

# Newsletter

## 18 February 2026



Website: [Joggers and Walkers Section](#)

Email: [pakjogwalks@gmail.com](mailto:pakjogwalks@gmail.com)

Good Evening Everyone

We have had a good start to the year. Paul Taylor's Burswood walk was a great success, enjoyed by one and all. It was very kind of Paul and Kay to host us. The Mr Whippy ice-cream afterwards was enjoyed by everyone. Photographs can be found on our [website linked above](#). You will also find this and past newsletters [there](#).

Thank you to all who shared morning tea today (Thursday) to celebrate Brenda Wilkins eightieth birthday. It was special that her son Justin was able to make the trip from London to join his sister, Kim, and grandson, Xavier, for this very special birthday.

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### **Tai Chi**

**Ellen Liao**, who you all know, will be holding her Tai Chi classes at the Clubrooms on Wednesdays between 10:30 and 11:30 AM. The cost is \$6. Her classes come highly recommended by those club members who have attended them at Howick Library.

Tai Chi holds many benefits for older people – it improves balance, enhances flexibility and aids joint health. It has mental health benefits and helps stress. Overall, Tai Chi is a low-impact, accessible exercise that can significantly improve quality of life for older adults. Give it a go!

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### **Calendar**

The calendar through to May 2027 can be found on our website, [Calendar - Pakuranga Athletic Club](#). Changes will occur from time to time so check the site regularly. Irregular events like Muggings are not shown but will be notified in the Newsletter.

#### **Thursday 5 March**

Outing to Duder Regional Park

There is a map of the route through Maraetai on page 3. [The Google Maps link is here](#)  
There are walks both flat and hilly. Something for everyone. We will enjoy morning tea afterwards. Bring a mug and a deckchair if you have one.

A map of the park walks is on Page 4. More info can be found [here](#) in the two page brochure.

### **Tuesday 10 March**

Lenore Brebner Mugging – Shared morning tea

### **Thursday 2 April**

Easter Bonnet Day

Wear your best Easter Bonnet

### **Tuesday 14 April**

Outing to Ambury Park, Mangere – details to be announced

### **Thursday 23 April**

J&W Remembrance. Shared morning tea. Please bring your favourite version of ANZAC biscuits.

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## ***General Information***

### **Car Pooling**

Committee members will drive anyone who would like a lift (from the clubrooms) for any outing away from the club. There is no charge for petrol. There is no expectation of reciprocation. Please contact or speak to a committee member several days before the event if you require a ride.

### **Health & Safety**

Please ensure that there is at least one mobile phone available in the pack you are walking/running in - in case of accidents etc. If there is an accident - big or small, an incident report needs to be completed at the time. Please see a committee member if this is required.

Use pedestrian crossings or pedestrian traffic lights to cross the road.

If you have any respiratory infection, please do not come to the club until you are better. If you test positive for Covid after attending a Tuesday or Thursday please contact John or Cris directly.

### **Shared Morning Tea**

For special occasions we have a shared morning tea to celebrate. It is very much appreciated when everyone who is able brings along a plate to help in the celebration.

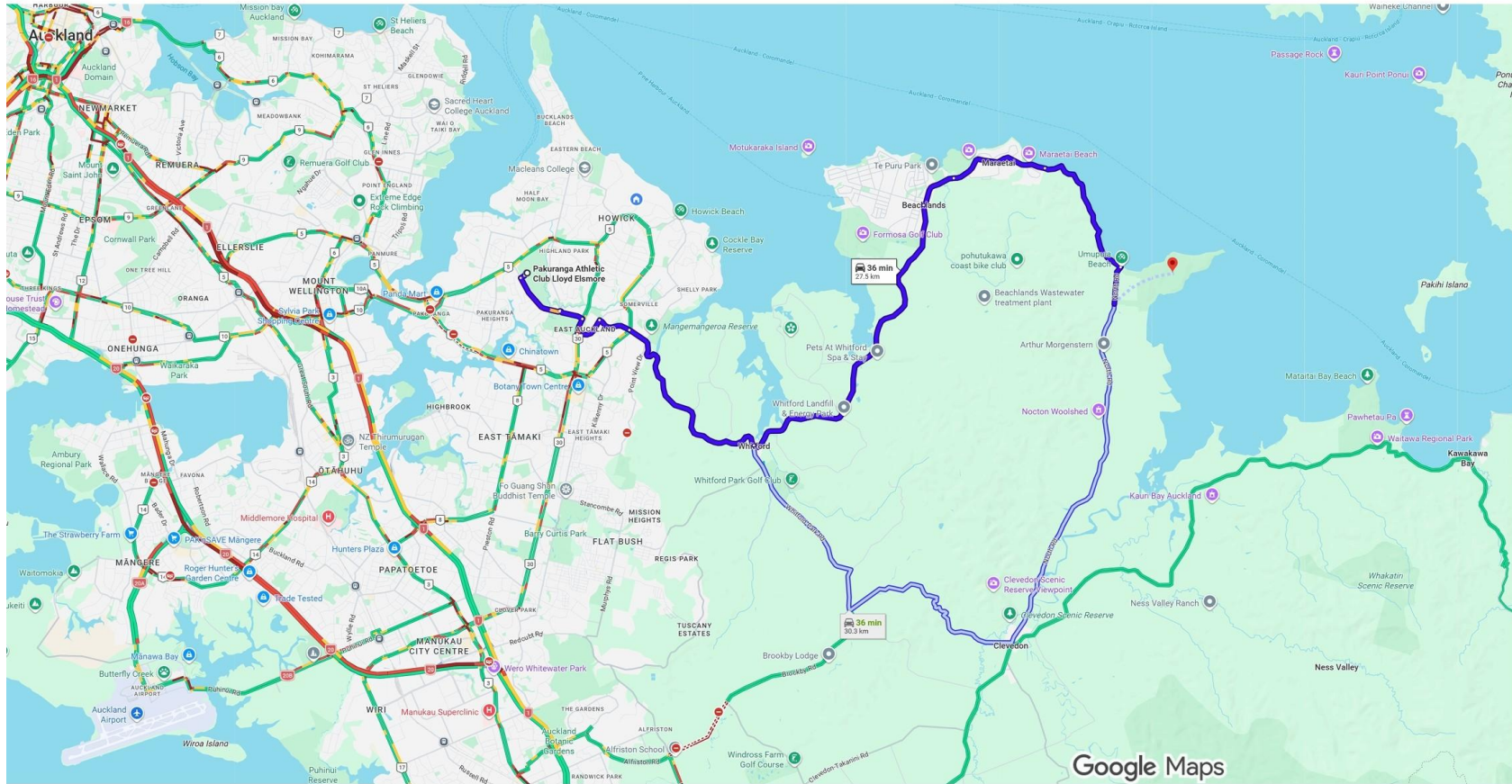
### **Finally**

The committee thanks you all for your ongoing support and welcomes any ideas around events, trips, ways to enjoy ourselves.

**The Pakuranga Joggers and Walkers Committee.**



Pakuranga Athletic Club Lloyd Elsmore, 36 & 38 Cascades Road, Pakuranga Heights, Auckland 2010 to Duder Regional Park, 933R North Road, Clevedon 2582 Drive 27.5 km, 36 min



Google Maps

Map data ©2026 Google 1 km



via Whitford-Maraetai Rd

36 min

Best route

27.5 km

## Feature walks

Whakakaiwhara / Duder Regional Park is rich with beaches, history, trees and views and while you are welcome to walk freely through the paddocks and along the coastline, the following waymarked tracks are a good way to start your exploring.

### Duder Farm Loop --- 4.2km, 1 hour - 1.5 hours return

A good introduction for first time visitors to experience walking through gently rolling farmland with sheep and cows close by. Follow the red waymarker poles for amazing views. There are no steep hills or steps, so this is also the best circular loop for cyclists, horse riders and robust push chairs.

### Kowhai Loop --- 3.5km, 1 hr return

Follow the yellow poles straight up the steep hill you can see from the car park. It is a challenge to start with but your efforts will be rewarded with great views and then its downhill all the way back, much of it in the quiet coolness of Shady Gully – the only running stream in the park.

### Whakakaiwhara Pā ---

#### 2.6km, 1 hr return off the Duder Farm Loop or 5.5km, 2.5-3hrs hrs return from the car park

Halfway round the Duder Farm Loop the blue poles branch off and lead visitors east out to the end of the Whakakaiwhara peninsula to an old Ngāi Tai ki Tāmaki pā site. Here the extensive views over the Hauraki Gulf and into the Firth of Thames reinforce why this was such a good position for a defensive settlement; look closely and you will see the remains of the trenches that surrounded the pā, protecting it from invasion.

### Karaka Trail --- 3.1km one way, 1 hour

From the car park follow the main road, opposite the entrance to Shady Gully, orange way-markers lead off to your right taking you along the south coast on Karaka trail. You will pass several lovely beaches, including Te Wharau beach where there is a basic campground for sea kayakers, and a toilet for those in need. Carry on along the beach for a couple a few minutes, keeping a keen eye out for the orange pole showing you where to start your trip back inland, up through Mangeao Valley and onto the ridge by the Eastern Red Barn. From there the orange poles continue out to the Pā, or you can head back to the car park via the blue and then red poles.

### Tawa Link ---

#### 1.3km, 25 minutes from Mangeao Valley to Shady Gully

This route links Shady Gully with Mangeao Valley and so by combining it with Shady Gully (yellow) and Karaka Trail (orange) you have a circular walk with the most shade in the park – perfect for a hot summer's day.

## Horse Riding

Horse riding is permitted across the farm paddocks around the Farm Loop, when ground conditions allow (seasonal closures apply). Parking for floats is available on the grass around the toilets and access is through the old stockyards to the left of the main car park. Riders must have a current regional parks horse riding permit to obtain the code. This permit is free and applications can be found on the Auckland Councils website.

## Cycling

Cyclists are allowed on the Farm Loop and in the paddocks. They are not allowed on the bush tracks, namely Shady Gully, Mangeao Valley and Karaka Trail or past the last gate out to the pā site at the end of the peninsula.

## Stop kauri dieback

[kauridieback.co.nz](http://kauridieback.co.nz)

A disease known as kauri dieback (Phytophthora taxon Agathis), which is threatening the survival of kauri trees, has been identified in the Waitākere Ranges. Help prevent the spread of kauri dieback by keeping to defined tracks within bush areas and cleaning footwear before and after your visit and using kauri dieback disease hygiene stations when you come across them.

## Dogs

Dogs are prohibited from Duder Regional Park and adjoining foreshore areas at all times. For detailed information phone Auckland Council on **09 301 0101** or visit [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz)



## Ranger recommendations

### Tips on how to make the most of your visit to Duder Regional Park.

#### If you have two hours...

Duder is known for its tranquility and views. You will get a sense of escape and a feel for this place with a stroll or ride around the Farm Loop.

#### If you have half a day...

Take the time to head out to the end of the peninsula to Whakakaiwhara Pā, a defensive settlement built by Ngāi Tai ki Tāmaki from stone tools. Enjoy the sense of being on your own island as you look out at the Firth of Thames towards the Coromandel and Great Barrier Island/ Aotea.

#### If you have a full day...

As well as visiting the high areas of the park and the fabulous views, if time allows you have the opportunity to explore the rocky shore and

see the abundant wading birds feeding on the tidal flats around the park at low tide. Please avoid disturbing the birds. Alternatively take the time to link up to Shady Gully or Karaka trail to enjoy the shade offered by the mature bush and delight in the wildlife to be found here.

For something different try orienteering on the park's permanent orienteering course. If you have never tried orienteering before, this is a great chance to do so and enjoy the brilliant views from the park at the same time. Pick up your free orienteering map from the information board or download in advance from [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz)

v. 06/06/2025