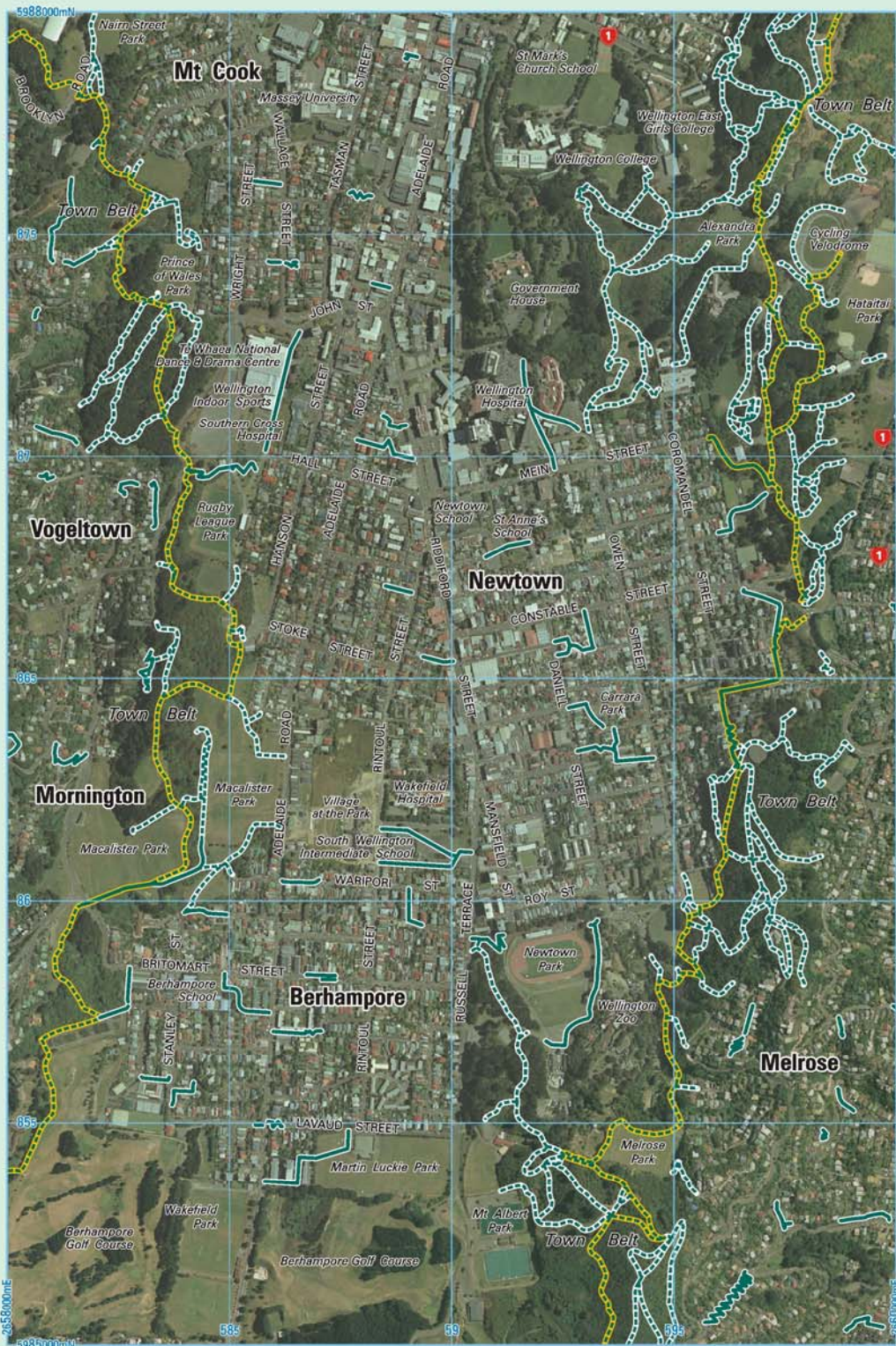
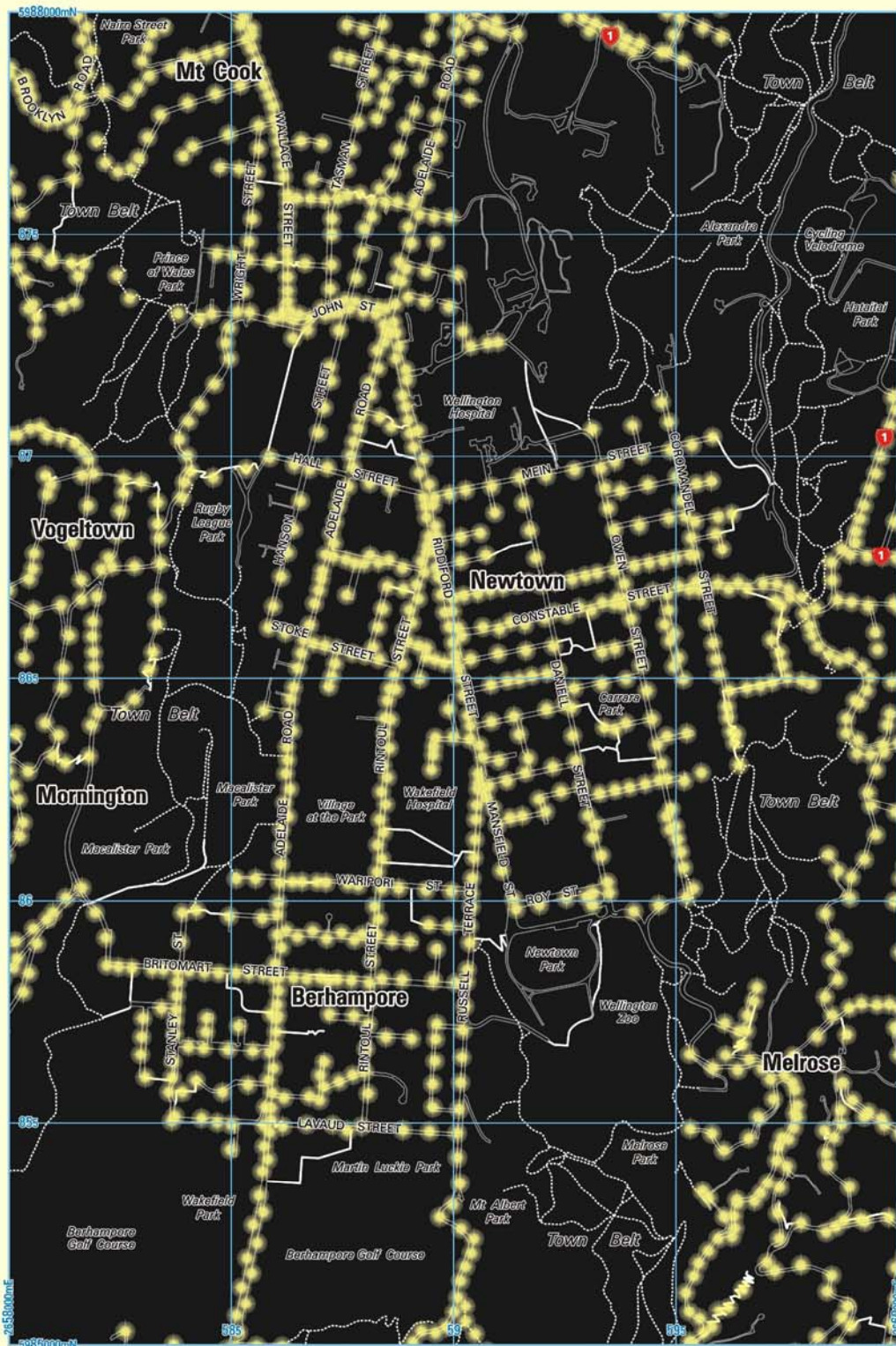


Newtown & Berhampore from the Air

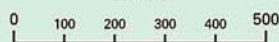


Newtown & Berhampore by Night



- Wellington City Walkway
- Pedestrian Route, sealed
- Pedestrian Route, unsealed

SCALE 1:15 000
metres



Cartography by the Geo-graphics Unit
School of Geography and Environmental Science, The University of Auckland
ggu@sges.auckland.ac.nz · www.sges.auckland.ac.nz

Acknowledgements

Living Streets Aotearoa is grateful for the assistance given by residents and other individuals, local groups and organisations, and official bodies in the preparation of this map.

While every effort has been made to make this map as accurate and up-to-date as possible, no responsibility can be taken for any errors or omissions, and the marking of any road or path is no indication of a right of way.

If you find any errors on this map or would like to make any suggestions, please contact Living Streets at:

Living Streets Aotearoa Inc.
PO Box 25-424
Wellington
newtown@livingstreets.org.nz

All feedback received by **31 December 2006** will go into a draw for a \$100 New World Voucher!

© Living Streets Aotearoa Inc., August 2006

Map Projection

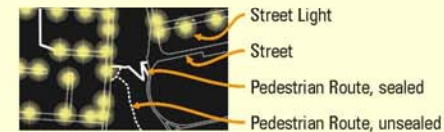
This map is drawn on the New Zealand Map Grid Projection, a minimum error conformal projection.

Grid Information

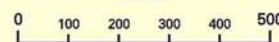
The grid is the New Zealand Map Grid, showing coordinates in metres in terms of the Geodetic Datum 1949, based on the International (Hayford) Spheroid.

Compilation Notes

Thematic information compiled from field checks undertaken by Living Streets Aotearoa Inc during July-August 2006 and from digital data held by Wellington City Council. Topographical information derived from Wellington City Council data, 2006.



SCALE 1:15 000
metres



Cartography by the Geo-graphics Unit
School of Geography and Environmental Science, The University of Auckland
ggu@sges.auckland.ac.nz · www.sges.auckland.ac.nz

Living Streets Aotearoa Inc.

Our Vision

More people walking more often & enjoying public places - young and old, fast and slow, walking, sitting and standing, commuting, shopping, between appointments, for exercise, for leisure and for pleasure.

Walking is the **First Mode of Transport** - all the rest are alternatives.

This map has been produced by Living Streets Aotearoa Inc to help people walk around Newtown and Berhampore. Walking as a means of transport and for leisure is healthy, accessible, cheap, sociable and environmentally friendly.

Use this map to see help you walk to the shops, to the health centre or the hospital. Follow the tracks into the Town Belt, or along the City-to-Sea, Southern or Hataitai-Newtown Walkways. Walk to Kilbirnie (roughly 25 minutes), Island Bay (45 minutes), Brooklyn (30 minutes), the City Centre (30 minutes), & perhaps catch the bus back (bus stops are marked on the map).

For more ideas about walking, check out our website:
www.livingstreets.org.nz

The more people walk, the safer our streets!

Why Walk?

Exercise can keep our body, heart & mind in top shape! Find 30-60 minutes in your day to get the following benefits:

- * Cardiovascular health
- * Muscular strength
- * Healthy bones
- * Energy expenditure
- * Posture
- * Relaxation
- * Social life - talk while you walk; join a walking group
- * Local knowledge
- * Self-esteem

How to Start

A step-by-step approach:

- * Make it a habit
- * Be flexible
- * Avoid boredom - choose different routes from the map
- * Challenge yourself - walk briskly for at least 20 minutes
- * Write it down - use your calendar or diary to help you stay motivated
- * With a little help - friends, family, partner, dog. Seek moral support - it will help you stick with it
- * Be patient - it can take up to six weeks to feel the benefits of regular walking

Map Project Sponsors

Living Streets Aotearoa Inc
www.livingstreets.org.nz



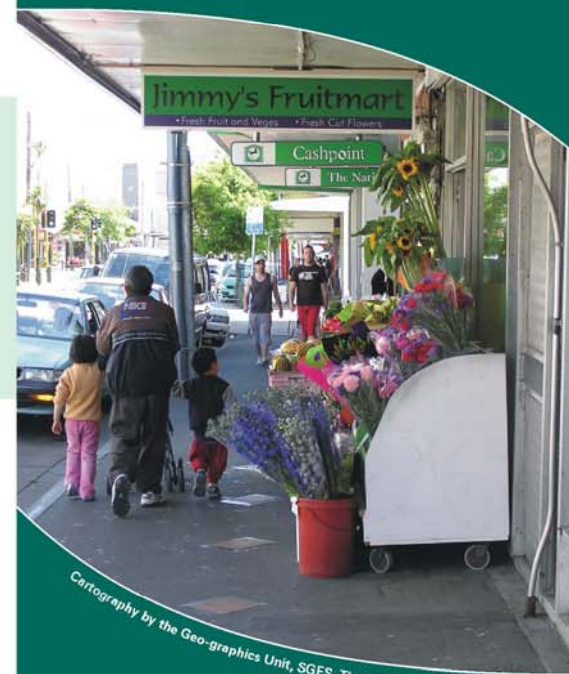
Wellington City Council
www.wcc.govt.nz

Absolutely POSITIVELY
ME HEKE KI PŌHEKE
WELLINGTON CITY COUNCIL **Wellington**

Health Sponsorship Council
www.hsc.org.nz



Newtown & Berhampore Walking Map



Cartography by the Geo-graphics Unit, SGES, The University of Auckland 2006

Edition 1 · 2006