



# Footprints

May 2008

Newsletter for Living Streets Aotearoa

## What is a Healthy City/Community?

I was fortunate to receive a scholarship from Partnership Health to attend a four day course in Christchurch on Healthy Cities/Communities. So, what does 'Healthy City' mean?

Think health and many of us automatically assume physical wellness. Health is more complex than that. Health is our total wellbeing. Health encompasses all the social, economic, environmental and cultural determinants of our lives. When these outcomes are all satisfied we have healthy individuals and/or communities.

Hancock and Duhl (1986) define a healthy city as one that is: "... continually creating and improving those physical and social elements and expanding those community resources which enable people to mutually support each other in performing all the functions of life to their maximum potential".

A healthy city has open dialogue. It generates leaders everywhere and shapes its own future. It embraces diversity, knows itself, connects people and resources and creates a sense of community.

A healthy cities approach builds its community and involves it in decision-making. A healthy city fosters participatory democracy and intersectorial partnerships. It builds capacity at all levels. Everything is co-designed, managed and owned. It has horizontal networks and not the traditional hierarchical systems. It is a fully open system where information and resources flow freely.

Key elements of a healthy city include sustainability (protected ecosystems), livability (good environment), equity (all people treated with fairness), conviviality (social interactions), viability (healthy ecosystems) and prosperity.

In New Zealand's context cultural aspects must also be included. In an urban context The wellbeing of Maori is linked to close as-

sociation with the physical environment. In an urban environment this might mean signage, historical reference points or symbols woven into an urban environment.

The course also made us assess the health of our own organizations, and the health of various communities in Christchurch. We were introduced to a new tool, the 'Health Impact Assessment', a broader tool used to assess communities against physical and social indicators.

The group I was in assessed the health of the inner urban neighbourhood of Sydenham. We toured the suburb not only looking at physical aspects like footpaths, street furniture and road crossings, but also things like access to fresh food, cultural landscapes, social equity issues, community facilities, housing type and services available. Sydenham unfortunately did not score well. We wondered if there was a community heart at all. Houses

seemed vacant. The school was closed, busy roads dissected the community and there did not appear to be much sense of ownership. Graffiti was all about and busy traffic and noise spoiled most of the journey. Sydenham was not a great place to be.

The main thing I took away from the course was that my community group *Project Lyttelton* applies the Healthy Community philosophy to the letter. Living Streets could improve. Whilst we do have a fairly open organisational structure and work collaboratively, our focus needs to be widened beyond engineering (physical aspects). We need to think about how to broaden our outcomes to encompass cultural outcomes, advocacy of Maori markers in the city landscape, and putting community at the centre of our work. Walkable towns are just one of many things that build a healthy community.

~ By Wendy Everingham



Teams came up with their vision of a healthy community.

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## From the Director's Desk

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The long Indian summer is well and truly over now, certainly in Wellington. As the cold weather settles in, it's time to dig out the winter walking gear. What better way to keep warm than by striding through the invigorating weather with the wind and the rain in your hair? It's healthy, makes you feel good and is cheaper than huddling over an electric heater!

March is the end of the Living Streets financial year, and as well as preparing the accounts for the auditor, we've been planning for the year ahead. Living Streets Executive Council members are all busy people who volunteer their time to pursue their passion for walking. They recently gave up a weekend to sit down together to map out the organisation's activities and to share their enthusiasm and expertise with walking advocates from around the country. As well as talking the walk, they walked the talk during breaks and discovered some amazing views from easily accessible central city paths.

The transport sector has been going through some major reorganization, following the Next Steps review of the land transport sector. In July government will be releasing the Government Policy Statement (GPS) on land transport which will lay out its targets for the short to medium term and priorities for funding. The GPS will provide a framework for local authorities as they develop their Long Term Council Community Plans (LTCCPs) and transport programmes. Living Streets was one of the organizations invited to meet with Ministry of Transport officials to provide input into the process of developing the GPS. We emphasised that in order to meet targets for active transport laid out in the updated New Zealand Transport Strategy, funding for walking activities and infrastructure will need to be

increased, and less money spent on increasing road capacity.

As petrol prices continue to rise along with the cost of food and other basics, more people are looking to save money on transport and are dusting off their bicycles and planning their walking routes. The time is ripe for more local investment in developing safe, attractive, walkable communities. Local Councils have their LTCCPs and Annual Plans out for consultation at present, so now is the time to comb through your local Council's plan and send in a submission urging them to spend more money catering for the needs of people on foot.

~ Liz Thomas



*"Solvitur Ambuland"*

*"it is solved by walking"*

~ attributed to St Augustine



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## International snippets

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Promote walking, not bussing, within two mile radius of schools

In the UK a Yellow School Bus Commission has been set up to look at the environmental, social, educational, time and cost benefits of a nationwide network of home to school transport. Living Streets UK submitted that school buses should not be promoted to children living two miles or less from their school, and should not drop them off directly at the school gates, as children should be encouraged to walk.

Walking's benefit to cost ratio is superior to other transport modes

Sustrans, the sustainable transport charity in UK, has assessed a number of local walking and cycling routes using the government's methods to work out the economic benefits. The results show a typical **benefit to cost ratio of 20:1**, in stark contrast to a typical ratio of just 3:1 for other transport such as rail and road. Perhaps we should do the same thing here in New Zealand?

# Walking 2 Work – the way to go!



**Walk 2 Work Day in Wellington:** walkers celebrate with breakfast treats and spot prizes.

When you walk to work, there are many factors that may influence your choice of route. From walking the kids to school or dropping off dry cleaning, to choosing the solace of a meditative leafy path or awe-inspiring views, or perhaps you might decide on the route with the fastest changing traffic signals, the best buskers and pedestrian hubbub, or simply the most direct route!

The great thing about being a walker is that you can choose your route to fit your mood, your commitments and the time available on the day.

In March Living Streets ran a pilot Walk 2 Work Day in Wellington city, similar to “Go by Bike Day,” but for walkers. Those who walked to work either all the way, or as part of their journey, celebrated with breakfast treats and spot prizes while listening to speakers from the transport, health and recreation sectors, and enjoying the information displays from

groups who encourage walking in our everyday lives. A “walking story” competition was part of the registration form, which provided some insights into how far walkers travel and what motivates them to walk. The recurring theme of the stories was that walkers love the opportunity to unwind and spend time thinking quietly, especially when they have a pleasant place to walk in a green setting or with stunning views. Makes me wonder why people *wouldn't* walk?

Over 250 people attended the pilot Walk 2 Work Day. Speakers included the Minister of Transport, Annette King, and the Deputy Mayor of Wellington, Ian McKinnon. Information was displayed by groups promoting walking including WCC Traffic Safety, SPARC, the Cancer Society, Diabetes Wellington, Like Minds and walking groups. Next year we plan to extend this event to other regions.

~ Carol Comber



Julie Fitzgerald, Carol Comber and Celia Wade-Brown

## Walking Stories Competition Winners

### Kay Parsons of Paparangi

#### *What do you like best about the walk?*

I LOVE my walk to work. I live high up in Paparangi and as I walk downwards I can see the tip of Kapiti Island and Porirua Harbour in the distance (- in the summer that is. In the winter it's just sparkling lights everywhere). I love the huge hills on one side of my view—different day, different lighting—MAGICAL and always different. In the winter some of the valleys are immersed in rolling white mist. In spring, further on in my walk towards Johnsonville station, there is jasmine blooming. The smell follows me for several hundred metres in either direction. Lovely! In late summer there is crimson bougainvillea sparkling in the sun on the way home. Each day I gauge my timing by a Newlands bus, which, if I am on time, arrives at the Helston Road overbridge at the same time as I do. The driver and I know each other by sight now and grin like idiots at each other every morning. As I say, I LOVE my walk to work.

### Julie Fitzgerald of Berhampore

#### *What do you like best about the walk?*

Walking through the Basin Reserve - every day is different! Depending on the time of year; some days there is dew on the grass, some days the sun is shining, someone may be mowing the lawn, or rolling the pitch, sometimes I am alone, sometimes not. Some days cyclists overtake me, or other walkers or someone on a skateboard or rollerblades. I never know what to expect through this quiet part of my walk and I always look forward to it.

#### *Why do you walk?*

Pleasure, fitness, the calming effect of walking, and it is less stressful than busing or taking the car. It's amazing the things you see each day and it's nice to have the time to find pleasure in the small things, walking to work allows you to slow your mind down and observe what is going on around you.

**Left:** Julie Fitzgerald receiving her prize, a Gold Bus Pass for one month

## Introducing ... Carol Comber, our new Projects Officer

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Carol was introduced to Living Streets as coordinator of Walk2Work Day (see her article on page 3 – she did a great job organising this new event from scratch!)

Carol first heard about LSA last year at an LSA talk in Brooklyn. She has a personal love of walking and says she enjoyed finding more about walking advocacy on our website. Carol is pleased she can now combine her interest in walking with her work skills. She has 12 years experience as a team manager and experience in project management from her background in IT. She also has a degree in Russian!

Carol has “always been a great fan of walking”,

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**... as a teenager she walked around the Auckland waterfront for 3 hours every weekend learning German – she got really well practiced at both!**

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Carol is also involved with the Mt Cook Community Group in Wellington; one of their platforms is that Mt Cook is ‘a walking suburb’. The group also values the history and heritage of the local area, which Carol’s husband, military historian Peter Cooke, is very knowledgeable about. Carol and Peter have two children who they encourage to be keen walkers too. The family often go on walks through the town belt to visit grandparents in the nearby suburb of Mt Victoria.

Carol’s current projects include updating and reprinting the Newtown and Berhampore Walking Map and finalising and evaluating the Community Partnership Programme funding for local walking projects. Her role includes putting projects in place which will get more people walking “and spreading my enthusiasm”!

Welcome Carol to the Living Streets walking fan club!

## Advocates’ Day

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The Advocates’ Seminar Day on 13th April was a chance for Walking User Group co-ordinators and members from around the country to meet one another, meet the Living Streets Executive Team, and swap tales of woe and wisdom. We met at the Foundation of the Blind building in Wellington’s Newtown, which was a good reminder of the accessibility issues which are an important part of walking advocacy.

The first part of the session was introductions, a chance for people to flag their key issues and learn about the history of Living Streets Aotearoa. Roy Hitchcock of Land Transport (LTNZ) gave a presentation on working with Road Safety Coordinators, who are the lynchpin in the working relationship between

LTNZ (soon to become the NZ Transport Agency when LTNZ and Transit merge), the police and local and regional councils. Fiona Whero, our LSA South Island Networker, followed with a presentation on best practice guidelines for putting together strong submissions.

After a quick bite to eat, WCC Councillor Celia Wade-Brown took us into the hills of Wellington’s town belt for an invigorating march and some cool sightseeing. In the afternoon we shared successes and lessons learnt from events and activities around the regions and discussed strategic directions. Advocates day was an informative and inspiring experience – it is a great tonic to listen to other people speak about topics which are dear to one’s own heart!



**Walking the talk:** Participants on LSA’s Advocates’ Day find time for a spot of sun!

## New Zealand Walking Conference

The third New Zealand Walking conference will take place on 4-5 August at the Waipuna Conference Centre in Pakuranga. The guest speaker is Dan Burden, an internationally recognized authority on walkability, liveability, healthy streets, and Smart Growth. He has written several books, and was once a National Geographic photographer. Professionals in urban design, transport planning, health and recreation will mingle with politicians and walking advocates at what promises to be a stimulating event. The conference programme and on-line registration form are available at [www.livingstreets.org.nz](http://www.livingstreets.org.nz)

## Government News

By the time the next edition of Footprints comes out, the landscape of transport agencies will have changed. Land Transport New Zealand and Transit New Zealand will no longer exist, as a result of the Next Steps review of the land transport sector. Functions of the two agencies will be combined in a new organization called the New Zealand Transport Agency, which will come into being on 1st July. The purpose of the re-organisation is to ensure an appropriate balance of land transport activities and to achieve better value for money. The CEO of the new entity is Geoff Dangerfield, who has previously worked for Treasury and the Ministry of Economic Development.

# iMove's continuing Success story

## Manawatu region leads the nation in Active Transport promotion

National statistics have shown that around 50% of New Zealand students are transported by car to and from school. Alarmingly, these trips almost doubled between 1990 and 1998. As rates of childhood obesity rise, numerous initiatives have attempted to address the issues on a national scale. Yet one of the most enduring and successful initiatives continues to be the Manawatu-based iMove promotion.

The success story that is iMove continues to grow following a very positive start to 2008. From small beginnings in 2006, the promotion (which encourages and rewards students who get to school actively) has expanded to 30 schools throughout the mid-central region.

With iMove, participating students are encouraged to get to school actively every Wednesday for 4 weeks. Students are issued with a stamping card (similar to the trusty coffee card!) with four spaces to stamp off as they arrive at School. Completed cards go in a prize draw for numerous prizes.

Getting children out of cars and onto their feet has multiple benefits. Improving fitness and health, increasing social interaction with others, relieving congestion at the school gate, and helping reduce energy use and vehicle emissions. A win-win situation for everyone.

"We're committed to promoting sustainable and safe land transport for life and this is a great way for children to learn good habits early on" says Sport Manawatu's iMove co-ordinator Mark Leishman who is impressed by the attitude of the region's schools in supporting iMove. "A number of the newer schools have really embraced the promotion and have done a wonderful job, and participation rates of 80% are not uncommon."

It is these successes that highlight the potential of the promotion, and the results that can be achieved with a consistent message, supported by a collaborative approach by schools, and their communities.

"We are really lucky here in the Manawatu

to have enthusiastic support from several Health Promotion agencies", adds Leishman. "We have all sorts involved, from Roadsafe Central, to Sport Manawatu staff, Police education officers, Whakapai Hauora, Public Health Unit, Primary Health Organisations and Public Health Nurses all lend a hand." It is that support that continues to produce outstanding results.

"Similar nationwide promotions have attracted around 400 schools," adds Leishman. "There are nearly 3,000 schools in New Zealand, so for our small region with its relatively small population base to have 30 schools actively on board here, with more waiting in the wings, is a fantastic success."

It is success that motivates the staff and funding agencies to continue their support. iMove looks forward to an exciting 2008 as it expands its reach, and welcomes an ever increasing number of participants as it builds towards the next iMove month scheduled for November.

[www.sportmanawatu.org.nz](http://www.sportmanawatu.org.nz)



Winning Photo: Michael Annaer

A big thanks to Michael Annaer of Christchurch for his winning photo! Michael wins a \$100 book voucher for his photo of active seniors enjoying a pleasant walk. Runners up are Yvette McKenzie with her photo of shoppers returning home through a park and Rhys Taylor with his humorous sustainable Morris dancers. They will receive vouchers from the Shoe Clinic. Thanks to everyone who entered!

## Photo Competition Winner!

Congratulations Michael Annaer!



Runner up photo: Rhys Taylor



Runner up photo: Yvette McKenzie

# News from the regions

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## Living Streets Palmerston North

We had an information desk as part of the Environment Network Manawatu's tent at PN's Festival of Cultures on Saturday 29th March. Some interest was shown by members of the crowd, and I think local membership increased as a result, but we still need a location with higher visibility for future membership and awareness raising efforts.

## Living Streets Hamilton

Since last time, we have been busy thinking about submissions, which always seem to be due simultaneously.

Several of our members are presenting submissions to the Hamilton City Council Annual Plan on aspects of the City Heart project. This addresses a range of redevelopment possibilities in the CBD, many with considerable potential for improved pedestrian access. We are also making several submissions to the Annual Plan on matters of pedestrian safety at several major intersections around the city.

We submitted to Environment Waikato in support of the highest level of proposed support for the bus network, and will speak to that submission emphasising the need for good bus networks to encourage and maintain active transport such as cycling and walking. Judy McDonald is now a member of the Regional Cycling and Walking Steering Group committee, overseen by Environment Waikato, revitalised after a four-year hiatus. The group will meet several times this year. Cycle Action Waikato also has active representation on this committee.

Living Streets Hamilton and Cycle Action Waikato have presented submissions to Transit expressing concern about the safety of the proposed Te Rapa Bypass for cyclists and pedestrians. We have a preliminary meeting with Transit, prior to the hearing on April 28th.

Judy attended the inaugural meeting of a "Transition Towns" group in Hamilton, organised by the Environment Centre. This brings together many groups and individuals to discuss creative ways of dealing with issues around peak oil and climate change. It looks set to be an interesting and active group, with concerns stretching from transport issues to organic gardening.

## Walk Taupo

During April, Walk Taupo supported Bike Taupo (the local Bike Advocacy Group) on two of their projects with written submissions.

The first was to Taupo District Council with a submission on the Draft Annual Plan. Our submission addressed the need for a funding allocation to a 25-year Transport Plan, for the development of more cycling and walking paths in Taupo, to improve signage and to widen the Great Lake Walkway to accommodate its increased usage by cyclists, joggers and walkers alike.

The second submission was a letter of support to Opus to encourage the formation of a cycling and walking path to the west of Taupo while they are laying cables from Aratiatia to Wairakei. We hope for positive outcomes to both projects.

The exciting news in Taupo over ANZAC weekend was the opening of the new "W2K" track, after five years of planning and seven months construction by volunteers. The result? One spectacular track to be shared by cyclists, joggers and walkers. 14 kilometres of the track are open for use, with the final six kilometres being developed. The finished track distance of 20 kilometres (40km return) is an awesome length. The track is wide, well-formed and whilst containing some hills it is an easy gradient.

Work included consultation with local iwi, the Department of Conservation, Taupo District Council, residents and archeologists. W2W links Whakaipo Bay to Kinloch, with amazing views to be enjoyed. Some say it will rival the Tongariro Crossing. W2K was officially opened by the Minister of Conservation, Steve Chadwick.

To find out more about W2W visit:  
[www.doc.govt.nz](http://www.doc.govt.nz)  
[www.biketaupo.org.nz](http://www.biketaupo.org.nz)

## Living Streets Wellington

We had a stall at the Bike to Work day, and recruited about ten people who were willing to help at the Walk 2 Work Day which was held on 19th March.

It was a very successful event (see article page 3, also the video clip on the WalkIT website [www.walkit.info](http://www.walkit.info)). As well as running the Walk2Work day, we supported Wellington City Council's March "Stepping Out" programme by running Wednesday lunchtime and Thursday evening walks, in addition to the Tuesday lunchtime walks. Celia coordinated two walks over the Newtown and Island Bay festival weeks.

We helped with the launch of John White's report "A Backseat for Physical Activity". Over 50 people came along to hear speakers Grant Schofield and John White talk about physical activity and obesity.

We met with Wellington City Council to discuss the proposed Walking Plan, spoke at the regional Council meeting on the Regional Council Walking Plan, wrote to the Minister of Transport Safety about lack of enforcement of footpath parking offences in Wellington, sent submissions on the Northern Reserves Management Plan and WCC revised speed limits, and attended workshops on the Adelaide Road Plan.

Snippet from Wellington - Statistics NZ 2006 Journeys to work mode share is 18.8% for walking!



Members of Living Streets Canterbury make use of a well-designed seating area along their path.



Raising awareness: Getacross campaigners at a busy intersection in Auckland

## Walk Nelson Tasman

Liz Thomas from LSA attended the last meeting of Walk Nelson Tasman which was great.

WNT submitted against the proposed sale of a reserve in Nelson city which would affect access to a walkway - NCC has agreed to keep and develop the reserve.

WNT is working on annual plan submissions to both Nelson city council and Tasman District council as well as presentation on the Walk 21 Charter - WNT wants both councils to become signatories.

A big issue for WNT members is conflict between walkers and cyclists on shared use paths. WNT is urging both councils to implement a code of behaviour for both urban and rural shared paths to avoid this conflict. There really should be a national standard as with road rules.

NCC is working on a "Lanes and Linkages" map showing all urban walkways and shortcuts. WNT has input into this but has also raised with NCC and TDC the need for signage too.

## Christchurch News

The first three months of the year have been quite busy for Living Streets Canterbury. We've had several meetings at the Christchurch City Council looking at signage issues and made a presentation to the Regional Land Transport Committee regarding the local RLTS. A submission has also been prepared on the ECAN LTCCP and the Selwyn District Council's Walking and Cycling Strategy.

Our neighbourhood walks are proving to be a great success. To date we have visited the neighbourhoods of Sydenham/Opawa, Lyttelton and Addington. We have discovered some real treasures in local areas. Extensive urban renewal programs have created new walkways

in Addington and the Spreydon/Opawa areas, real surprises to most of us. Christchurch City Council should be really proud of these upgraded community areas.

It is great seeing old waterways being brought back to life, community gardens and urban farms, new native plantings, and art works. Places of tranquility. Once away from these upgraded areas however the walking environment can deteriorate. Large noisy roads make access to some of these gems difficult, along with bad crossing times at signalized intersections and often poor infrastructure for elderly, disabled and children. Many older areas have wide streets, attracting car movements. However in general our experiences are positive, with many pleasant walkable areas in Christchurch.

For our group it has also been a great way of getting to know each other better. Each month more people join us. Our aim is that the leaders of the walks become the local walking/ community building champions for their area.

With fading light our neighbourhood visits will be postponed now until September. At our most recent meeting on May 14th Wendy gave a brief summary of her experiences at the Healthy Cities/Communities short course.

For meeting information contact:  
[wendy.everingham@xtra.co.nz](mailto:wendy.everingham@xtra.co.nz)

## Auckland report:

It has been a busy time in Auckland as the Harbour Bridge walkway campaign hots up. We are out standing at the motorway entrance with a puppet Green man walking over a banner of the bridge, then its down to the ferry terminal the next day to hand out flyers. The weekly meeting is paying off and the website has just cracked 6000 supporters!

[www.getacross.org.nz](http://www.getacross.org.nz). The new web-based CRM system I use ([www.salesforce.com](http://www.salesforce.com)) allows me to send 1,000 emails a day, so the mass email to gain support is working well.

On May 6th we met Transit in Auckland to look at designs and the following day met with the Board of Transit with Celia and Dr Jan Pearson of the Cancer Society. Walk Auckland have had input to the Grey Lynn Accessible Neighbourhood study, Regional Draft Annual Plan and the draft Regional Parking Strategy. Next up is the 3 plus council Annual Plan submissions.

The Red Light Runners count started on May 13, with four people hired to do the count. When the data is analysed it will be interesting to see how drivers' behaviour has changed since the installation of red light cameras in Auckland.



Get the message: Auckland LSA members campaigning for the Harbourbridge walkway

# Walking events

## Auckland

[www.aucklandcity.govt.nz/whatson/calendar](http://www.aucklandcity.govt.nz/whatson/calendar)

### RUN Auckland Series Race 5

Sunday 22 June 2008, 9:00am

Race 5, 5km & 10km Fun Run or Walk, \$75 for 6 races or \$20 per race. Western Springs Park, Stadium Road, Western Springs  
ph 021 RUN 460 | [www.runauckland.co.nz](http://www.runauckland.co.nz)

### RUN Auckland Series - Race 6

Sunday 13 July 2008, 7:30am

North Shore City Half Marathon, Fun Run and Walk.

Choose from 21km, 10km and 6km

\$75 for 6 races or \$20 per race

Takapuna Beach, The Strand,

Takapuna, North Shore City

ph 021 RUN 460 | [www.runauckland.co.nz](http://www.runauckland.co.nz)

## Hamilton

[www.whatsonhamilton.co.nz](http://www.whatsonhamilton.co.nz)

### Bushcraft Introductory

Saturday 5 July

For people who would like to get into day or overnight tramping. No experience required, short walk only and a night in the bush.

For more information:

[www.mountainsafety.org.nz](http://www.mountainsafety.org.nz)

Contact Milli Lovell, 07 827 1070

or 021 240 2024

\$75 includes bushcraft manual.

### Tramping Trip on a Waikato River trail

Tramp the Atiamuri Trail, open since December.

Sunday 6 July

Wanderers Tramping Club

\$25.00 non-members.

Bookings Open 23rd June.

Contact Mary: 856 4752

## Wellington

[www.feelinggreat.co.nz](http://www.feelinggreat.co.nz)

### Keep Fit Heart Health Walk

Wednesdays at 10:00am

A great opportunity to keep fit, walk at your own pace and enjoy a social chat. The walk is 40 minutes long (20 minutes each way). Bring walking shoes, water, sun hat and raincoat.  
139 Oriental Parade, Freyberg Pool Car Park

### Our Native Forest

Sunday 15 June, 11:00am

A guided tour through the areas of native forest in the Botanic Garden.

Meet at the Founders' Entrance,

Glennmore Street

Moderate walk (90 minutes).

### Wainuiomata Catchment Walking Tour

25 May 2008

See some of the best pre-European lowland forest in the lower North Island. The Wainuiomata Water Collection Area features pristine forest managed to provide high quality water to the Wellington region. Numbers limited to 60 people per tour.

What to bring: tramping boots, extra warm clothing, rain jacket, sun hat, sunscreen and food / drink for the day's walk. People who have had gastric upsets in the two weeks preceding the walk are not permitted in the catchment.

How to get there: Take Main Road south through Wainuiomata, following the signs for Coast Road. Turn left onto Moores Valley Road, then right following the sign for Whitcher Grove. Go straight ahead to Reservoir Road and the main gates to meet the park ranger.

For an application form and further information see [www.gw.govt.nz/story22897.cfm](http://www.gw.govt.nz/story22897.cfm) or contact Joanne on (04) 526 4133 or [joanne.clifford-marsh@gw.govt.nz](mailto:joanne.clifford-marsh@gw.govt.nz).

# Meetings

## Auckland

Second Tuesday of the month 4:30, Leys Institute Hall, 20 St Marys Rd, Ponsonby, upstairs in the Supper Room to the left of the stained glass doors. The Leys Institute is by 3 Lamps Ponsonby, it houses the Library and parking is behind the building.

June 10, July 8, August 12

## Living Streets Hamilton

Second Thursday of the month at 5:30pm, at CCS Disability Action, 17 Claudelands Rd, Hamilton

June 12, July 10, August 14

## Walk Taupo

Meets when required

## Living Streets Palmerston North

No formal meetings planned

## Living Streets Wellington

Fourth Monday of the month, 6pm, WCC Committee Meeting Room.

26 May, 23 June, 28 July

## Living Streets Christchurch

No formal meetings

## Living Streets Dunedin

Third Wednesday of the month, Sport Otago rooms, 7pm (unless otherwise notified).

June 18, July 16, August 20



image: Nick Potter

“When you walk you are in touch with the earth, with nature, the wasps, the insects, everything. In a car or a train or a plane you are disconnected. You walk to connect yourself”.

~ Satish Kumar, Founder of Schumacher College, Devon UK