

BULLS



Follow the redbull around the town of Bulls for health and fitness and a fun thing to do.

Bulls wasn't named after a four-legged animal, however we love having fun with our name and even more so with the new walk initiative around the town and down at the river and through to the Domain.

The walks are all enjoy-a-bull and achieve-a-bull from short walks with the bulls to long walks with more bulls.



Taihape



With town walks past historic buildings the most inspiring and challenging walk starts and finishes at Taihape's prestigious art work by the world-renowned artist Jeff Thomson.

The corrugated iron work located in Gumboot Park on SH1 is photographed, climbed on, sat on and touched by the public from around the world.

The Mt Stewart jaunt allows platform viewing of the town and surrounds—well worth the journey and great to get the heart pumping. In the summer months gumboots are not required.



Marton



Rangitikei Active, Roadsafe Central and Te Kotuku Hauora Rangitikei identified one, two, and three kilometre blocks around the town and painted green footprints along the route so people can easily keep on course—this is our Waewae Express!

The walks are being prescribed by health-providers using specially designed prescription sheets which identify which walk the client is to use and how many times a week—plus health and safety tips to keep the client on track and on the Waewae way!



BACKGROUND

As part of the Rangitikei District Council Leisure Plan Group's mission to get the Rangitikei "healthy and active" we have facilitated the creation of walking tracks in each of the three main towns (Bulls, Marton and Taihape).

We invite you to try out our walks by following the symbolic icons in each town:

Taihape 

Marton 

Bulls 

WHY WALKING

- Health and well being
- Healthy Bones
- Enhanced Energy
- Posture
- Relaxation
- Social Activity
- Self Esteem
- Stop and Revive to Survive



Town Walks

FOR MORE INFORMATION CONTACT:

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www.rangitikei.govt.nz

www.taihape.co.nz

www.rangitikeiactive.org.nz

www.unforgetabull.co.nz

www.sportwanganui.co.nz

RANGITIKEI WALKS



Go at your own pace...



...or get a group together and have fun!



Follow the signs...

BULLS MARTON TAIHAPE