

# *The Golden Foot Awards*

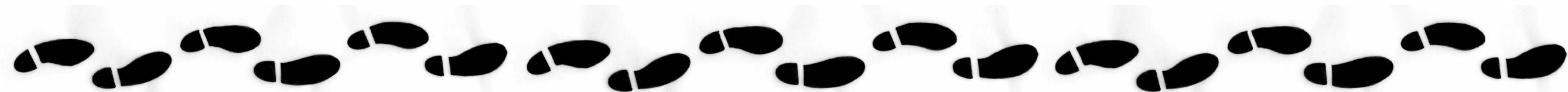
*New Zealand Walking Awards*

2010



greater WELLINGTON

REGIONAL COUNCIL



# *Best Practice Walking Facility*



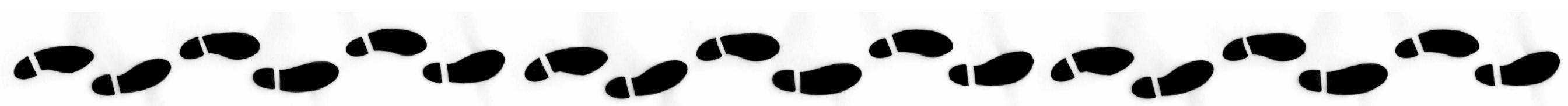
## Caroline Bay Dune Boardwalk Timaru District Council

Caroline Bay is the premier park in South Canterbury. The dune boardwalk development has greatly enhanced the beach frontage of the Bay. The 1123m long boardwalk structure has been integrated into remodelled and replanted sand dunes. Native sand binding plants and natural materials give a soft flowing feel to the environment.

The provision of car parks, furniture, a suite of signage and a quality surface make the area accessible for all users. A wetland and lookout are focal points to add interest.

The project provided a vital link to the adjacent coastal walkways and contributed significantly to the walking experience at Caroline Bay. Giving access for people of all ages and abilities has been a key success of the boardwalk. It is used by elderly people with walking frames, babies in buggies, joggers, cyclists and those out for a stroll in the fresh air.

Quality infrastructure has ensured that the end result exceeded expectations and has become the most popular location for walking in Timaru.



# *Best Practice Walking Facility*



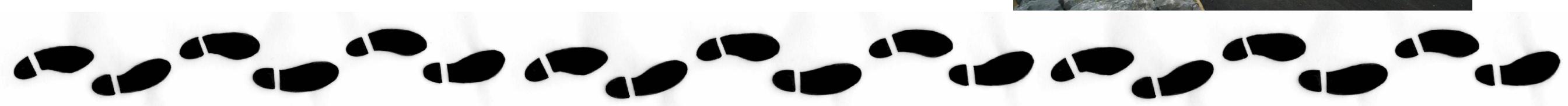
## Pohara Sea Wall and Shared Path

### Tasman District Council

The construction of a new 280m long seawall at Pohara, Golden Bay, gave the Council an opportunity to create a shared path, where walkers and cyclists could safely traverse a narrow stretch of road.

During the summer months, Pohara is a very popular tourist destination and this stretch of road is used considerably. It is in an area of outstanding beauty dominated by a Karst landscape and has a unique coastal ecosystem and penguin breeding colonies. Many locals in Golden Bay use this area for walking and there is already a well used, extensive walkway stretching westwards from the Motor Camp out to the golf course.

The end results have been widely praised by the local community. The project is one that can be emulated in other areas of the district and New Zealand. It should be held up as an excellent example of engineering infrastructure which provides a much needed walking and cycling facility, as well as coastal protection. It is an example that is sympathetic to its environment and has taken local needs into consideration at all times.



# Best Practice Walking Facility

## Te Puru Bridge

Manukau City Council



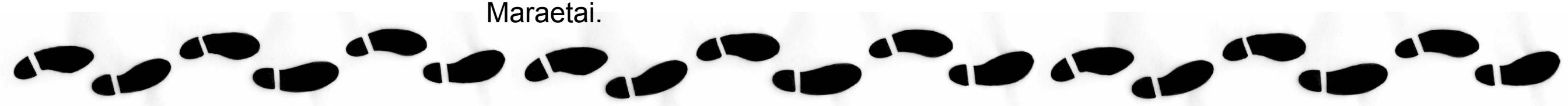
Te Puru Bridge is the major design for the ongoing project to form a coastal walkway along the coastline between Beachlands and Maraetai in eastern Manukau City.

The bridge spans the lower tidal reaches of the Te Puru Creek between Te Puru Park (Manukau City Council) and Omana Regional Park (Auckland Regional Council). It provides off road pedestrian access from the Te Puru Park in Beachlands to the Omana Regional Park and beyond.

The bridge in effect opens up a 6km stretch of coastline to walkers from the new Spinnaker Bay subdivision in Beachlands to the newly constructed boardwalk in Maraetai.



The Te Puru bridge serves as the linchpin project that not only has immediate benefits for local walkway users but has served as the impetus for the completion of the entire coastal walkway project.



# Best Practice Walking Facility



## Warren Cole Walk and Cycleway

Whakatane District Council



The Warren Cole Walk and Cycleway is a new 2.1 km long, all weather accessway along the Whakatane River stop bank. It runs from the Whakatane River Bridge to the Whakatane Gardens and Amphitheatre. It is a part of the Council's overall Whakatane River Greenways Project which stretches for 5km from the Whakatane River mouth to the SH2 Whakatane River Bridge.

The walk and cycleway utilises the opportunity of the stop bank to give elevated uninterrupted views of the river and wider landscape. The inclusion of recreational and design elements which draw inspiration from the Whakatane River and local culture, make it a distinctive local recreational asset.

The project is an outstanding success that has exceeded the expectations of Whakatane residents and visitors to the district. The Warren Cole Walk and Cycleway was officially opened on 9 December 2009 by HWM Colin Holmes and Mr Warren Cole (Olympic Gold Medallist).



# Top Commitment to Walking by an Organisation

## Bayswater School Ridge Walkway

The Ridge Walkway is a concrete pathway that winds across the base of the school field. Surrounding it and enhancing it for walkers and recreational users are plantings of native shrubs

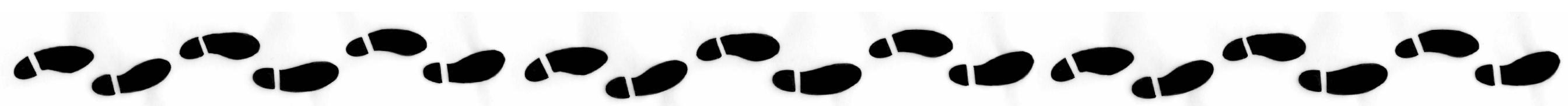
and trees, and artworks designed and created by all Bayswater students in 2009. These take the form of eight pou, or totems, representing the Maori creation story. Also along the pathway are signs made by students indicating the native animals they are hoping to entice back to the school environs. They have included a dry riverbed, a wooden bridge complete with taniwha clawmarks, a sculpted taniwha designed as a home for skinks, a bird feeder and a 'bug Hilton'. As part of the overall project the students wrote and had published a series of six books which outline an imaginary set of events that lead to the re introduction of native species into the school environment.

The Ridge Walkway has potential as a learning environment for Bayswater School students for many years to come, with future students adding to and improving on the initial concept that was designed around encouraging people out of vehicles and into walking.



*'I hope that my sisters, who are still babies, will be able to walk along this path with me.'*

Rosalind Veikune, Bayswater School student, at the opening ceremony



# Top Commitment to Walking by an Organisation



## Auckland Regional Transport Authority Walk the Network Challenge



**Are you walking 10,000 steps a day?**

Take the **ARTA WALK THE NETWORK CHALLENGE!**  
The aim is to take 5 million steps in 6 weeks, the equivalent distance of ARTA Transport Network! (bus & train)

- Pedometers provided
- Group and individual prizes to be won!

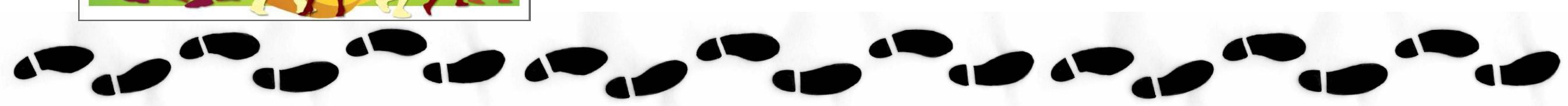
Look out for the email registration

\*Evidence shows that healthy adults should aim to take 10,000 steps every day.

The poster features a green background with a stylized illustration of people walking, a city skyline, and a tree. A speech bubble contains the text: "Look out for the email registration". A small text box at the bottom left states: "\*Evidence shows that healthy adults should aim to take 10,000 steps every day." The top left corner has a circular logo with a walking figure and the text "ARTA WALK THE NETWORK CHALLENGE" and "5 MILLION STEPS IN 6 WEEKS".

This project was initiated to encourage staff at ARTA to walk 10,000 steps per day as part of the Sustainable Transport 2010 Events Calendar which is promoted on the ARTA managed MAXX website [www.maxx.co.nz](http://www.maxx.co.nz). The **ARTA Walk the Network Challenge** was about staff walking the distance of the floor plan of the routes of the Auckland Public Transport network, which was estimated to be 3700 kilometres of road (bus routes) and rail tracks. The Challenge ran from 26 April to 7 June, a 6-week period

The proposed Challenge was, as a group, to walk 5 million steps in 6 weeks, and would be based on voluntary staff participation which we estimated to be 40 people, (a third of the staff at ARTA). The competition would group individuals into teams, with team leaders assigned. The groups would record their steps, and the team with the most number of steps at the end of the Challenge period would be declared the winner. Prizes for "Individual who Stepped the Most" and the "Most Improved Stepper" were also up for grabs in addition to the Team Prize of a Group Lunch Shout on ARTA.



# Top Commitment to Walking by an Organisation

## Nelson City Council

### Stepping Out



Since 2005 many initiatives have been undertaken working toward achieving the vision of increasing walking in Nelson. New pathways have been built, crossing refuges installed, walking audits carried out and engineering standards reviewed.

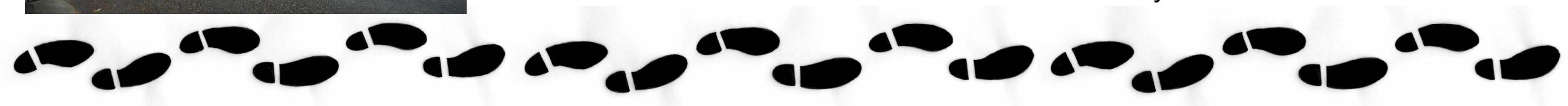
School Travel planning continues in earnest and the council continues to support walking school buses at schools and the Feet First initiative

Nelson was involved in the Walk2Work promotion in March 2010. Over 100 walkers called in to celebrate together with a shared healthy breakfast.

Shared Pathway and Lanes and Linkages maps have been reprinted and continue to be widely distributed in the community.



Nelson City Council has a large programme of work planned for the next five years that has funding. Much of this work is “business as usual” with many street upgrades, intersection and prioritised minor improvements projects, which do improve infrastructure for walking and cyclists.



# Best Walking Promotion



# Cruise the Waterfront

## Cycle Aware Wellington

Cruise the Waterfront campaign: Wellington cyclists are cleaning up their act with a courtesy campaign aimed at reducing conflict with walkers and curbing bad biking behaviour on the waterfront. The campaign includes a printed courtesy code, events, a video, news releases, bell giveaways and a grand prize of a cruise to Kapiti island.

Walkers benefit from this project as it aims to reduce conflict and make the waterfront a more pleasant and safer place. The campaign can easily be run elsewhere and other councils have already shown interest



### Pedestrians:

- Cruise with an ear out for other cruisers (one earphone out or low volume)
- Keep kids and pets in close proximity



### Bikers:

- Cruise at a leisurely pace
- Give pedestrians a wide berth
- Make yourself heard (a friendly bell or call out)
- Be well lit at night



# Best Walking Promotion



# School Travelwise Programmes

## Selwyn District Council

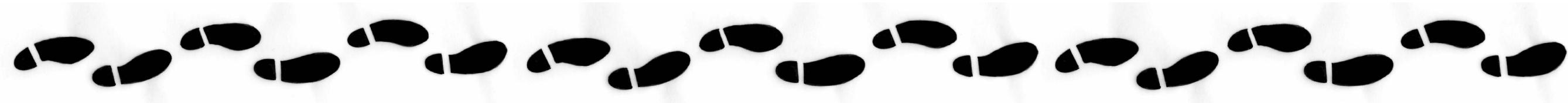


The primary aim of the programme to improve the road environment outside schools, raise awareness of safe walking and cycling, and to encourage more children to walk and cycle to school.

The original project plan was to introduce the walking school bus concept to two urban primary schools, promote the Wheeling or Walking on Wednesday concept to the 11 urban primary schools, and promote Feet First Walk to School Week. A school travel plan was added as a project to the role.

These types of projects are not normally undertaken in a rural district.

Now approaching the third year, the projects have grown and developed into being successful and popular programmes with teachers, students and parents. It has proved that these types of projects can happen and be successful in rural areas.



# Best Walking Promotion

## Active a2b

### Greater Wellington Regional Council



*this little blue penguin was rescued by Elaine Powell when she found it unwell and confused one day along her walk to work.*

Active a2b aimed to reduce congestion in Wellington, through increasing travel to work by active modes.

54 workplaces signed up and promoted the programme. 894 individuals registered for Active a2b, with 212 of these driving to work at least twice a week. Upon registration, participants were given a number of resources, workshops and challenges they could request or participate in. They also received a weekly e-newsletter and information on upcoming events.

Results showed that Active a2b achieved significant increases in walking (8.4 percentage points) and cycling (9.8 percentage points) to work. Car trips to work dropped dramatically from 82% to 61% and public transport trips increased from 6.5% to 10%.

The programme was well received and had stimulated a number of positive behaviour changes. In addition to walking and cycling to work, walking and cycling with their families, exercising more, eating better and using public transport instead of private vehicles.

*April Henderson's car started to sprout into a 'commuter garden' as it sat neglected under a tree while she walked to work every day*



# Best Small Walking Project

## Hilltop School Walking Around the World

### Hilltop School and Taupo District Council

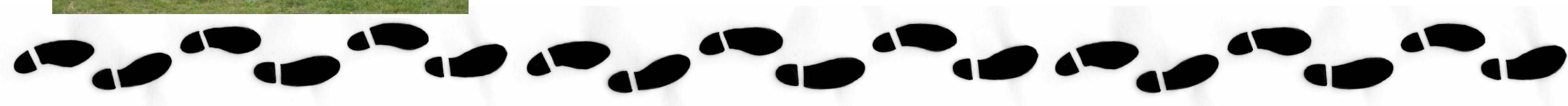


A programme designed to be inclusive of the school community and the extended family members. All members were referred to as the “**Hilltop Team**” All age levels and extended family members were involved in this projects common goal of walking around the world- 46,076kms.

All students were given an International Passport to record their daily mileage. No student was allowed to walk by themselves to help encourage friendships and talking and laughing together.

A round the world road was established with 16 destination points along the journey eg. Sydney, Rome, New York. When a destination point was reached, each class received a chart highlighting information about that city as well a road safety message, a value statement, maori proverb etc. The large red foot would be moved along the road. To assist pupils a 1km track was established on the school grounds where students could walk with their friends during the intervals.

Hilltop School and the school community averaged 5000kms each week. Our Target was to complete the journey in 10 weeks, it was achieved in 8. In fact as the we neared home every one became extra enthusiastic our final total was 43,678 km. A child said “Wow!! We are in Sydney again”



# Best Small Walking Project

## Travel Smart Senior Students Tauranga City Council

This project was born from the need to encourage and grow the numbers of students walking and cycling to school and improve safety and sustainability. The project was also designed to nurture the 'love' of walking in the younger generation, as an 'everyday' habit.

Kids on Feet and Feet First (NZTA) are exciting Travel Safe programmes. We saw a need to empower students them under "inquiry based learning' to be involved and drive processes further. The Travel Smart Senior Student Project is based on the community development model. It takes a unique integrated approach to encouraging walking.

Trialled in 2009, over 100 students across the city got involved and felt pride in making their communities safer and healthier. In 2009/10 schools are continuing to give the students the autonomy to make decisions about their role and to drive the changes with their peers. These senior students attend a workshop run by Tauranga City Council and actively take part in learning from each other.



*"Students of today are our adults of the future, by involving them now to take ownership in developing walking and other forms of our 'active' Travel Safe initiatives our future generation is helping to encourage liveable walking communities."*



# *Best Small Walking Project*

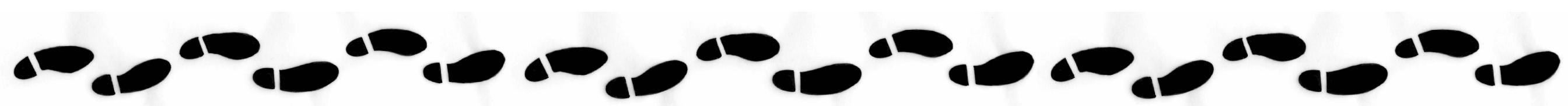
## Horsham Downs to Hamilton Walking and Cycling Path Horsham Downs Hall Committee

A highly motivated and determined community worked alongside two councils to create a safe, 4.5km walking and cycling link between Horsham Downs Village and Hamilton.

This walking and cycling route links Horsham Downs and Resolution Drive initially by a 1.4km footpath alongside the road and then by an off road walking and cycling route through a future roading reserve which HCC has granted a License to Occupy.

As this project did not meet Council's criteria (pedestrian counts, traffic volumes...), it would have been impossible to complete without the generosity of the community. The costs of surveying, tree removal, track preparation, the metal spreading and compacting totaling well in excess of \$20,000 were all gifted to this project.

Horsham Downs was a quiet rural area north of Hamilton but as the city has grown north increasing traffic and lack of footpaths meant that it was previously unsafe for local children to walk to school.



# *Best Small Walking Project*

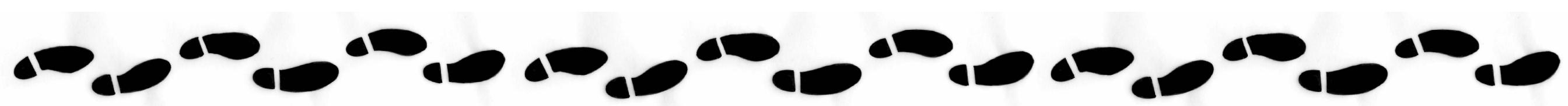
# Green Prescription Mt Challenge Sport Bay of Plenty



The 'GRX Mount Challenge' is an 8 week series for participants to reach the summit of 'Mauao' Mt Maunganui. Participants meet twice weekly and the intensity of the sessions is increased over the period to progress from walking around the base to succeeding with the climb to the top.

Many participants never thought they could do this. By slowly increasing their fitness and endurance over the 8 weeks, it has been something they have achieved! The feeling of accomplishment is very obvious with many members texting or calling friends from the summit. Strong friendships are established and groups have continued to walk after the series was completed.

The profile of this event is growing, each new group is fully booked. Due to the success, these are now run throughout the winter months, to keep up with the demand.



# *Thank you to all the sponsors and supporters*



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