

Footprints

February 2009

Newsletter for Living Streets Aotearoa

Walk 2 Work Day 2009

2008's Walk2Work Day pilot, held in Wellington, was such a success that Living Streets has decided to take the plunge again, this time spreading the word even further afield!

On the 18th of March 2009, thousands of people across New Zealand will leave their cars at home and Walk2Work with friends, family and colleagues. Once again workers will be invited to call in to their local Walk2Work event between 7-9am, to register, collect a complimentary breakfast, be inspired by speakers, win spot prizes and instigate a positive habit change!

Thirteen events are planned across the country this year and a full national release is anticipated for 2010. Event locations for 2009 are: Auckland City, North Shore, Manukau, Taupo, Bay of Plenty and Lakes district, Levin, Wellington City, Lower Hutt, Nelson, Tasman District, West Coast, Christchurch, and Dunedin.

Lucy Allen-King, National Coordinator for Walk2Work 2009 says, "the day is a great excuse for people to get outside and enjoy a walk, realising the benefits of fresh air and gentle exercise". She goes on to say "there has been strong support throughout the country and during hard economic times it makes sense to curb our spending and simplify our lives somewhat, we're expecting a great turn out!"

Each event will be unique. For example in Dunedin the local council is giving its full support to this event and has enlisted the help of the railways. Walk2Work participants will be able to catch trains from Mosgiel and Waitati taking them into central Dunedin where streams of happy walkers will stroll up to the Octagon to partake in Walk2Work 09.



Living Streets has outlined the following aims for the 2009 event:

- encouraging active healthy lifestyles for all New Zealanders to reduce levels of disease, stress and illness through simple, free exercise, to unclog our health system
- reducing fuel emissions and promoting alternative transport, in turn caring for our environment
- supporting New Zealand's economy from retail purchases from walkers on their journey to work. Money saved by walking to work can be spent elsewhere
- promoting national business efficiency by reducing private vehicles on our roads, decreasing congestion and increasing speed of essential business traffic.

All information on this years events can be found at www.walk2work.org.nz, we hope to see you, your family, your friends and colleagues out walking, building better lives for all kiwis.

Walk2Work

**Wednesday
18 March 2009
7am – 9am**

Mark it in your diary now!

Training workshops for walking advocates and Living Streets AGM will be held on the **25 & 26 of July 2009**.

Details on page 3.

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License to Sticky Beak

Commuting in New York

By Nina Arron.

Contributions, articles and feedback: contact the editor: footprints@livingstreets.org.nz.

A reminder that past editions of Footprints can be viewed on our website: www.livingstreets.org.nz/newsletters.html

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From the Director's Desk

The beginning of a new year is a good opportunity to reflect on the big picture and to consider where walking fits in to the issues and concerns facing our local communities, our country, and the world.

Without a doubt, the thoughts of many people are focused on the effect the global financial situation is having on our lives. There are many complex reasons for companies and banks collapsing, resulting in distressing implications for shareholders, investors, and, in the end, all of us, as governments here and elsewhere spend money trying to ease the pain and halt the downward tumble. Most of us don't understand the whys and wherefores of the financial world. All we know is that things ain't good, and we'd better find ways of riding out the storm as best we can.

Challenges like this present opportunities for shifting the paradigm, and for finding new and creative ways of doing things. We can lessen our dependence on the outside world by producing more of our own goods. I read somewhere that a home used to be a centre of production, where now it is a centre for



Liz Thomas
Director

consumption. People used to grow and preserve their own vegetables and fruit, and make their own jam, chutneys, beer, bread, cakes, clothes, soap and much else. They used to buy what they couldn't produce themselves from people in the next street or the next town. Many people are now starting to return to a more self-sustaining, cheaper lifestyle.

Over the past fifty years we have become used to the "freedom" of the motor car, and its ready availability. But as the number of cars has increased, along with congestion, crashes, unhealthy vehicle emissions, and the price of fuel, the real cost of running a car for individuals, the community and indeed the world, has risen sharply. Thousands of people in New Zealand drive alone every day on journeys which they could have walked. This is a luxury we can no longer afford. It makes economic sense at all levels for people to walk for short journeys, and to walk and use public transport, where it's available, for longer journeys.

One of the ways of encouraging more people to walk is by ensuring that walking infrastructure is as safe, pleasant and inviting as possible. The government is talking about investing in new infrastructure as a way of stimulating the economy, and some of this infrastructure will be transport related. In keeping with the NZ Transport Strategy, which calls for an integrated and sustainable transport system, it would make sense for some of the new infrastructure to be built for walking and cycling. A return to active transport modes for appropriate short journeys would have wider social, environmental and health benefits, in addition to the economic benefits.

I hope that 2009 is the year when walking is put firmly at the heart of the transport system and is seen as a relatively cheap, very effective solution to many of today's challenges.

Liz Thomas
Director

Living Streets Events and Activities Coming Up

Golden Foot Awards

The inaugural New Zealand Walking Awards, the Golden Foot Awards, will be presented at an event in Wellington on the evening of Friday 24th July 2009. This exciting new initiative will celebrate and recognise New Zealand achievements for walkers by acknowledging innovative new facilities, rewarding ongoing commitment by organisations, and highlighting national best practice for people on foot. Organisations and companies across New Zealand will be invited to submit entries in April and May 2009.

Walking Advocates Training

Do you need an injection of new ideas and ways to get your message across? Or more ways to persuade people that walking-friendly communities benefit us all - people on foot, car drivers and business? Then come and dispel winter blues in the company of like-minded, passionate people at "Street Cred", the training weekend for walking advocates in Wellington on **25/26 July**. Look out for more info from us or contact - liz.thomas@livingstreets.org.nz.

Government News

The Ministry of Transport's new publication 'Raising the profile of Walking and Cycling in New Zealand' www.transport.govt.nz/raising-the-profile-of-walking-and-cycling-in-new-zealand-1/ looks at the current situation in New Zealand for people on foot and on bikes, as well as the benefits of active transport, and how to get more people out of their cars and under their own steam. The 'snapshot' of national statistics in the glossy, readable document will be supplemented by a fuller set of 'indicators of progress' which are under development. Statistics will be regularly updated in fact sheets as the information becomes available.

The Ministry of Transport has issued some new fact sheets based on the latest results from the Household Travel Survey www.transport.govt.nz/latest-results-1/. According to the fact sheet on Walking for Transport www.transport.govt.nz/assets/Walking-for-transport-2008.pdf on an average surveyed day 75% of people said they did no walking at all.

Members Challenge – Double the Feet on the Street!

The government's Sustainable Transport Strategy aims to increase walking, cycling and other active modes from 17% to 30% of total trips in urban areas by 2040 or 'Doubling the Feet on the Street'.

To show support for this goal and going even further Living Streets Aotearoa challenges all its members to sign up a friend – if everyone signs up a friend then we will double the feet on the street in no time!



Make sure your friend includes your name with their membership form (or email us) and you name will **go in the draw** for a Living Streets T-shirt and a \$20 voucher from the Shoe Clinic.

Lily Linton

Membership renewal time

A new year for walking is underway which means it's time to renew your membership!

Members are very important to Living Streets, providing valuable support as everyday walkers who want to see New Zealand be a vibrant, safe and rewarding place to walk. Our membership year runs from April to March. Subscriptions can now be paid by direct credit to Westpac 03 0502 0484738 00, with your name as reference. If paying electronically please send your renewal details and the date, amount and any changes to your contact details to -

lily.linton@livingstreets.org.nz.

Membership online -

www.livingstreets.org.nz/join.html.

HEHA (Healthy Eating Healthy Action) have a new website www.heha.org.nz. The website has specific pages for different sectors, including a transport webpage: www.heha.org.nz/index.php?id=55 They welcome contributions to the Transport webpage to keep it relevant and up to date with things happening in the transport sector that may be of interest to those working in other sectors. New resources on the HEHA website are:

- **Knowledge Library** - online database of nutrition, physical activity, sport and recreation literature in NZ from 2000 on. www.heha.org.nz/index.php?id=346
- HEHA Evaluation Tool - an online toolbox of surveys and guides designed to make it easier for people and researchers to measure and monitor progress towards improving nutrition, increasing physical activity and reducing obesity. www.heha.org.nz/index.php?id=328

The Office for the Community and Voluntary service (OCVS) has published a report 'It's More Than Talk' as part of the Building Better Government Engagement project.

The report includes options for building better community engagement skills, knowledge and values in the public service. The reference group is keen to supplement the report's content with input from communities and public servants. You can have your say on how government agencies can improve citizens' and community organisations' involvement in decision-making on issues that affect them - see www.preview.tinyurl.com/991557

Sustainable Future, a non-partisan, not-for-profit research organisation specialising in issues affecting New Zealand, has filmed a series of conversations between New Zealanders, for New Zealanders, about New Zealand's long term future. Each Conversation is made up of a number of bite-sized chapters, which can be explored by following the chapter title links in each Conversation page. In full, each conversation is roughly 45 minutes long, and is available either to watch or download as a video or podcast. www.sustainablefuture.info/Site/Publications/Conversations_Home.aspx

Profile: Janet Lawson



Janet Lawson is the new Project Officer for Living Streets Aotearoa. Janet moved to New Zealand in April last year from Sheffield in the UK. She is a keen walker and spent lots of time when she lived in Sheffield walking around the nearby Peak District National Park. She is now based in Lower Hutt and practices commuting sustainably to the national office in Wellington.

She has a degree in biology and qualifications in conservation and environmental management. Back in the UK Janet worked for her local council, running projects in parks and green space regeneration. This involved lots of hands on work getting people out and enjoying the natural environment, planting trees, clean up days and running consultations. Janet has had a long interest in sustainable travel and climate change solutions and is excited about being able to combine these skills to get more people walking.

Janet is currently working enthusiastically on walking maps for Victoria University and Newtown / Berhampore, as well as overseeing the roll out of Walk2Work day in March 2009 (for more information about Walk2Work day and the Victoria University walking map see articles in this newsletter).
Welcome Janet!

It didn't seem to matter how much money people had or where they worked, most understood and appreciated that the train and a walk was the most convenient and often the fastest way to get to work.

License to Sticky Beak

COMMUTING IN NEW YORK *By Nina Arron*

One of the great things about New York is its extensive, well organised, well patronised public transport system and its safe streets for walking which I had plenty of time to appreciate during ten years of commuting in and around the New York metropolitan area.

My 20 minute walk to the morning train kept mindfulness of the seasons very much at the forefront of my day. After weeks climbing over mounds of dirty snow piled at the road corners I was always keen to spot the first bulbs pushing their shoots up into the wintery air. And I loved the garden with the heavily scented datura that would flower through most of the summer and the magnolia that some Edward Scissorhands thought looked best shaped into a dense lollipop that none-the-less flowered profusely each May.

The train ride provided great people watching; the little clutches of commuters standing on the platform at the precise point the train doors would open, the same people waiting in the same spot to get on the same car each day; the foursome for bridge, well-known to the conductors who turned a blind eye to the players removing cardboard advertments out of their frames to use the reverse side as both table and score card; the man who either had a nervous compulsion or the fastest growing fingernails on the planet who whipped out his nail clippers for a quick trim two or three times a week; and of course women putting on their makeup and people drinking their coffee, eating their morning bagel and reading the paper.

The train ride was followed by a lemming shuffle from the platform through the northern exit of Grand Central except on those annoying days when heads of state were staying at the Waldorf or there were special sessions at the UN when all auxiliary exits would close and we'd do a reverse shuffle out

onto Lexington Avenue before briskly dispersing to our various mid town office buildings. It didn't seem to matter how much money people had or where they worked, most understood and appreciated that the train and a walk was the most convenient and often the fastest way to get to work.

When my work moved across the Hudson River to Jersey City we followed and a new routine developed. From our apartment there were only a few roads that provided a walking route to my work due to an urban planning nightmare that had cut the heart of Jersey City to ribbons with highways and train lines. The main roads are patrolled by crossing guards, mostly women, almost always cheerful and very much part of their community. Locals would stop to say hi and have a quick chat and I became known as the woman who made chocolate chip cookies occasionally to thank the guards for standing out there in all weathers getting people safely to school and work.

A board walk along the Hudson made a welcome change from the streets when the weather was mild and instead of watching Westchester gardens grow I now watched the ever blooming construction sites and sometimes a window cleaner abseiling from the top of the high rise swooping from floor to floor with a bucket in one hand and a squeegee in the other. And on those few days that the weather was truly too disgusting to walk, the light rail gave me a Disney Land style train ride tootling through Jersey City block by block. It didn't get me to work any quicker but it did mean I didn't arrive looking like I'd taken a dip in the Hudson.

Now we are back in New Zealand living in a rural area and more reliant on a car than we ever were in New York. I love being back but oh I do miss my daily commute!



Schools can step up for active travel with Feet First

By Jamie Sitzia

Super News for Walkers

Free off peak bus travel for those with a Super Gold Card is good news for senior walkers. This move by the previous government allows cardholders to travel by bus outside peak times for free. Seniors on a tight budget may now travel further to explore and reach good walking destinations. The lure of beach and bush this summer could encourage both more bus travel and more walking.

Daphne Bell

Important local consultations coming up

Every three years councils prepare and consult on their next Long Term Council Community Plans (LTCCP), this time for the 2009-2019 period. These plans detail the activities councils intend to provide and show how they are going to be funded for the plan's ten year period. Your council will be preparing their draft LTCCP now. It's worthwhile contacting them to find out how to have input into developing the draft – it's easier to get good walking ideas in at this stage, rather than later in the process.

Taking the Waewae Express

Anyone familiar with Wellington, and in particular Island Bay, will enjoy catching glimpses of familiar spots in this film. 'Taking the waewae express' (ie. walking) is a micro-budget feature made in New Zealand using the improvisational methods of British director Mike Leigh.

The sad but funny story, about the death of a young man in a car accident, reflects on the tragic impact of the 'boy racer' culture on friends and family. If you missed the film, you can buy it on DVD from Torchlight Films, 73 Severn St, Island Bay, Wellington 6023. See the trailer on YouTube: www.youtube.com/watch?v=ogC2xLL4Wyg



The Feet First 2009 action project is encouraging primary school students to walk to school with a caregiver, friend, or organised walking group at least once a week, every week, during term time.

This year Feet First will also provide curriculum content for teachers to talk about walking in relation to safety, exploring, creativity, and saving the planet. Teachers have access to range of curriculum resources that link to the environmental, social, economic and health benefits of going on foot. The whole approach is to encourage learning opportunities and to support safe walking.

Students and teachers will be able to consider the wider issues related to walking such as urban design, community development or the environment. They could study family history looking at 'how we used to walk to school' or look at the health benefits of active travel.

NZTA education manager Jennie Gianotti says the benefits of children getting to school using active transport are significant.

"More children walking to school means increased fitness and health, less money spent on petrol, reduced energy use and fewer vehicle emissions, less congestion at the school gate and more social interaction for children, their families and whanau. While walking they're also learning sustainable transport habits for the future."

The Feet First 2009 project works with, and beside, other projects including those already established in environmental issues, health and physical wellbeing. The prizes encourage use of the website - especially the curriculum materials which have been designed to work with the NZ curriculum.

During the year schools can use the curriculum materials and those who register will receive further materials, and can submit walking blogs, stories and case studies. Schools can choose to develop some of these walking stories to submit into the NZTA Picture Book Challenge. In Term 4 the winning school gets the chance to publish their own picture book on active travel while working alongside a professional author, illustrator and editor. The winning school's book will have a professional launch and be distributed to every school library in New Zealand.

Online registrations are now open for schools at: www.feetfirst.govt.nz or you can email: feetfirst@nzta.govt.nz. An interactive website hosting the curriculum resources will launch in early February. It will showcase articles, case studies and links to class blog sites so participating schools can compare and share information.

Jamie Sitzia - Senior Communications Advisor
jamie.sitzia@nzta.govt.nz | 04 894 6333



News from the regions

Walk Auckland

WA's first meeting of the year on February 10th will include planning Walk to Work day. On January 31 Graeme Easte opened a new bush track beside the Grey Lynn area of the motorway. The track runs from Grey Lynn Library to Commercial Road. It connects with other tracks in this bushy hillside next to the Northern Western Motorway. There are also plans for a mountain bike track in the bush nearby, currently the closest mountain bike track is an hours drive away. The more walking and cycling recreation tracks situated in the city the better it is for those carbon footprints.



Councillors Graeme Easte (also LSA exec), Greg Moyle and Community Board Chairman Bruce Kilmister.



The Track Opening on January 31st

Living Streets North Shore

A very happy new year to all. The North Shore Living Streets Group met for the first time in November 2008 and have just had their second official meeting by the beach in Takapuna. Both meetings had a great turnout. Issues covered so far include Walk2Work 2009 which will take place with a breakfast on Takapuna Beach, a signage audit review of the Devonport-Takapuna walk/cycle way completed by members in December, and we will be commenting on the new North Shore City Council's walking strategy. Margaret Scrymgeour has produced an impressive series of one hour walks complete with maps covering most of the North Shore which will

be available on the Harbour Sport Green Prescription website soon. We are also working with NSCC to find a home on the council website too.

Interim Coordinator - Gay Richards
ph 373 7599 ext 84640

Next Meeting
5pm, 25th February
The Beach Cafe, Takapuna

Manukau

A Manukau group is underway with a well attended meeting before Christmas. An organising committee has been set up and taking part in meetings on the Otara Heritage Trail. Potential projects discussed include the Otara Heritage trail, traffic phasing changes near the MIT campus and Kelvin has attended Counties Manukau Active meetings to discuss an active parks network and physical activity maps based around community hubs. Living Streets will also be involved in a team working on a Health Impact Assessment of the new Manukau City Spatial Strategy - looking at walkability of the area, through to perceptions of safety and vehicle emission levels. If you would like to contribute in any way please call Kelvin on 3780953.

Next meeting
10am, 24th February
The Tui Room at the Otara Town Centre

Living Streets Hamilton

Not a lot has happened over the summer with the exception of FINALLY getting our Hamilton CBD lunchtime walking map to the printer. 10,000 copies will be available from end of January, and Ree Varcoe from Hamilton City Council will assist with promoting the map during walking/biking season in February. Copies will also be available from Living Streets Aotearoa offices in Wellington.

We tried very hard to point out the problems for pedestrians and cyclists from a proposed new shopping centre on a busy section of road in Hamilton East. Unfortunately resource consent was granted despite several detailed submissions from us and several other community organisations. Further meetings will be held to discuss appealing the decision. Upcoming meetings include preparing submissions for the HCC annual plan, due in late March.

Judy McDonald, Coordinator

Living Streets Wellington

Our November meeting was a walk in the rain to look at the proposed changes to Wellington's Golden Mile. The present Manners Mall would be replaced by bus lanes to simplify bus routes and potentially be a route for light rail. Opinions varied and were debated hotly when the group adjourned to a local watering hole to dry off and prepare the submission. We also submitted on the proposal for the new Sports Complex at Cobham Drive in Kilbirnie, which caters poorly for public transport users, walkers and cyclists.

Members continue to work on the Great Harbour Way proposal. We found an excellent volunteer through Volunteer Wgtn to co-ordinate the walk2work event. She has secured sponsorship, and is working with members and other agencies to plan the event. Members are also checking walking routes for several walking maps under development. These include a map of routes between the Victoria University campuses, edition 2 of the Newtown Berhampore walking map and 3 Lunchtime Walks maps.

Climate Action Festival Wellington
Living Streets shared a stall with the Sustainability Trust at the 350 NZ Climate Action Festival on December 6th at Waitangi Park (a photo of our stall made it into the MfE's *Talk Sustainability* newsletter). The festival had over 30 stalls, music, a sustainable hangi and fun events like the Frocks on Bikes maiden ride! Over 5,000 people turned up on the day.

BikeWalk Marlborough

The initial 1.2km stage of the rail corridor sealed bike/walk path between Blenheim and Spring Creek was recently completed. Once completed, this path will connect the townships of Grovetown and Spring Creek, and will also extend South to Riverlands and Cloudy Bay Industrial Estates.

Viastrada is currently undertaking a review of Marlborough's Walking and Cycling Strategy, it's cycle network, cycling hot spots and existing cycle lane proposal.

BWM is almost there with it's new 'Trust' status.

The recent Nelson and Marlborough NPA (Nutrition and Physical Activity) Baseline Survey has provided some great timely active travel data.

A new Bike Walk Blenheim map has just been completed and about to be released. This has been assisted through the CAN & Living Streets Micro Fund. Many thanks!!!

Marlborough District Council has engaged Kobus Mentz from Urbanismplus Ltd, and working with a team of consultants, to develop a Town Centre Strategy for Blenheim, drawing on international best practice and knowledge, along with the wisdom of locals.

Rodney Tolley, the widely recognised international authority and advocate on walking recently visited Marlborough and Nelson again and has provided insightful and most relevant feedback for incorporating into Blenheim's Town Centre Strategy.

Regards & keep up the good work.
Rob | robin.dunn@marlborough.govt.nz

Walk Nelson Tasman

Walk Nelson Tasman members raised concerns about walking infrastructure with the Nelson Tasman Total Mobility Committee. This led to a meeting between Total Mobility Committee members and Nelson City Councillors and staff to discuss the design of the recently opened Bridge Street Bridge. Remedial work to the bridge is being undertaken as a result. Walk Nelson Tasman members have also made a presentation to Tasman District Council's Infrastructure Committee. Consequently engineering staff have asked Walk Nelson Tasman members to have input into new walkway and shared path design.

600 people in the Nelson Tasman region are participating in Spring Strut Stride, a six week celebration of walking organised by the Heart foundation and Way2Go. This includes 27 teams from Nelson Marlborough District Health Board. Teams of up to 10 people record K's walked, those with the most win. Some are using this as training for November's Waimea Half marathon. Planning has started for events to celebrate Walk2Work Day in 2009.

Living Streets Canterbury Summer Round-up

Living Streets Canterbury is collaborating with others on the inaugural Christchurch Walk2Work (18th March, Cathedral Square, 7-9am)*. We are working with Sport Canterbury, Health groups (Cancer Society, Diabetes Society, and Heart Foundation) and environmental groups (Sustainable Otautahi Christchurch and Sustainable Living Education Trust), with support from Christchurch

City Council, Environment Canterbury, and Christchurch Polytechnic. In common is a passion for walking as a healthy and environmentally friendly transport option. The team decided on a centralised event in Christchurch's iconic Cathedral Square. Steve Gurney, a Canterbury icon will MC. A variety of sponsors will provide great breakfast treats, hot cross buns, gluten-free muffins, organic fruit, and fair trade organic coffee. We realise walking all the way to work is not practical for everyone so to the event makes sure to acknowledge other modes of public transport is a healthy and sustainable compromise - with Metro bus "on board" with several prizes. Through local sponsors there are some great spot prizes, including a restaurant meal and pair of ecosneakers - appropriately with soles made from recycled tyres! We anticipate enough spot prizes for every 10th person registering. Christchurch commuters don't even need to be there to win - as we're encouraging people citywide to register and enter the Walk2Work story competition on-line.

Living Streets Canterbury is keen to rejuvenate in 09 and looks forward to talent spotting at the Walk2Work event with five free Living Streets Memberships (including a Footprints mag) to entice new members. Long term Council Community Plans (LTCCPs) are due for public consultation soon so submissions are high on our priorities to get the many Council Walking Strategies implemented. We were asked to nominate a person for the Active and Passenger Transport Working Group and Wendy agreed to be our champion on this important Regional Transport Committee (RTC).

Project Lyttelton is organising a Festival of Walking for freedom and guided walks in the Lyttelton area over Easter Weekend which we look forward to.

*For more information on Walk2Work Day contact: Meg Christie, Active Environment Health Promoter
Community & Public Health (CDHB)
76 Chester Street East | 03 378 6817
meg.christie@cdhb.govt.nz

Fiona Whero

Living Streets Dunedin

Living Streets Dunedin has been quiet over summer, with all members out walking in glorious Dunedin weather. From February we will be gearing up to plan our first Walk2Work Day, on Wednesday March 18. This promises to be a great event, with coffee, hot cross buns, and even rare trains being run by the Taieri Gorge Railway into Dunedin from Mosgiel, Waitati and Port Chalmers. Commuter trains might be old hat for Wellingtonians, and becoming normal for Aucklanders, but for Dunedinites it's "back to the future". We haven't had a train commuter service since the early 80s, but there is a growing movement to "bring back the trains".

Living Streets will use the event, organised by several active transport organisations led by the DCC, to raise our profile and gain new members. One of the services we hope to offer is training and implementation of the community street review throughout our main walking routes.

Contact: Judy Martin ph | 453 4619
e: jmartins@ihug.co.nz

Walk West Coast

The newly formed Walk West Coast promoted walkable communities' guru Rod Tolley's recent visit to the coast. Representatives also attended the 'walkshops' and presentations that were held in the three districts.

Rod's visit coincided with the final round of consultation to the West Coast Draft Walking and Cycling Strategy to which Walk West Coast submitted.

Rod 'walkshops' were attended by representatives from the local authorities, health, business and other interested parties, and focused on the central business areas of each district and the connections into it. He looked at signage, urban design (including parking and use of space) and any issues particular to each district. He spent time with local authorities discussing their plans and gave expert opinion on how to make the areas more walking- and cycling-friendly.

His inspiring presentations covered best practice for urban design and the multiple benefits of walking and cycling friendly communities, including positive effects on the environment, health and economic activity. He showed photos from all over the world and included local shots of both good and not-so-good examples for the community and council to consider.

Rosie McGrath

Walking events

Auckland

www.aucklandcity.govt.nz/whatson/calendar
www.aktifive.co.nz
numerous walking events

Hamilton

www.whatsonhamilton.co.nz

Wellington

www.feelinggreat.co.nz
Keep Fit Heart Health Walk
Wednesdays at 10:00am, 40 minute walk
Keep fit and enjoy a social chat.
139 Oriental Parade, Freyberg Pool Car Park

Nelson

www.ncc.govt.nz/sports/facilities/walks/walkways.htm

Women's activator series

Walking, cycling, swimming and running

Phone Amanda Dykzeul (03) 547 9192
nelsonactivator@gmail.com

Christchurch

Christchurch Walk2Work
18th March, Cathedral Square, 7-9am.
www.ccc.govt.nz/recreation/Walking

Festival of Walking

April 10-12
Enjoy a series of guided and freedom walks around Lyttelton Harbour.
For more info contact: Rod Lawrence
rod@lyttelton.net.nz

Dunedin

Moro Marathon/ Half Marathon, Run / Walk
Sunday 14 September
Harrington Point/ Edgar Sports Centre
finish Watson Park (Food & drink available)

International Snippets

Spatial Metro (www.spatialmetro.org), a project largely funded by the EU, aims to make city visits more enjoyable for pedestrians by making cities easier to navigate, easier to walk around and easier to understand and appreciate. Together with municipalities and universities, five cities (Norwich, Bristol, Rouen, Koblenz and Biel/Bienne) in North West Europe have carried out pilot studies and exchanged experiences. The book 'Street-level desires, discovering the city on foot', published by Delft University of Technology, shares their findings on pedestrian mobility and the regeneration of the European city centre with the reader.

Living Streets UK is celebrating a big step forward as they officially launch in Scotland, with a challenging task ahead: to create streets across Scotland that put people first and encourage a shift towards regular walking. Research shows that more disadvantaged communities, who depend most on using their local streets for health, leisure and transport needs, often have to put up with the worst conditions. Child pedestrians from the lowest socio-economic groups are 21 times more likely to be killed in a traffic accident than those from the top socio-economic group. www.livingstreets.org.uk

Dubai will have some 580 kilometres of cycling and walking tracks on various roads in a bid to encourage people to cover short distances without using private cars. A 14.6 kilometre walkway and cycling track on Jumeirah Beach has already been completed as part of plans to encourage a walking and cycling culture in the city. The walkways have been designed to link pedestrian crossings and metro stations with nearby buildings and the majority in the commercial areas will be air-conditioned to enable people to use them even during extreme hot weather conditions.

www.walkinginfo.org

Sustrans Cymru rallies efforts to boost stalled cycle path plans

An 'unprecedented' coalition of organisations in Wales has lobbied for a change in law that will make local authorities responsible for developing and maintaining a national network of paths for cyclists, walkers and disabled people.

www.bikebiz.com/news/30132/Welsh-cycle-route-campaign

Meetings

Walk Auckland

Second Tuesday of the month 5:30pm
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).
March 10, April 14, May 12

Living Streets North Shore

5pm, 25th February
The Beach Cafe, Takapuna

Living Streets Hamilton

Second Thursday of the month at 5:30pm,
at 29 Claude St, Hamilton
December 11, January 8, February 12

Walk Taupo

Meets as required

Living Streets Palmerston North

Meets as required

Living Streets Wellington

Fourth Monday of the month, 6pm, WCC
Committee Meeting Room.
February 23, March 23, April 27

Living Streets Canterbury

Join us! Contact Wendy for where to meet:
wendy.everingham@xtra.co.nz

Living Streets Dunedin

Third Wednesday of the month, Sport Otago
rooms, 7pm (unless otherwise notified).
February 18, March 18, April 22
Contact Judy Martin: jmartins@ihug.co.nz
or phone: 453 4619.

"Human beings need safe, carbon neutral migration routes and like the millions of badgers, foxes, rabbits, and birds, are growing increasingly fed up with becoming roadkill"

~ On the Level Car Free Blog