *Rugby Park, Waiuku*



**SPOOKS & SPARKS FIREWORKS EXTRAVAGANZA SAT 9 NOV, 5.30PM-10PM** Adult \$27, child \$10.50, family \$52 (+ fees)

Dress up in costume to celebrate Halloween and Guy Fawkes in a safe, family-friendly environment. Disney movie *Moana* will be screened before live music from The Jupiter Project, followed by a laser and fireworks show. There will also be fairground rides and attractions, and a large range of food vendors. *The Trusts Arena, Henderson*

**LES MISÉRABLES 6-30 NOV** Adult from \$55.50, senior from \$42.50, child/student from \$29.50 (+ fees)

The world's most popular musical returns to Auckland with glorious new staging and dazzlingly reimagined scenery. Set against the backdrop of 19th-century France, *Les Misérables* tells an enthralling story of broken dreams, unrequited love, passion, sacrifice and redemption. *The Civic, City Centre*



**PARNELL FESTIVAL OF ROSES SUN 17 NOV, 10.30AM-4PM FREE**

Enjoy the bloom of spring as the roses come to life. Brought to you by Waitematā Local Board, this free festival has food and market stalls, family fun, gardening advice, music, dancing and more. *Parnell Rose Gardens*





# WHAT'S ON?

VISIT [OURAUCKLAND.NZ/EVENTS](http://OURAUCKLAND.NZ/EVENTS) FOR MORE INFORMATION ABOUT THESE EVENTS AND HUNDREDS MORE, AND TO SIGN UP FOR OUR WEEKLY E-NEWS



## WAIHEKE WALKING FESTIVAL 15-24 NOV FREE

From short vineyard strolls to all-day adventures, there's something for everyone with 10 days of free guided walks on Waiheke. Celebrate all the island has to offer while walking alongside experts talking about wine, olives, history, conservation and more. *Waiheke Island*



## AUCKLAND HIGHLAND GAMES & GATHERING SAT 23 NOV, 9AM-4PM FREE

This showcase of Auckland's Scottish heritage includes Scottish dancing, singing, pipe bands, haggis tossing, historical fighting, kids' games and more. *Ellerslie Event Centre*



## TASTE OF AUCKLAND 31 OCT - 3 NOV, THU 5.30PM-9.30PM, FRI & SAT NOON-4PM & 5.30PM-9.30PM, SUN NOON-5PM GA from \$25, senior/junior from \$15 (+ fees)

Get immersed in the best of our food and drink scene in a fun-filled afternoon or evening. Dine on signature dishes from 14 Auckland restaurants, meet chefs, brewers, winemakers and artisans, plus join world-renowned chef Marco Pierre White for live demos. *The Cloud & Shed 10, City Centre*

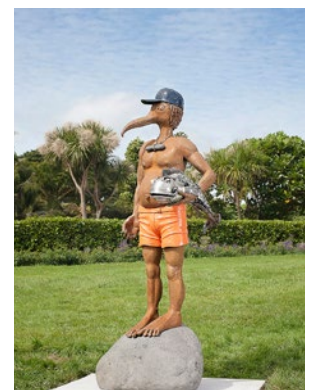
## FARMERS SANTA PARADE SUN 24 NOV, 1PM FREE

Celebrate the start of the festive season with grand floats, giant inflatables, entertainment groups galore and Santa himself! After the parade, the fun continues with rides, food stalls, giveaways and entertainment at Santa's Party (2.30pm-5.30pm) in Aotea Square. *Parade route: Mayoral Drive from Cook Street, along Queen Street, turning right into Customs Street East, City Centre*

WIN! VISIT OURAUCKLAND.NZ/WIN BY 15 NOV, NOON



## FESTIVE EVENTS ACROSS THE REGION VISIT [OURAUCKLAND.NZ/CHRISTMAS](http://OURAUCKLAND.NZ/CHRISTMAS) TO FIND OUT ABOUT LOCAL CHRISTMAS PARADES, FESTIVALS AND OTHER FESTIVE EVENTS HAPPENING ACROSS THE AUCKLAND REGION.



## SCULPTURE IN THE GARDENS 17 NOV - 1 MAR, 8AM-8PM DAILY FREE

This 2km trail includes 20 outdoor sculptures created by established and emerging artists from across New Zealand. There's also an indoor gallery (8am-4.30pm) with works from more than 60 artists, and drop-in activities. *Auckland Botanic Gardens, Manurewa*

SCULPTURE IN THE GARDENS / JAMIE PICKERNELL'S GULL BOY SITC 2017/2018





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# SCULPTUREUM



## ART

Sculptureum has the most diverse art collection on display in New Zealand, with more than 700 works in its galleries & gardens.

## WEDDINGS & EVENTS

An inspired and unique setting, for an unforgettable celebration with friends, family & colleagues.



## ROTHKO RESTAURANT

Fresh flavours of the region and season. Ranked one of Auckland's top 50 restaurants by Metro Magazine.



## WINE

Beyond the sculpture gardens, is the vineyard producing Sculptureum's award-winning wines. Available at Rothko.

[sculptureum.nz](http://sculptureum.nz) | 09 422 7375

40 Omaha Flats Rd  
Matakana, Auckland, NZ





# WHAT'S ON?

VISIT [OURAUCKLAND.NZ/EVENTS](http://OURAUCKLAND.NZ/EVENTS) FOR INFORMATION ABOUT THESE EVENTS AND MORE

**WALKER & HALL WAIHEKE ART AWARD EXHIBITION**  
**26 OCT - 17 NOV,**  
**10AM-4PM DAILY FREE**

Painting, photography and mixed-media works by artists from across New Zealand. *Waiheke Community Art Gallery*

**HERE COMES THE SUN: A POINT CHEV PLAY STREET**  
**FRI 1 NOV, 8AM-8PM**  
**FREE**

An all-day, car-free play space for kids, with music, games and food trucks (5pm-8pm). *Te Ra Road, Point Chevalier*



**SKY SPORT BREAKERS NBL HOME GAMES**  
**THU 7 NOV, 7.30PM (V MELBOURNE UNITED)**  
**& SAT 30 NOV, 7.30PM (V ILLAWARRA HAWKS)**  
*Adult from \$15, child from \$12, family from \$50 (+fees)*

Exciting basketball action and halftime events. *Spark Arena, Parnell*

**MULTI-ETHNIC DANCE FESTIVAL SAT 9 NOV,**  
**NOON-9PM FREE**

Food and cultural stalls, dancing, films and more. *Victory Convention Centre, Freemans Bay*



**WIN! VISIT OURAUCKLAND.NZ/WIN BY 1 NOV, NOON**

**MEXFESTIVAL 9 & 10 NOV,**  
**SAT NOON-8PM,**  
**SUN 10AM-5PM**  
*Adult \$25, child \$15, family \$60 (+fees)*

Mexican food, music, dancing, piñata workshops, bull riding and more. *ASB Showgrounds, Epsom*

**THE GAME'S A FOOT OR HOLMES FOR THE HOLIDAYS 9-30 NOV**  
*Adult \$29, senior \$26, student \$15 (+fees)*

Howick Little Theatre presents Ken Ludwig's hilarious whodunnit. *Howick Little Theatre, Pakuranga*



**ALBERTON MARKET DAY**  
**SUN 10 NOV,**  
**10AM-2PM FREE**

A family-friendly market with food stalls, workshops and more. *Alberton, Mt Albert*

**MAGIC MOZART**  
**SAT 16 NOV, 7.30PM**  
*Adult from \$43, senior from \$37, student from \$18 (+fees)*

A concert presented by Manukau Symphony Orchestra. *Vodafone Events Centre, Manukau*

**ART STREET FAIR**  
**SUN 17 NOV,**  
**10AM-3PM FREE**

View and buy unique works of art and enjoy live entertainment. *442 New North Road, Kingsland*

**EQUITANA AUCKLAND**  
**21-24 NOV**  
*Adult from \$35, child from \$25 (+fees)*

Live your passion for horses as equine stars, educators and brands descend on Auckland. *ASB Showgrounds, Epsom*

**ALBERT-EDEN SCHOOLS CULTURAL FESTIVAL**  
**SAT 23 NOV,**  
**9.30AM-3PM FREE**

Performances, food stalls, games and family fun. *Mt Albert War Memorial Reserve*

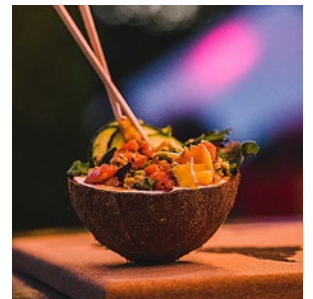
**GREY LYNN PARK FESTIVAL SAT 23 NOV,**  
**9.30AM-6PM**  
**FREE**

Food, art and craft stalls, live music, a fun fair and more. *Grey Lynn Park*



**SHOWCASE**  
**23 NOV - 1 FEB,**  
**TUE-FRI 10AM-5PM,**  
**SAT 8AM-2PM FREE**

A group exhibition showcasing ways of being from a Pacific lens. *Fresh Gallery Ōtara*



**NIGHT NOODLE MARKETS 29 NOV -**  
**8 DEC, 4PM-LATE**  
**FREE**

Noodles, dumplings, desserts, drinks and more, with live entertainment. *Victoria Park, City Centre*



**WIN! VISIT OURAUCKLAND.NZ/WIN BY 22 NOV, NOON**

**THE WIZARD OF OZ**  
**29 NOV - 1 DEC, FRI**  
**7PM, SAT 1.30PM & 7PM,**  
**SUN 1.30PM**  
*From \$25 (+fees)*

The National Youth Theatre Company presents an enchanting family musical. *Kiri Te Kanawa Theatre, Aotea Centre, City Centre*

SHOWCASE / MANUHAPAI VAETANGITAU





# FAREWELL AUCKLAND SEASON

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ALL'S WELL THAT ENDS WELL    EMILIA

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presented by *Anthony Harper*



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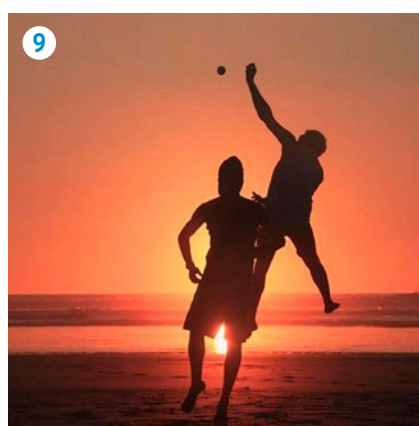
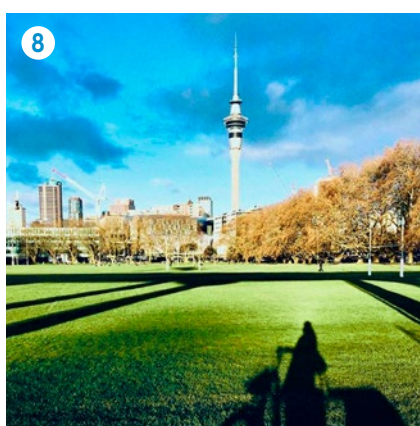
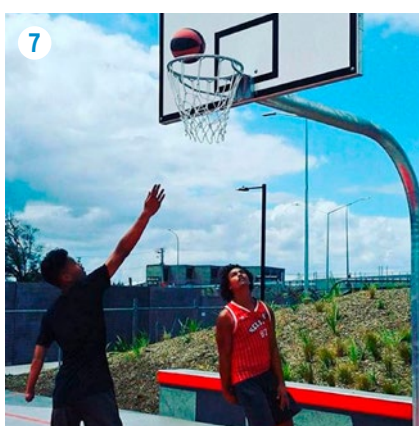
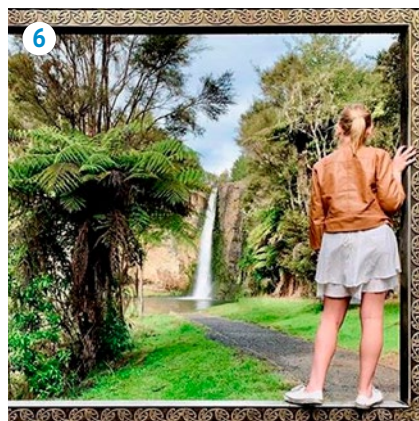
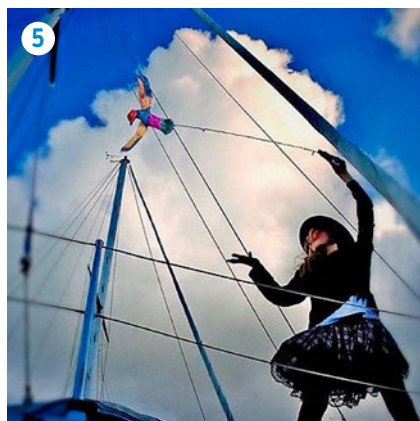
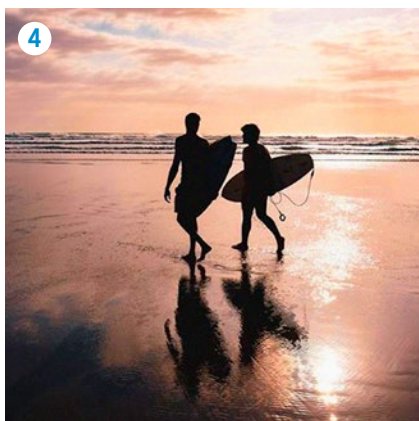
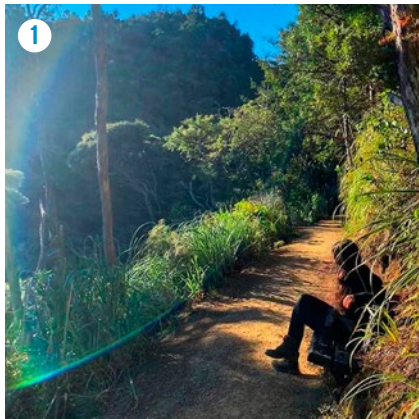
ANTHONY HARPER POP-UP GLOBE THEATRE, ELLERSLIE RACECOURSE, GREENLANE



# SEE HERE NOW

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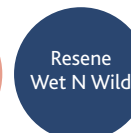
WE'LL BE SORTING OUT YOUR SUMMER IN THE NEXT ISSUE. TAG #OURAKL AND SHOW US HOW YOU EMBRACE AUCKLAND IN THE WARMER MONTHS



1. Mercer Bay Loop @ange.sosa 2. Rainbow Path, Waterview @bikeakl 3. Mount Wellington @pesnik\_a 4. Piha @daniel.anogueira 5. Westhaven Marina @waldokiwi 6. Hunua Falls @justexploren 7. Valonia Park @parklife.co.nz 8. Victoria Park @bikeakl 9. Bethells Beach @hashiabey

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