

Out and about

kids

Living Here



in Canterbury

Summer is upon us. The sun is warm and thoughts of sand, water, picnics and holidays lure us into the outdoors. The Canterbury region is just full of wonderful places and opportunities for exploring and having fun in the sun.

Kaikoura

About 1 kilometre off the shoreline in Kaikoura, there are deep underwater canyons. One of the deepest is the Hikurangi trench which is 2300 metres (2.3 km) deep! Marine animals like to "hang out" at these canyons because they are rich in food. It has been reported that the largest marine invertebrate, the giant squid, likes to shop here, as do a number of whales and seabirds!



Careful

Don't get between a seal and the water, you'll block their escape route

Rock pooling

You'll be surprised at the number of different creatures that live in these tiny environments. Sometimes you need to pick something up to get a really good look, but remember ... put it back just as you found it.

Seal watching

Sit and watch the seals taking time out from fishing to soak up the sun and squabble about who has the best rock seat! Take care not to get too close ... you'll frighten them.

Coastal track

Go on a family adventure and walk the three-day Kaikoura coastal walkway which starts at Conway Flat.

• Kaikoura

Pegasus Bay Dunes

Dunes are big hills of sand. They are a very important part of our coastline. The land behind the dunes (where people live) is protected from flooding caused when the sea gets angry and large! Special plants live on the dunes. Their roots and leaves help to hold the sand so that the wind does not blow it away. We call these plants sandbinders. The dunes also provide an excellent habitat for animals and plants.

Beachcombing

Take a walk along the beach and look at all the things the tide has washed ashore. You'll find lots of natural things like shells and driftwood that are part of the coast, but you'll also see rubbish and things that shouldn't be there.

Surf-casting

Set your rod and chill-out in the sun. Don't fall asleep though, you don't know when you may need to take up the strain!

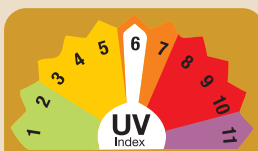
Waimakariri River Regional Park

Christchurch

Akaroa

Pohatu Marine Reserve

• Timaru (Caroline Bay)



Don't forget to keep out of the sun as much as possible between 11am and 3pm

Waimakariri River Regional Park

Just 10 kilometres from Christchurch city, the McLean's Forest section of the new Waimakariri River Regional Park is a valuable and unique natural recreational venue.

Be careful ...

keep to the tracks to avoid crushing eggs and chicks. As they are the same colour as the rocks they can be very hard to see!

Mountain biking

Slip on that helmet, hop on that bike and get those pedals moving! McLean's forest offers rides from the beginner and for those wishing to test their skills.

Walking and running tracks

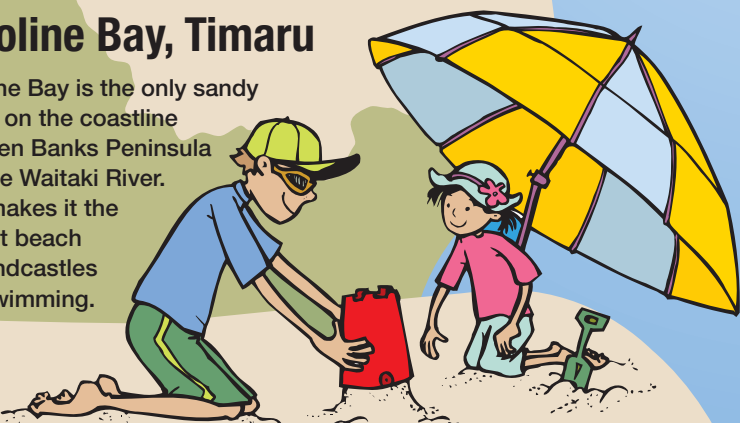
Walk and run amongst the peaceful forest environment while knowing the mighty Waimakariri is flowing right there beside you.

Bird watching

Get those binoculars out and start observing. The shingle braids of the river provide important homes for three endangered birds – the wrybill, black fronted tern and black-billed gull.

Caroline Bay, Timaru

Caroline Bay is the only sandy beach on the coastline between Banks Peninsula and the Waitaki River. That makes it the perfect beach for sandcastles and swimming.



Swimming

Have fun in the waves – swimming, floating or boogie-boarding. Remember to Slip, Slop, Slap!

Summer Carnival Caroline Bay

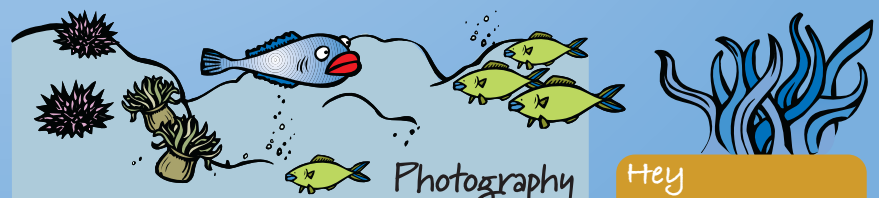
Boxing Day kicks off the carnival which runs for two weeks. There is heaps to see and lots of fun activities to do.

Hey

Adults out there! Always watch your kids in the water – safety first!

Pohatu Marine Reserve

Pohatu Marine Reserve on Banks Peninsula is the only marine reserve on the east coast of the South Island. The reserve is centred in and around Flea Bay and is 218 hectares.



Photography

If you are a budding photographer, make sure you take your camera. You could get the perfect shot of the yellow-eyed or white-flipped blue penguin, Hector's dolphin or a fur seal.

Snorkelling/diving

Grab your mask, snorkel and flippers and catch a glimpse of an underwater world bursting with plant and animal life.

Hey

Tidy kiwi kid always take your rubbish home with you!

Remember ... leave your fishing lines at home. this is a sanctuary for fish, even if they do look good enough to eat!