

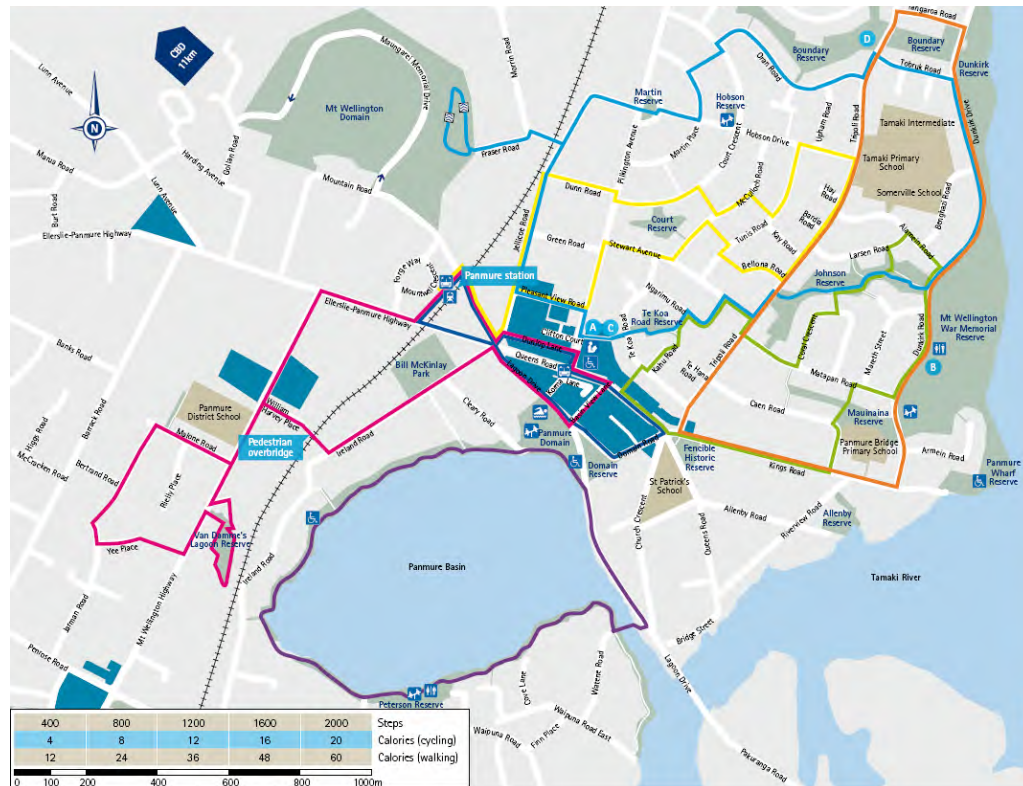
Panmure Be Active Map

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- Auckland Issues
- Policies & Strategies
- Be Active Maps Objectives
- What a Be Active Map is
- The Process
- Lessons Learned
- Conclusion

Auckland Issues



- **Getting there – on foot, by cycle** (Ministry of Transport, 2005)
- **Regional Land Transport Strategy** (Auckland Regional Council, 2005)
- **Auckland City Cycling and Walking Framework** (Auckland City Council, 2007)

Shared Vision:

More people choose to walk and cycle



The **Be Active Maps** are one tool to implement these strategies & their visions

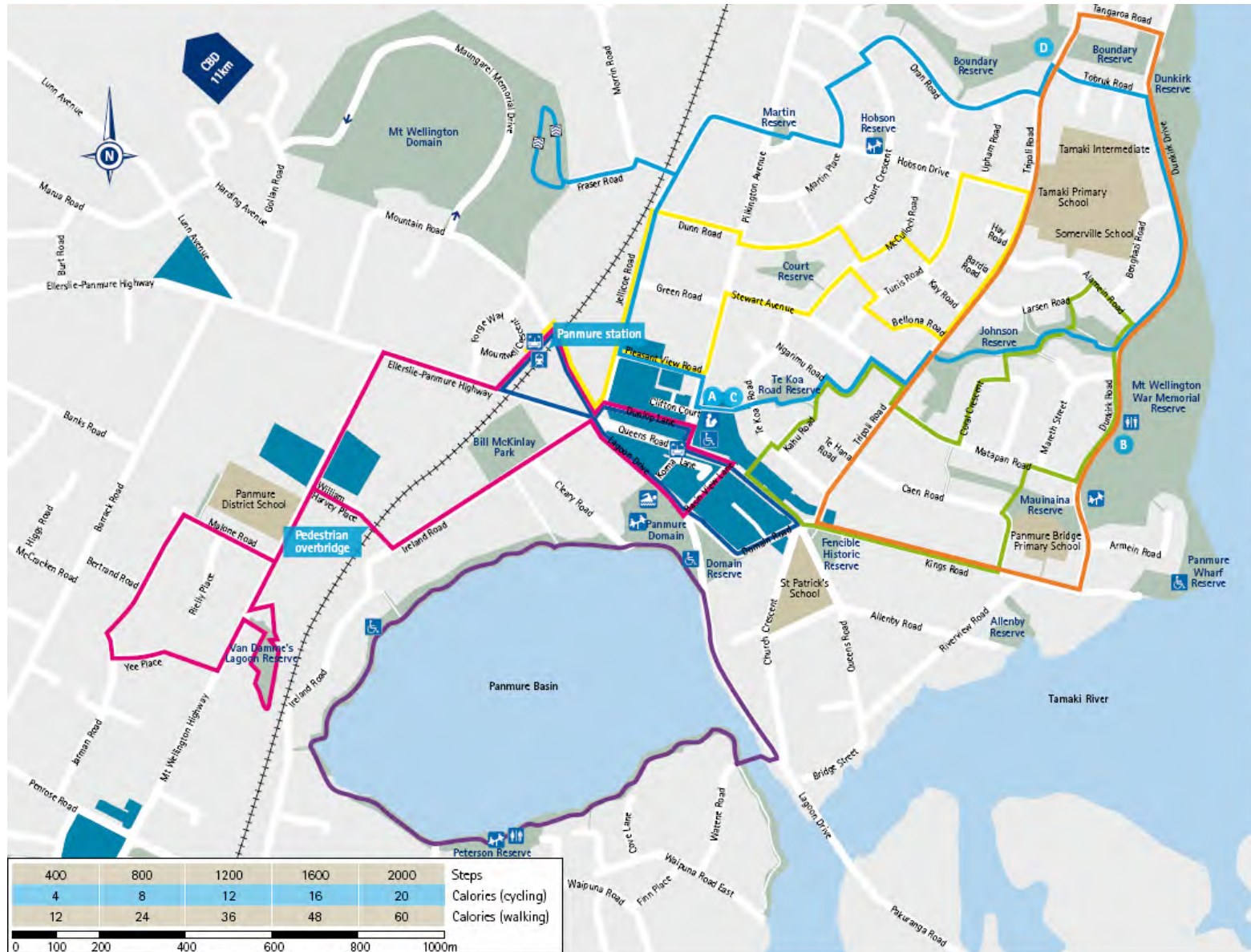
- Get a greater awareness of travel choices
- Indicate walking and cycling connections between key destinations
- Encourage & motivate walking / cycling 'locally'
- Discourage use of private motor vehicle
- Reduce motor vehicle trips, particularly for short trips
- Provide a calorie scale since calories are a motivator for people to be more active



- Recreation and Destination routes in neighbourhoods
- Pedestrian and cycling routes between key destinations:
 - Train stations
 - Key bus stops / transport centres
 - Schools
 - Parks
 - Points of interest (e.g. galleries, museums)
 - Community facilities (e.g. libraries)
 - Recreation centres
- For each route:
 - Calories burned when walking or cycling
 - Distance (km)
 - Steps
 - Time

- Roads
- Underpasses
- Barriers (e.g. steps, streams, gradient)
- Public toilets
- Reference to key destinations (e.g. 2km to CBD)
- Contact numbers (e.g. MAXX public transport info)
- Cross reference to show other available Be Active Maps

Panmure Be Active Map



Key

- Public toilets
- Wheelchair accessible toilets
- Major bus stops
- Train station
- Lagoon Leisure and Fitness
- Playground
- Panmure Community Library
- Maungarei Room
- Dunkirk Road Activity Centre
- Panmure Community Hall
- Swift Footes Hall
- Railway line
- Town centre/shops
- School
- Park and reserve
- Steep gradient
- One way street

Destination routes (pedestrians and cyclists)

- Route 1
- Route 2
- Route 3
- Route 4

Recreational routes

- Pedestrian route
- Fitness trail/pedestrian route
- Cyclist route

400	800	1200	1600	2000	Steps
4	8	12	16	20	Calories (cycling)
12	24	36	48	60	Calories (walking)

0 100 200 400 600 800 1000m



	Distance (km)	Calories – pedestrian	Time – pedestrian (minutes)	Steps	Calories – cyclists	Time – cyclist (minutes)
Destination routes						
Route 1	2.1	125	25	4200	40	10
Route 2	5.2	310	65	10,400	105	25
Route 3	4.1	245	50	8200	80	20
Route 4	3.2	190	40	6400	65	15
Recreation routes						
Pedestrian route	5.6	335	70	11,200		
Fitness route	3.1	185	40	6200		
Cyclist route	3.9				80	15

Other walking and cycling maps available for Auckland city:

- Explore Auckland city's walkways (Auckland City Council brochure)
- Inner City Running (Auckland City Council brochure)
- Getting Around Auckland – Cycle maps – central and north west, central and south east, and cycle guide (MAXX map)
- A safer Auckland for cyclists (Auckland City Council brochure).

Other maps in the Panmure area:

- Panmure town – Heritage Walk (Panmure Business Association Mainstreet).



Here are some useful exercise facts

Hills

- Walking uphill burns more calories than walking on the flat.
- Walking downhill uses 75 per cent of the energy required to walk on the flat.

Speed

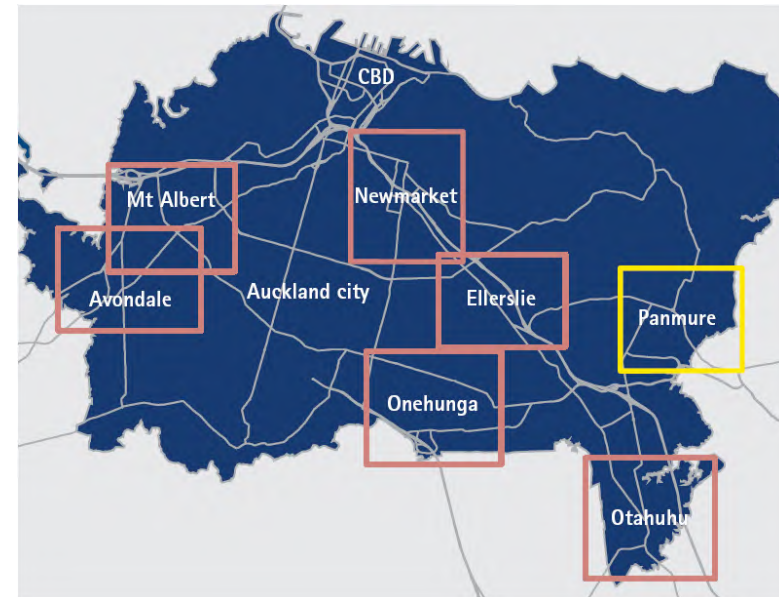
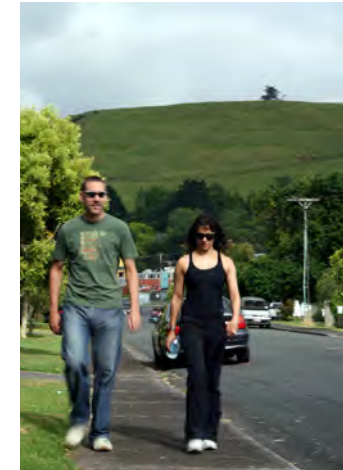
- Walking speed doesn't affect the calories burned – it's the distance that counts.
- A 30-minute walk can be split into three 10-minute walks, and still have the same effect.

Calories and steps

- Cycling burns about 33 per cent of the energy of walking. This means that cycling burns three times less calories than walking.
- The more you weigh, the more calories you'll burn. The calorie counts provided in this brochure are based on the average male body weight of 82kg.
- The numbers of steps quoted in this brochure are based on an average of 2000 steps per km.

As part of Auckland City Council's commitment to provide sustainable modes of travel, this map is one of a series to help you lead a healthy and active lifestyle – enjoy our city.

- Workshop - May 2006
 - Agreement on objectives & scope
- Draft map - Feedback from:
 - Workshop attendees
 - Community Board reps
- Approval through Community Board
- Production of 7 Be Active Maps
 - Ellerslie, Panmure, Mt Albert
Onehunga, Otahuhu,
Newmarket & Avondale
 - Printed and published in 2007



- Maps align with:
 - Urban Living Programme
 - Promotion of sustainable transport in growth areas
 - Walking and Cycle Plans & Improvements
- Production assisted by Central Government through Auckland Sustainable City Programme
- Available on ACC website with detailed description of the routes
<http://www.aucklandcity.govt.nz/akactive>



- Use compatible designer programme
- Very time consuming
- GIS based maps
- Branding restrictions
- Separate cycling and walking destination routes
- Name all Streets on the map
- Use local pictures



- Be Active Maps important tool to:
 - support national, regional & local walking strategies & policies
 - help improve Auckland sustainability
 - encourage people to walk / cycle particularly for short distances
- 7 Be Active Maps were created & produced
- Future work:
 - new Be Active Maps in different areas of Auckland (e.g. Central area)
- Promote tourism





<http://www.aucklandcity.govt.nz/akactive>