

# Walk Auckland Inc.

associated with Living Streets Aotearoa Inc.

## Our Vision

More people walking more often and 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 **Walk Auckland** and the **Western Bay Community Board** to help people walk around Point Chevalier, Western Springs, Grey Lynn, Herne Bay, Ponsonby, Arch Hill, St Mary's Bay and Freemans Bay. Walking as a means of transport and for leisure is healthy, accessible, cheap, sociable and environmentally friendly. Use this map to see how close things are to your home. Walk to the shops for the litre of milk, the park or the nearest beach.

For more ideas about walking please visit these websites:  
[www.walkauckland.org](http://www.walkauckland.org)  
[www.livingstreets.org.nz](http://www.livingstreets.org.nz)  
[www.walkit.info](http://www.walkit.info)  
[www.maxx.co.nz](http://www.maxx.co.nz) for walking times plus bus info

The more people walk, the safer our streets!

## Why Walk?

Exercise can keep our body, heart and 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, partners, 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

**Walk Auckland Inc**  
[www.walkauckland.org](http://www.walkauckland.org)

**WALK AUCKLAND.org**

**Western Bays Community Board**

## Acknowledgements

Walk Auckland is grateful for the assistance given by:

- \* Living Streets Aotearoa
- \* Walking Map Tool Box by Health Sponsorship Council
- \* Igor Drecki, GgU, SGGES, The University of Auckland

- |  |                         |  |                                 |
|--|-------------------------|--|---------------------------------|
|  | Pedestrian Crossing     |  | Pedestrian Route, mainly sealed |
|  | Pedestrian Islands      |  | Pedestrian Route, unsealed      |
|  | Traffic Lights          |  | Stairs                          |
|  | Railway Station         |  | Walking School Bus, start/end   |
|  | Public Parking          |  | Cycleway                        |
|  | Lookout                 |  | Bus Route                       |
|  | Playground              |  | Bus Stop, with shelter          |
|  | Public Toilet           |  | State Highway                   |
|  | Boat Ramp               |  | 40km/h School Zone              |
|  | Library                 |  | Railway                         |
|  | Mailbox                 |  | Tramway                         |
|  | Public Telephone        |  | Public Building                 |
|  | School Ground           |  | Main Shopping and Café Area     |
|  | Fenced Area (selection) |  | School                          |
|  | Bush                    |  | Sports Club                     |
|  | Grass                   |  | Hospital or Pensioner Village   |
|  | Wetland                 |  | Place of Worship                |
|  |                         |  | Marae                           |

## Map Projection and Grid Information

This map is drawn on the New Zealand Transverse Mercator 2000 projection. The grid is the New Zealand Transverse Mercator 2000 grid, showing coordinates in metres in terms of the New Zealand Geodetic Datum 2000 (NZGD2000) based on the Geodetic Reference System 1980 (GRS80) ellipsoid.

Global Positioning System (GPS) users can use the World Geodetic System 1984 (WGS84) reference frame for navigation.

## Compilation Notes

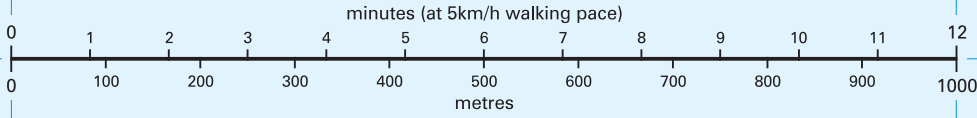
Thematic information compiled from field checks undertaken by **Walk Auckland Inc** during October-December 2007. Topographical information derived from Auckland City Council, 2007 (building footprint information from 2002).

## Disclaimer and Feedback Request

In addition to the paths shown explicitly on this map, all the ordinary roads shown also have footpaths. However, note that pedestrian access to motorways and motorway access ramps depicted on this map is prohibited.

We would appreciate any comments or feedback on the accuracy and usefulness of this map. Please contact us through the comments box on our website at [www.walkauckland.org](http://www.walkauckland.org).

SCALE 1:8 000 (1cm = 80m)



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