



# Newsletter

## 14 March 2026

Website: [Joggers and Walkers Section](#)

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

Good Afternoon, Everyone

We had a glorious day for our outing to Duder Regional Park on 5 March. There were walks for all tastes: on the flat to a beach, over a farm, and a longer hillier tramp to the Pa at the end of the peninsula. There are pictures on the noticeboard and website. [There is a high-quality video on YouTube](#) produced and directed by Ellen.

Those who attended the Waioneke School Charity Walk at Kaipara South Head and the Riverhaven Artland, Clevedon Charity walk enjoyed and recommend them to our members when they are repeated.

Our next outing is to Ambury Park on Tuesday, 14 April. Sunshine has been ordered and directions attached.

There are a few administrative announcements to make today.

---

### **Administration**

- **Fees**

- **All members check your details are up to date –**
  - phones, email, street address, and next of kin.
- **Full Membership:** the annual fee is unchanged at \$75 and is due now for the year 1 April 2026 until 31 March 2027.
  - Attendance fee for full membership is \$3 each time you attend.
  - Full membership gives you voting rights at the AGM of the full Pakuranga Athletic Club as well as at the Joggers and Walkers AGM.
- **Casual membership:**
  - No annual fee
  - Attendance fee is \$5 for each attendance.
  - Voting rights at Joggers and Walkers AGM, but **not** at the AGM of the full Pakuranga Athletic Club
- **Are you moving from Full to Casual Membership?**

- **Joggers and Walkers AGM**

14 May after our morning walks. Details to be announced.

- **Your Committee has vacancies**

Some committee members are moving out of Auckland. We need volunteers to replace them. Would you be interested? We are a friendly, supportive bunch.

- We are looking for a new secretary
- We need several new committee members

- **Introduce a friend to Joggers and Walkers.**

- We welcome new members.
- Let people know about us.
- The first two occasions they come there is no fee

---

### ***Tai Chi***

**Ellen Liao**, who you all know, is holding her Tai Chi classes at the Clubrooms on Wednesdays between 10:30 and 11:30 AM. The cost is \$6.

---

### ***Calendar***

We have a few busy weeks. This will keep you fit with plenty of time to socialise as well.

#### **Thursday 2 April**

Easter Bonnet Day - Wear your best Easter Bonnet. There is a prize for the best bonnet.

#### **Tuesday 14 April**

**Meet at 9:30 AM.** Outing to Ambury Park, Mangere. A route map is attached as well as a map of the park itself. The full brochure can be found [here](#).

There are walks for all tastes,

The farm animals at Ambury are family favourites. Bring your grandchildren.

Wild birds. The downloadable brochure advises which species you might see.

#### **Tuesday 21 April**

East Auckland Tourism Walkfest. J&W is hosting an event on this day for people who are curious about our Club. Guests will be guided on a walk that takes in interesting local features. All visitors welcome – bring a friend.

#### **Thursday 23 April**

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

#### **Tuesday 6 May**

10 km Estimated Time Event

## **Thursday 14 May**

**Joggers and Walkers AGM.** Both full and casual members are welcome to vote. Details to be announced.

Awards for Jogger of the Year and Walker of the Year. The winner of the 10 km estimated time event will be announced.

## **Tuesday 7 July**

**Mid-year lunch. Save this date.**

We are planning a new format this year which everyone will enjoy. Details later.

The committee will subsidise the cost. Price for Joggers and Walkers members will be held at \$45 per head.

---

## ***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, **Drive 17.4 km, 26–50 min** Google Maps  
Pakuranga Heights, Auckland 2010 to Ambury Regional Park, Ambury Road, Māngere Bridge, Auckland 2022



Imagery ©2026 Vexcel Imaging US, Inc., Data SIO, NOAA, U.S. Navy, NGA, GEBCO, Imagery ©2026 Airbus, CNES / Airbus, Landsat / Copernicus, Maxar Technologies, Vexcel Imaging US, Inc., Map data ©2026

500 m

**Typically 26-50 min** via Rte 10. School holidays may mean easier traffic conditions.

# Ambury Regional Park Feature Walks

## Feature walks

### Family Farm Walk - - -

45 minutes return, 1km

This is a great walk for the whole family. From the car park head toward the woolshed and milking shed. Wander through the grassy lanes between the animal enclosures and take your time getting to know the animals. There is pushchair and wheelchair access. Please leave the gates as you find them.

### Foreshore Walk - - -

45 minutes return, 2km

From the far end of the main car park this easy (but often windswept) track is great for an evening or winter walk to blow away the cobwebs. Follow the yellow markers and discover the local history of the area through information panels along the way. This track will take you across open pasture and areas of regenerating native vegetation, to the foreshore, where birds roost on the rocks and on the small shelly beaches, and gather food from the mud flats at low tide. There are plenty of lookout points along the way.

### Lost Gardens Walk - - -

30 minutes, 1km from woolshed

From the woolshed, follow the marker posts through the paddocks towards Kiekie Road to the Lost Gardens to see remnants of Māori stone mounds, once used for gardening. This walk links into the WaterCare Coastal Walkway to Otutaua Stonefields Historic Reserve.

## Cycling

### Ambury mountain biking

15 minutes, 2.5km

Mountain biking is allowed on open farmland and on some of the shared tracks such as the Lost Gardens Walk and Watercare Coastal Walkway. Restrictions may apply. Ambury is a great starting point for connecting into a number of the cycle trails within South Auckland. Head south-west along the Watercare Coastal Walkway to the Otutaua Stonefields or meander northeast along Kiwi Esplanade and over Ngā Hau Māngere to explore Onehunga and beyond. Check out [at.govt.nz](http://at.govt.nz) for more information or download the cycle trail maps.

## Amburys Friendly Farm Animals

Ambury has a number of friendly farm animals that visitors can interact with while meandering around the Family Farm Walk. Please help us keep our farm animals happy and comfortable! Remember to follow the directions on our signs, be calm and quiet around the animals, avoid chasing them, and give them space if they decide to walk away. Your kindness means the world to our gentle friends—thank you for respecting their home!

## Be safe in regional parks

### The water safety code

1. Be prepared.
2. Watch out for yourself and others.
3. Be aware of the dangers.
4. Know your limits.

### Land safety code

1. Choose the right trip for you.
2. Understand the weather.
3. Pack warm clothes and extra food.
4. Share your plans and take ways to get help.
5. Take care of yourself and each other.

## 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 and cleaning footwear before and after your visit.



## Ranger recommendations

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

### If you have two hours...

Visit the friendly farm animals any time of year, and in Spring they will have their babies.

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

Wander along the Lost Gardens Walk taking in the historic stone mounds before returning via the Watercare Coastal Walkway. Alternatively take in the Foreshore walk for sweeping views across the Manukau Harbour, stopping at the bird hide to see how many of the water birds you can identify. Make sure to head back to re-energise with a BBQ or picnic lunch under the Pohutakawa trees.

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

You'll have time to explore the park and picnic or barbecue at your leisure. While you're in the area why not visit Te Pane O Mataoho or the WaterCare Coastal Walkway to the Otutaua Stonefields Historic Reserve.

5202/2011\_A

The full brochure can be found [here](#).