

Living Streets Aotearoa



www.livingstreets.org.nz

Developing a Walking Map

A Newtown and Berhampore case study

Mike Mellor

Introduction

- Land Transport New Zealand/Health Sponsorship Council walking initiative
- complements School Travel Plan maps being produced for HSC by Educating NZ

Aims

- to increase walking as a transport mode in Newtown, by the production of a map including information such as routes, length, steps, time, health benefits, destinations
- to act as a pilot for community walking maps
- to contribute to the HSC Walking Maps Tool Box

Barriers to Walking

(based on SPARC 2003, Obstacles to Action: A study of New Zealanders' Activity and Nutrition).

Commitment:

- Lack of time due to work
- Too hard to stick to a routine
- Lack of energy/too tired
- Rather be doing other things
- Lack of time due to family
- Too many household chores
- Get bored easily

Barriers to Walking (2)

Community-related:

- No-one to walk with
- Others discourage me
- Safety concerns

Barriers to Walking (3)

Physical:

- Arthritis or health problems
- Walking is uncomfortable
- Don't know where to walk to
- Poor infrastructure - steps, lights, shelter, surfacing
- Traffic

About Newtown & Berhampore



wellington suburbs.pdf

07/11/2006

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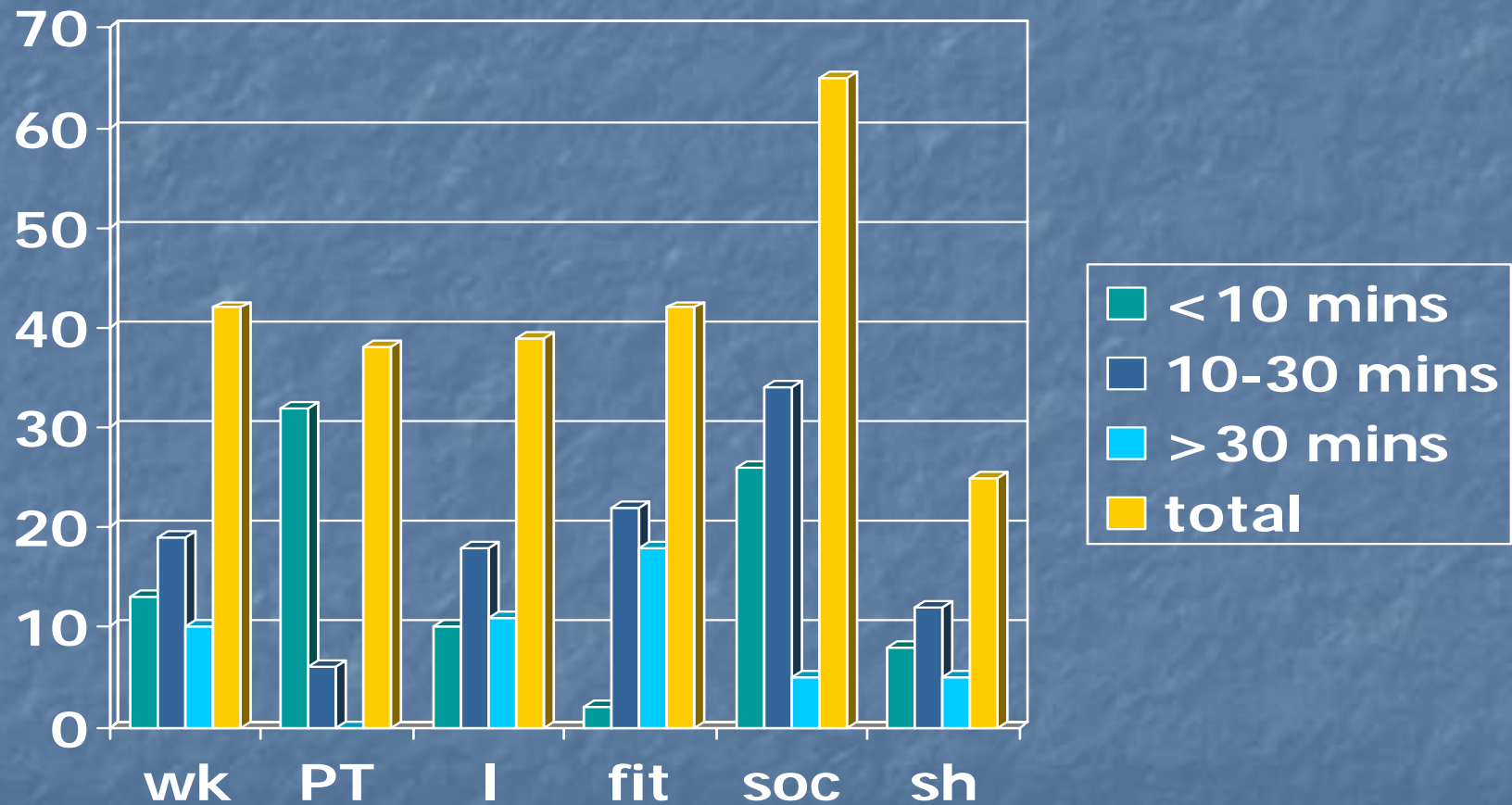
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Data gathering

- Through residents' association, health providers, employers, churches, ethnic groups, rest homes, local council, etc
- Meetings, questionnaires, interviews

Why people walk



What people want to know

75% How long the walk will take

68% What the weather is going to be like

64% How safe the route is (e.g. traffic, lighting, surface)

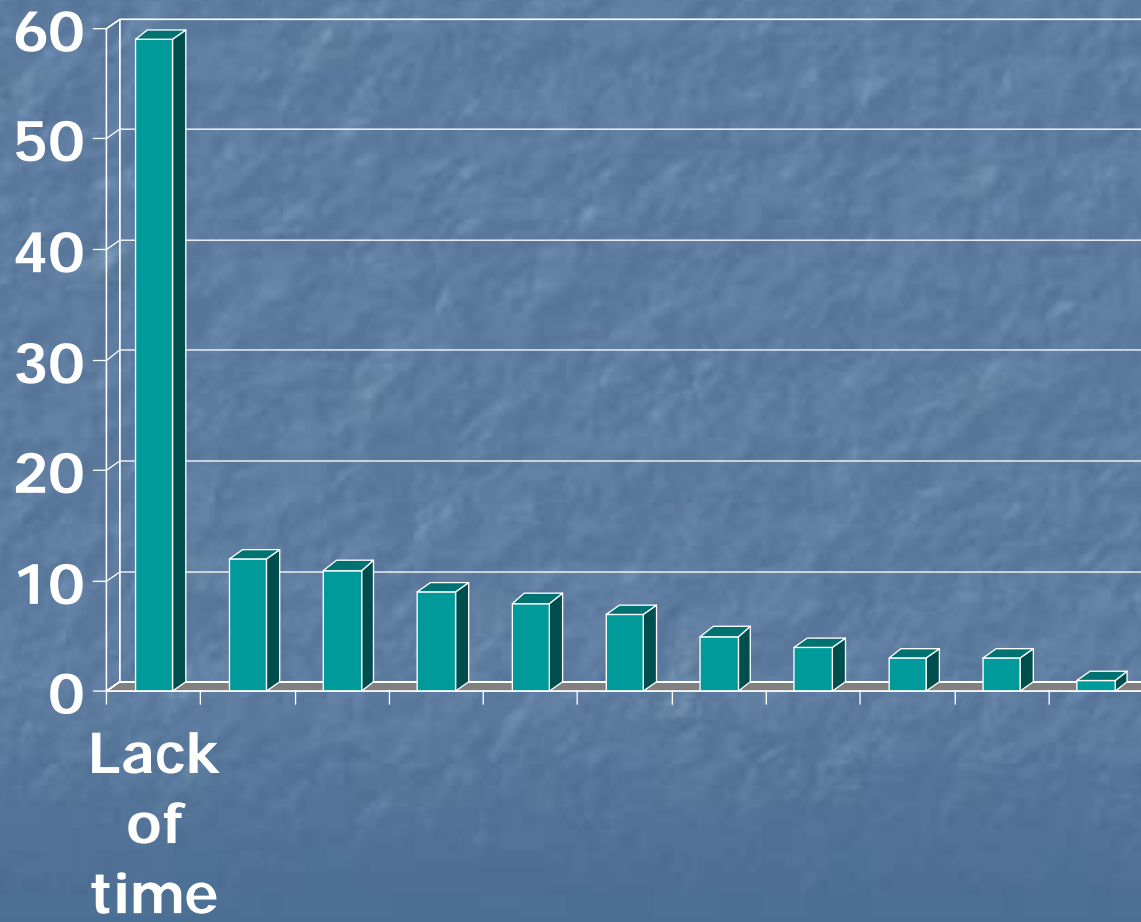
57% How far it is

45% How to get to where you want to go

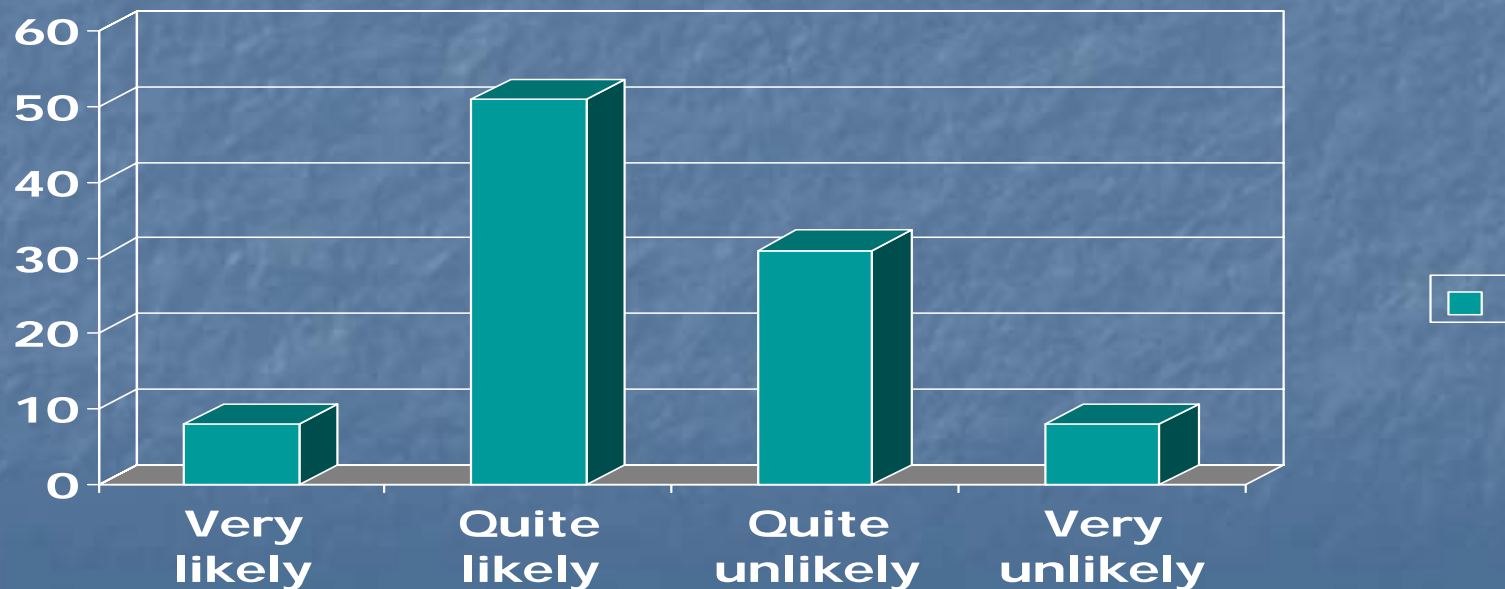
44% How easy or hard the walk is

17% Knowing where amenities are

What stops people walking



If you had a map of walking routes in or through Newtown, how likely would you be to walk more often than you currently do?



The Map

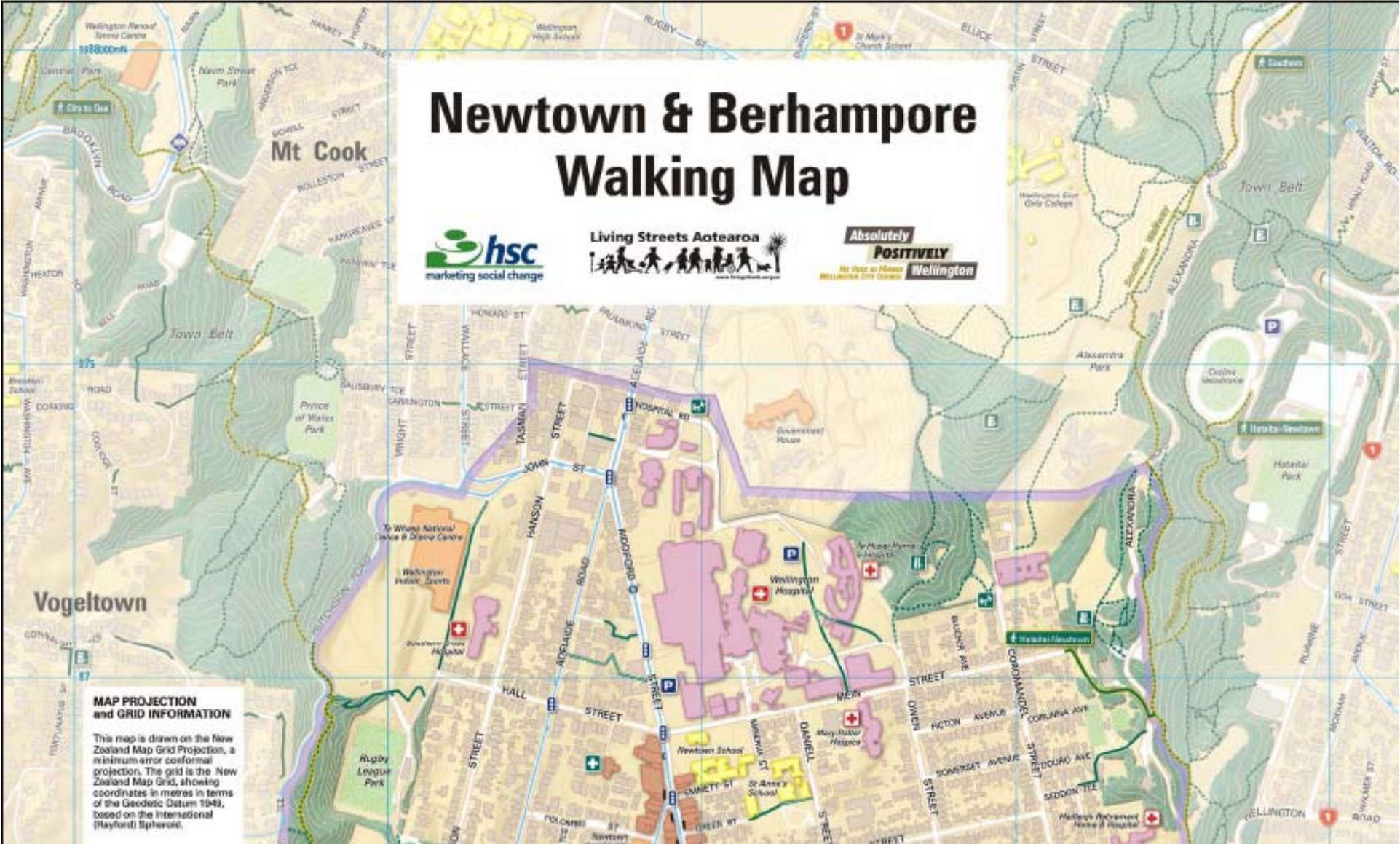


Newtown_map.pdf



Newtown_map_back.pdf

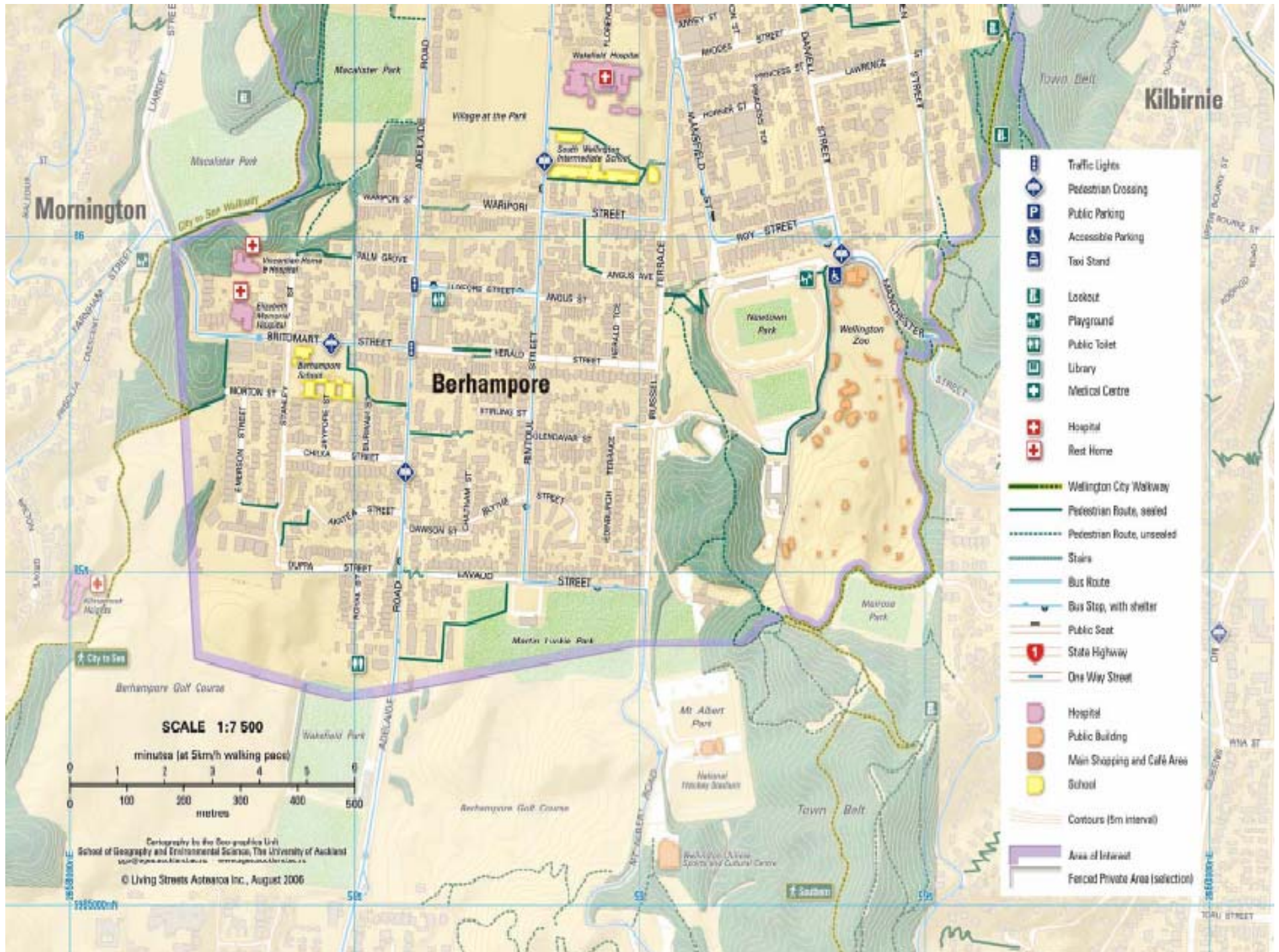
Newtown & Berhampore Walking Map

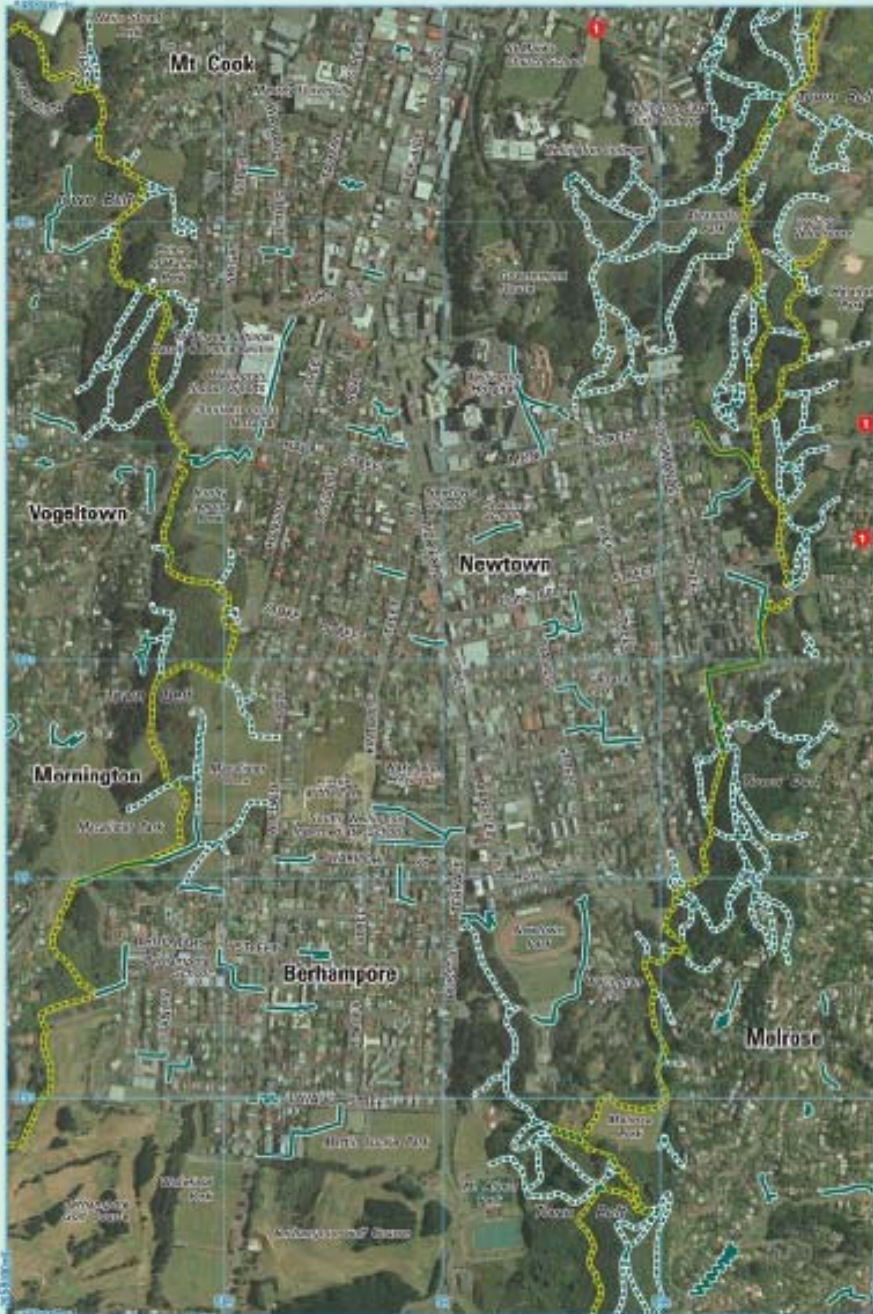


Vogeltown

MAP PROJECTION and GRID INFORMATION

This map is drawn on the New Zealand Map Grid Projection, a minimum error conformal projection. The grid is the New Zealand Map Grid, showing coordinates in metres in terms of the Geodetic Datum 1949, based on the International (Hayford) Spheroid.





-  Wellington City Walkway
-  Pedestrian Route, sealed
-  Pedestrian Route, unsealed



Cartography by the Geo-graphics Unit,
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Acknowledgements

Living Streets Aotearoa is grateful for the assistance given by residents and other individuals, local groups and organisations, and official bodies in the preparation of this map.

While every effort has been made to make this map as accurate and up-to-date as possible, no responsibility can be taken for any errors or omissions, and the marking of any road or path is no indication of a right of way.

If you find any errors on this map or would like to make any suggestions, please contact Living Streets at:

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All feedback received by **31 December 2006** will go into a draw for a \$100 New World Voucher!

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Map Projection

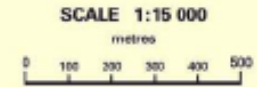
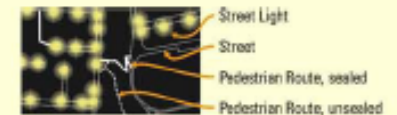
This map is drawn on the New Zealand Map Grid Projection, a minimum error conformal projection.

Grid Information

The grid is the New Zealand Map Grid, showing coordinates in metres in terms of the Geodetic Datum 1949, based on the International [Hayford] Spheroid.

Compilation Notes

Thematic information compiled from field checks undertaken by Living Streets Aotearoa Inc during July-August 2006 and from digital data held by Wellington City Council. Topographical information derived from Wellington City Council data, 2006.



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Living Streets Aotearoa Inc.

Map Project Sponsors



Our Vision

More people walking more often & enjoying public places - young and old, fast and slow, walking, sitting and standing, commuting, shopping, between appointments, for exercise, for leisure and for pleasure.

Walking is the **First Mode of Transport** - all the rest are alternatives.

This map has been produced by Living Streets Aotearoa Inc to help people walk around Newtown and Berhampore. Walking as a means of transport and for leisure is healthy, accessible, cheap, sociable and environmentally friendly.

Use this map to see help you walk to the shops, to the health centre or the hospital. Follow the tracks into the Town Belt, or along the City-to-Sea, Southern or Hataitai-Newtown Walkways. Walk to Kilbirnie (roughly 25 minutes), Island Bay (45 minutes), Brooklyn (30 minutes), the City Centre (30 minutes), & perhaps catch the bus back (bus stops are marked on the map).

For more ideas about walking, check out our website:
www.livingstreets.org.nz

The more people walk, the safer our streets!

Why Walk?

Exercise can keep our body, heart & mind in top shape! Find 30-60 minutes in your day to get the following benefits:

- * Cardiovascular health
- * Muscular strength
- * Healthy bones
- * Energy expenditure
- * Posture
- * Relaxation
- * Social life - talk while you walk; join a walking group
- * Local knowledge
- * Self-esteem

How to Start

A step-by-step approach:

- * Make it a habit
- * Be flexible
- * Avoid boredom - choose different routes from the map
- * Challenge yourself - walk briskly for at least 20 minutes
- * Write it down - use your calendar or diary to help you stay motivated
- * With a little help - friends, family, partner, dog. Seek moral support - it will help you stick with it
- * Be patient - it can take up to six weeks to feel the benefits of regular walking

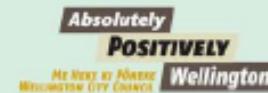
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Wellington City Council

www.wcc.govt.nz



Health Sponsorship Council

www.hsc.org.nz



Newtown & Berhampore Walking Map



Cartography by the Geo-graphics Unit, GSES, The University of Auckland 2006
Edition 1 - 2006

The Next Steps

- Use
- Evaluation

www.livingstreets.org.nz/pdf/Newtown_map.pdf

www.livingstreets.org.nz/pdf/Newtown_map_back.pdf

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