

MORE PEOPLE WALKING - KEYS TO SUCCESS

Walking is for everyone, regardless of age and ability. Walkers include people on foot, people with crutches, people with canes, people in wheelchairs, and people in mobility scooters. Evidence consistently shows that by providing pedestrian-friendly neighbourhoods, quality public spaces, a mix of land uses, and housing densities, more people will walk, giving health, environmental, transport and community benefits.¹



Walking can be all or part of our journey

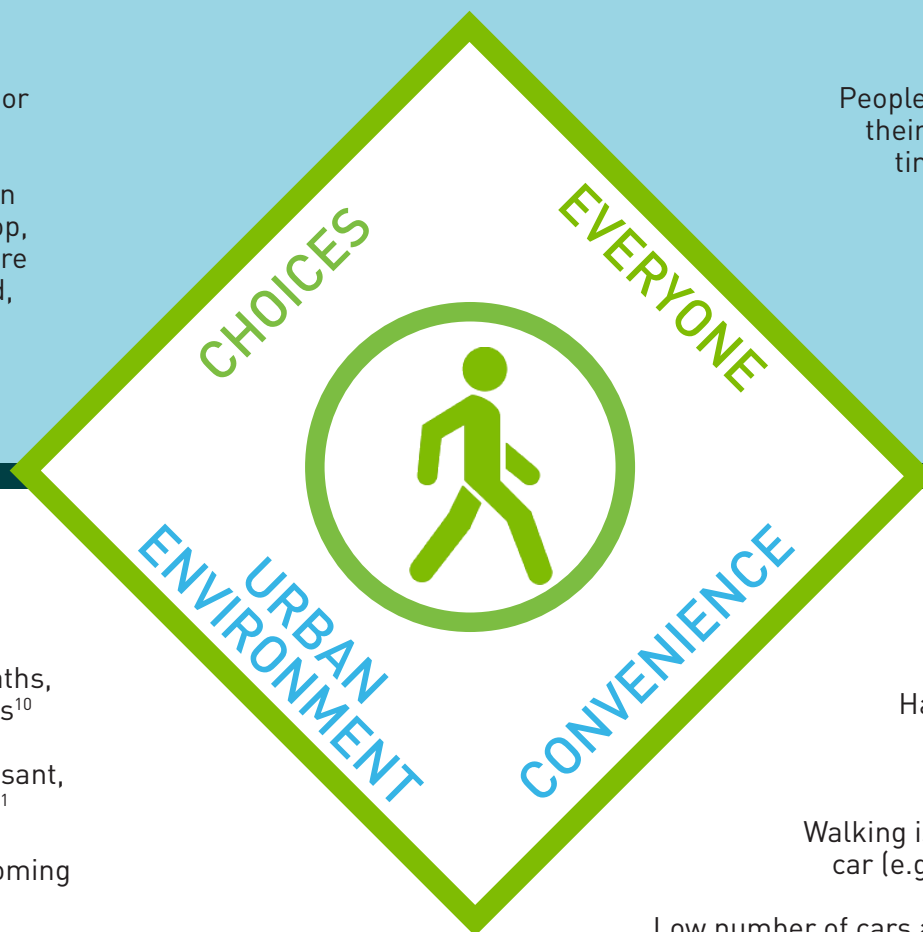
We walk to the train station, the bus stop, the shops, to explore our neighbourhood, or to spend time in nature

REASONS TO WALK



People walk for joy, to explore their neighbourhood, spend time outside, and to relax with friends and family

In 2020, many people have rediscovered the joys and benefits of walking more often



Good quality facilities, e.g. footpaths, pedestrian crossings¹⁰

Well-designed, pleasant, public open spaces¹¹

Attractive and welcoming neighbourhoods¹²

Protection from the weather e.g. shade/coverings^{13,14}

Having somewhere to stop and rest¹⁵

FEATURES OF A GOOD WALKING ENVIRONMENT



Connected networks^{2,3}

Having somewhere to go e.g. public transport, local shops or parks^{4,5}

Walking is easier than using the car (e.g. congestion, parking)⁶

Low number of cars and slow-speed traffic⁸

Feeling safe⁷

Well-lit paths, with clear lines of sight⁹

Cycling and Walking Australia and New Zealand (CWANZ) is the Australasian lead reference group for walking and bike riding on transport and recreation networks. Members include senior and executive level leaders from all Australian state and territory transport agencies, New Zealand Transport Agency, local government representatives and leading representative organisations for walking, cycling, health and mobility.

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References



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¹⁰ NZTA Ibid.

¹¹ Giles-Corti, B., Broomhall, M. H., Knuiaman, M., Collins, C., Douglas, K., Ng, K., Lange, A. and Donovan, R. J. (2005) Increasing walking: How important is distance to, attractiveness, and size of public open space?, *American Journal of Preventive Medicine*, 28(2, Supplement 2), pp. 169-176.

¹² Foster, S., Giles-Corti, B. and Knuiaman, M. (2011) 'Creating safe walkable streetscapes: Does house design and upkeep discourage incivilities in suburban neighbourhoods?', *Journal of Environmental Psychology*, 31(1), pp. 79-88.

¹³ Ibid.

¹⁴ NZTA Ibid.

¹⁵ Walton, D. and Sunseri, S. Ibid.

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