

Did you know?

- There are approximately 200 walking tracks within the Dunedin City boundary. These great walks are suitable for people of all levels of fitness.
- Dunedin has six spaces in the city that have been created specifically as dog exercise parks. If you are walking in the weekend why not take your family pet to a dog exercise area.
- A Walking School Bus is a group of children walking to school escorted by an adult volunteer Walking Bus 'driver'. The Walking Bus walks along a fixed route that has been checked by the Police for safety, and picks children up at assigned stops along the way. For more information on Walking Schools Buses in Otago or other active transport initiatives, contact Sport Otago on 0800 ACTIVE (0800 228 483).
- Dunedin has guided inner-city walking tours. The Otago Settlers' Museum runs a series of guided inner-city walks that allow people to experience the character, history and beauty of Dunedin in a leisurely two hour stroll. For more information contact the Dunedin Visitor Centre (i-site) in the Octagon.
- There are over 900km of footpaths in Dunedin with 38 sets of traffic lights and 5.5km of stairs to help you get from A to B.

Why walk to work?

- Walking is cheaper and healthier
- It provides an opportunity to appreciate Dunedin's beautiful surroundings.
- It's versatile—you can leave when you want to.
- Weather—it's nice to be out in the sun, invigorating in frosts and staunch in wet weather.
- There are heaps of health benefits to walking:
 - Increased energy levels
 - Improved sleep quality
 - Lower stress levels and blood pressure
 - Help 'clock up' your 30 minutes of daily exercise
- Park and walk from free parking areas outside Central Business District.

Take the bus some of the way

Too far to walk to work from home? Why not take a bus halfway and walk the rest using this walking map? Too many steep hills? Walk to work and catch a bus home. For more detailed information on bus routes you can go to the Otago Regional Council website: www.orc.govt.nz or phone (03) 474 0287.

Further information and feedback

For more information or to offer feedback on this map please contact the Dunedin City Council on 477 4000.



Central City Walk to Work



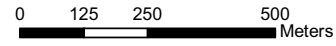
www.dunedin.govt.nz

Legend

- Bus Stops
- ♿ Public Toilets
- Bus Routes
- ⋯ Walking Path
- ▭ CBD Limited Parking Area

Walking Scale From Octagon

- Within 10 Minutes Walking
- Within 15 Minutes Walking
- Within 20 Minutes Walking
- Within 25 Minutes Walking
- Within 30 Minutes Walking



(At 5km/hr moderate walking pace
500 meters = 6 minutes)

