#76 Show some love to your local tennis court



#78 Get an energetic start on Saturdays with the 8am Hagley Parkrun

#79 Follow the 'signs' to the Bellbird on the Port Hills

#80 Go bird watching at Te Karoro Karoro – Southshore Spit

#81 Check out the new Sparks Road Wetlands

#82 Connect with neighbours at your local community garden

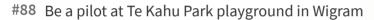
#83 Smell the sea air along the Christchurch Coastal Path

#84 Play the free Agents of Discovery game at New Brighton beach

#85 Walk off summer treats on the Sugarloaf Circuit

#86 Find rock pool critters at Taylors Mistake

#87 Read a book under the trees in your local park





#90 Walk or bike through the Tūhaitara Coastal Park

#91 Find your inner peace in the Woodham Park Gardens

#92 Photograph flowers at Mona Vale Gardens

#93 Spot hidden plants or treasures at your local park

#94 Grow your own lettuce and tomatoes

#95 Walk up the Harry Ell Track

#96 Splash in puddles outside when it rains

eg7 Explore the streams at Styx Mill Conservation Reserve

#98 View the Ōpāwaho - Heathcote saltmarsh from the Towpath Walk

#99 Explore the New Zealand Gardens at the Botanic Gardens

#100 See fabulous city views at Halswell Quarry



Discover Ötautahi Christchurch





Jot down your top ten picks from our 100 Days of Summer here:

The state of the s

Find more to do over summer

Explore Christchurch Parks ccc.govt.nz/explore-parks

Get outdoors with your dog ccc.govt.nz/dogs-in-parks

Find the coolest playgrounds ccc.govt.nz/play

Make a splash in our public pools ccc.govt.nz/pools

Visit an outdoor BBQ or picnic spot ccc.govt.nz/bbqs-and-picnics

Find sport and fitness grounds ccc.govt.nz/activities

Find awesome summer events ccc.govt.nz/whats-on

Register for a children's fishing licence fishandgame.org.nz/licences/fishing-licence-info

Stay the night in the great outdoors doc.govt.nz/parks-and-recreation/places-to-stay/stay-in-a-hut

Have an adventure doc.govt.nz/parks-and-recreation/places-to-go/canterbury

Explore Waimakariri Regional Park ecan.govt.nz/waimakariri-river-regional-park

Join Nature Play Ōtautahi on Facebook for activity ideas facebook.com/groups/NaturePlayChristchurch

Download *Agents of Discovery* free on Google Play or iTunes for some interactive summer fun!

Pick up the Selwyn 100 Days of Summer brochure for more awesome summer activities in Canterbury.

Hot summer tips

Stay safe in the water watersafety.org.nz

Slip slop slap and wrap www.sunsmart.org.nz

No parking fuss www.metroinfo.co.nz

This brochure has been created in partnership with Nature Play Ōtautahi Christchurch, Woodland Escape, Little Kiwis Nature Play, and Child and Youth Friendly Christchurch.

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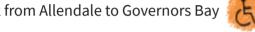




#1 Picnic next to the Waimakariri River



- #2 Build a hut in Bottle Lake Forest
- #3 Lose yourself in the Garden of Tane, Akaroa
- #4 Shoot some hoops at Crosbie Park
- #5 Dip your toes in the Rakahuri Ashley River
- #6 Walk from Allendale to Governors Bay



- #7 Have a stick race in the stream at Beckenham Park
- #8 Visit the Abberley Park fragrant garden
- #9 Ride your bike at Beverley Reserve Bike Park
- #10 Go stone spotting at Birdlings Flat
- **#11** Hunt for crabs at Cass Bay

#12 Camp in your backyard



- **#13** Find the suns at Edmonds Factory Gardens
- #14 Feed meat to the tuna eels along Oxford Terrace
- **#15** Search for street art in the city centre
- **#16** Go swimming at Corsair Bay
- #17 Drop in at Knights Stream Reserve skate and scooter park
- **#18** Listen for frogs at Charlesworth Reserve
- #19 Explore regenerating native bush at Hinewai Reserve
- #20 Make a splash in your local public pool
- #21 Eat a meal outdoors
- #22 Grab the ferry to Diamond Harbour for a walk and ice cream
- #23 Explore the free activities at Christchurch Adventure Park

Watch the sunrise from New Brighton Pier



#25 Book a night at a DOC hut



- #26 Hug a tītoki tree at Kaituna Valley Scenic Reserve
- #27 Hunt for insects in Ernle Clark Reserve
- #28 Visit a 'pick your own' berry farm
- #29 Whizz down the big slide at the Elephant Park
- #30 Hunt for empty cicada shells at Hagley Park
- #31 Visit Godley Head you might see penguins or Hector's dolphins!

Take the family for a bike ride at Mcleans Forest Park

- #33 Explore the woodlands at Ilam Gardens
- #34 Take your dog to a dog park
- #35 Watch the model yachts at Halswell Domain
- #36 Connect with nature at McHughs Forest
- #37 Walk around the Matuku Lakes at Ferrymead Park
- #38 Climb a tree at Hansen Park
- #39 Visit the bird hide at Hart's Creek, Te Waihora Lake Ellesmere

#40 Catch free summer theatre at the Botanic Gardens





- #41 Play hide and seek in the grasses at Hollis Reserve
- #42 Go rock hopping at John Britten Reserve
- #43 Check out the tamariki-only fishing spots at the Groynes (licence required)
- #44 Use the free BBO at South Brighton Domain

#45 Fly a kite at MacFarlane Park

- #46 Challenge yourself at the BMX track in Kyle Park
- #47 Walk to Lyttelton on the Bridle Path
- #48 Workout your body and brain with orienteering at the Groynes
- #49 Head to your local market for tasty produce



Look for this symbol to find locations accessible for wheelchairs

- #50 Cool off with water play at Margaret Mahy Playground
- #51 Go walking at Mt Thomas Forest Conservation Area

Is it a tūī? A taniwha? Unleash your imagination cloud watching

- #53 Take a picnic to the hillside shelter on the Valley Track
- #54 Go boogie boarding or surfing at New Brighton Beach
- #55 Follow the stream at Ngā Puna Wai
- **#56** Head to a Summertimes event with friends
- #57 Enjoy world class entertainment at the Buskers Festival
- #58 Roll down the hill at Nepal Park
- #59 Find the Pā Harakeke (cultural flax garden) at Janet Stewart Reserve



- #60 Go foraging for fruit in the red zone
- #61 Go cycling on one of the city's major cycle routes

#62 Play backyard cricket

- #63 See how many native trees you can find at Prebbleton Nature Reserve
- #64 Visit Lamar Track at sunset to see the city lights



- Camp at Orton Bradley Park and star-gaze
- #67 Visit Ōtukaikino Reserve and explore the wetland
- Search for unusual pine cones at the Botanic Garden's Pinetum
- Look for skeleton leaves at Kennedys Bush Reserve
- #70 Fly through the trees on the flying fox at Spencer Park playground



#72 Enjoy a peaceful walk through ancient forest at Pūtarikamotu - Riccarton Bush

#73 Feeling energetic? Try the Crater Rim Walkway

- #74 Get your heart rate up on the Rāpaki Track
- #75 Help the planet by plogging jogging (or walking) while picking up rubbish





















