



Manaaki
Tangata

Caring for
the People

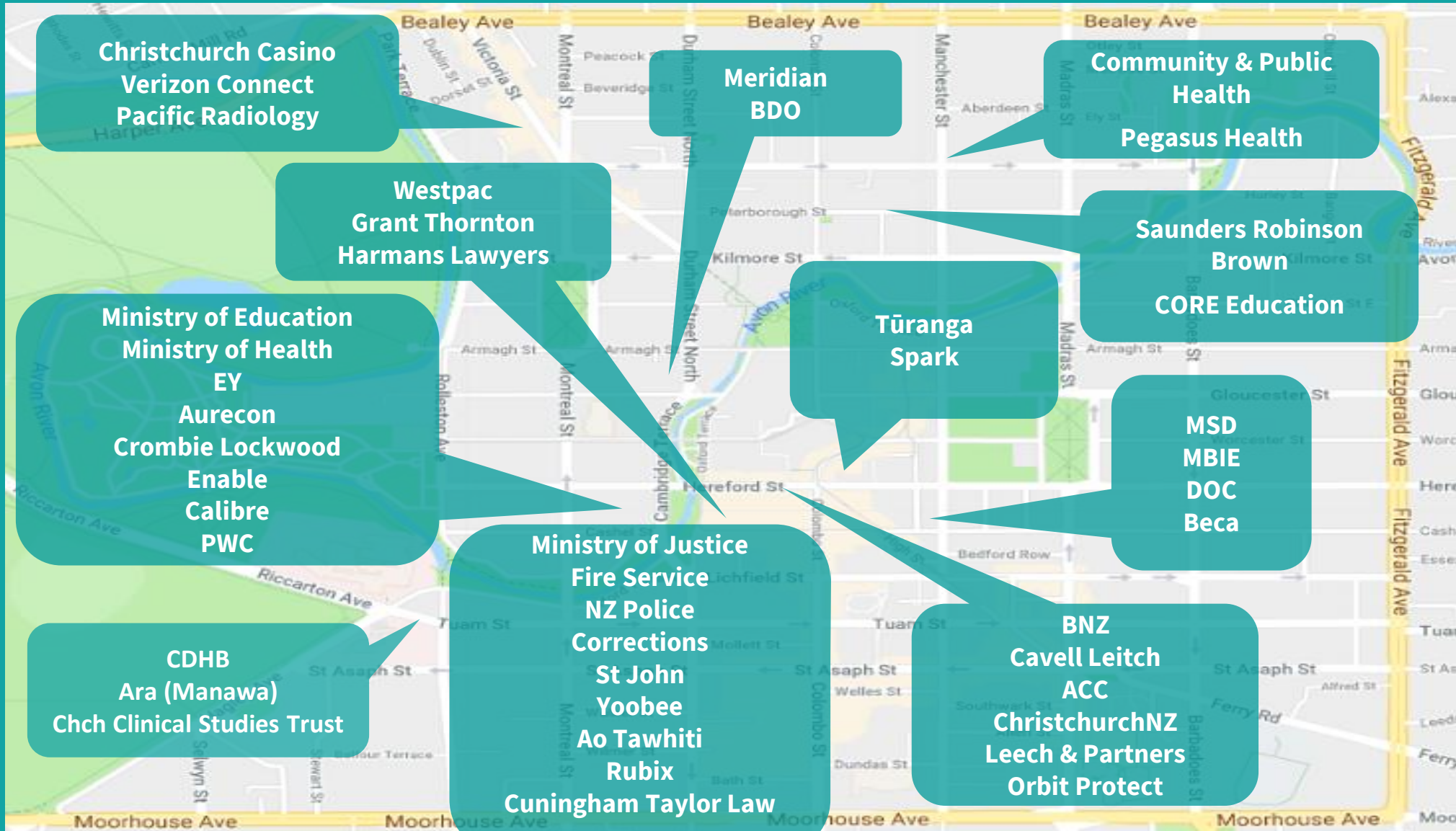
City Travel Planning

Partnerships creating Healthier Communities

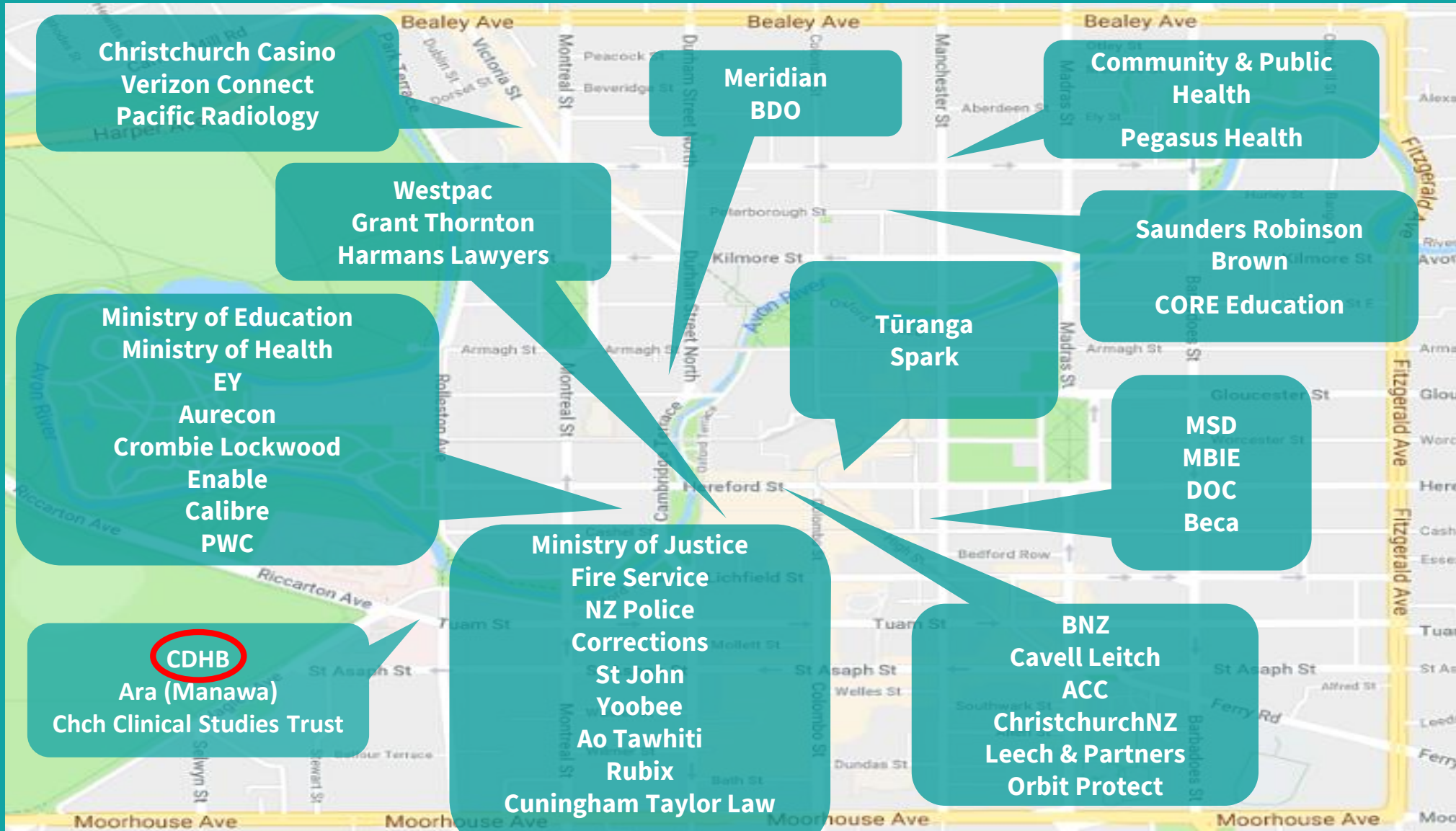
Presented by Minn Brodie

Transportation Group Conference 2023, Tauranga

City Travel Planning: Who's taken part?



City Travel Planning: Who's taken part?

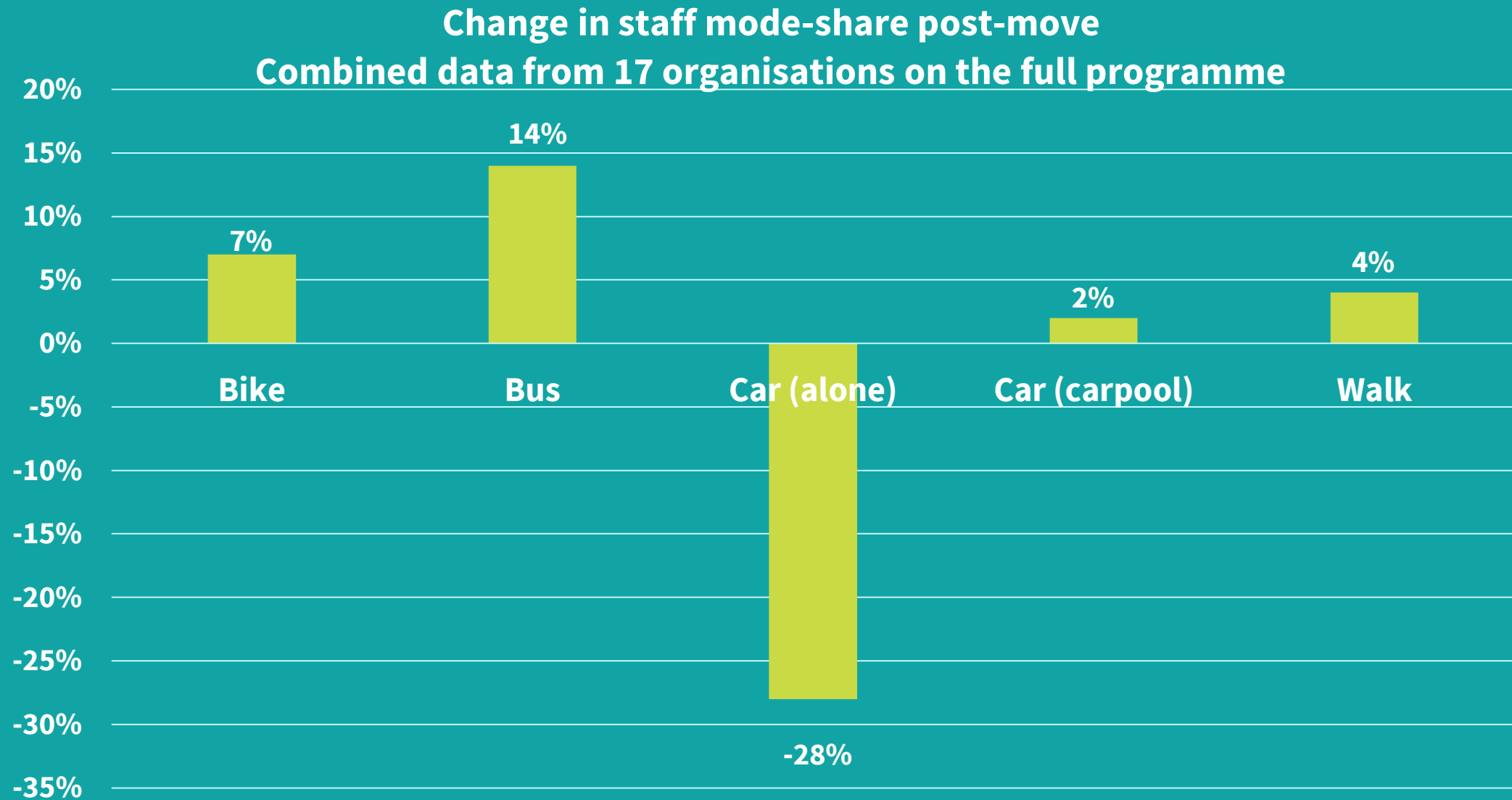


**Change =
Opportunity**

People-centric city design



Results - A city on the move!



What matters most

1
Minimising
time stuck
in traffic

2
Avoiding
difficulty
finding
a parking space

3
Saving
money

4
Supporting
my mental
wellbeing

5
Supporting
my health

Travel Expo at House Officers' Orientation

I've just moved to Christchurch, what are my options?



Bus

Watch the world go by

*Isn't it quicker
to drive?*



Chill out and relax

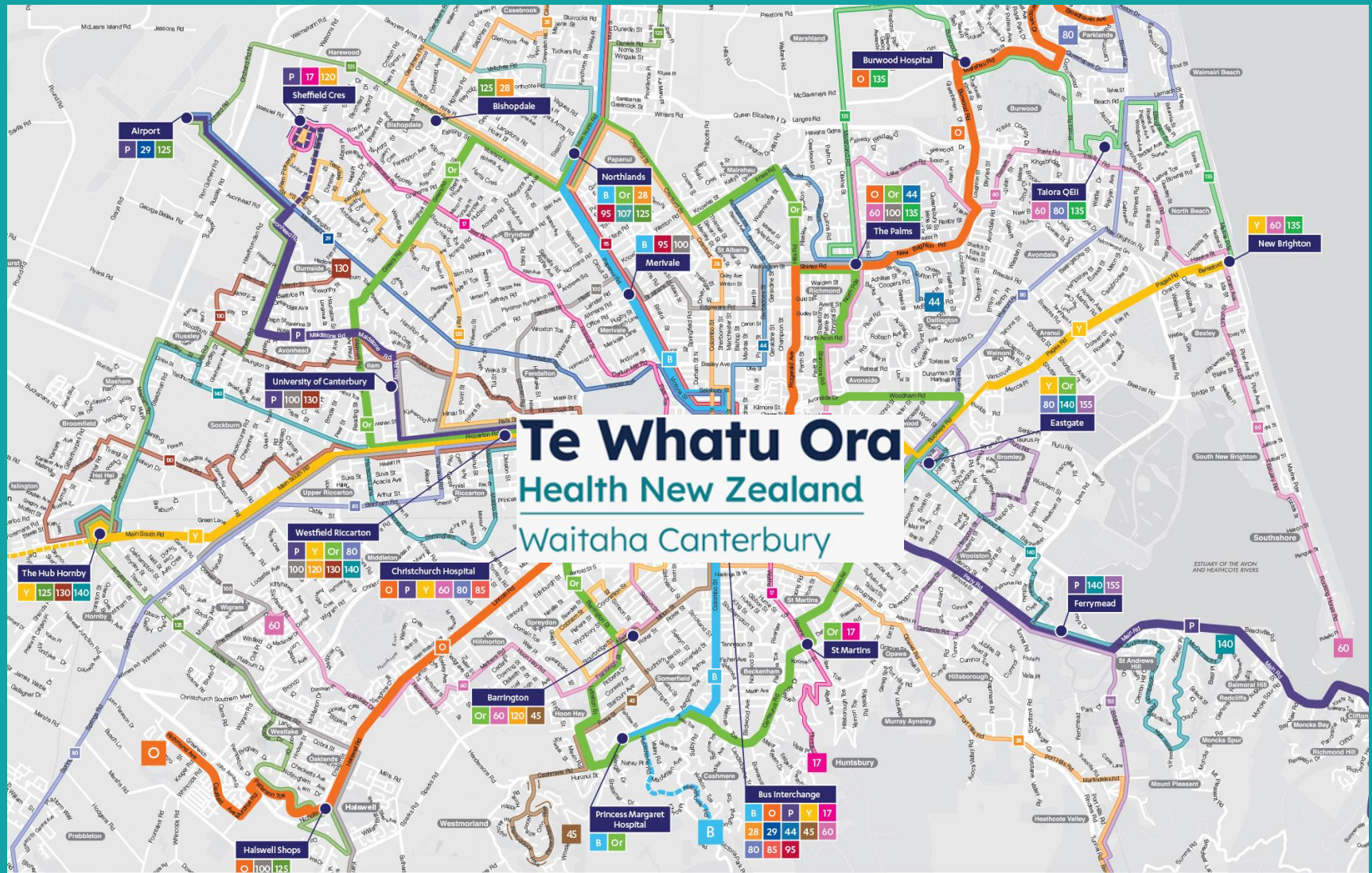
Listen to music or podcast

Read

Bus

*Will it come
at the right
time and place
that I need?*

**600 buses stop at
Christchurch Hospital
every day**



A bus every 10 – 15 mins during peak times

- B** Blue Line
- O** Orange Line
- P** Purple Line
- Y** Yellow Line

Bus

*How much does
busing cost?*

metro

**Cheaper
Faster
Smarter**



Biking

But I haven't been on a bike in years...

Biking in traffic makes me a bit nervous.

Bike the easy way
Ōtautahi-Christchurch bike map and guide
ccc.govt.nz/cycling

18th edition October 2023
Christchurch City Council

Stay informed
Check our online map for the latest completed cycleway sections and cycle information at ccc.govt.nz/cycling
If you have feedback about the map or would like copies for your business or workplace, contact cycling@ccc.govt.nz

Key

- Cycleways**
Mainly separated from the roadway. The routes are a mix of one- and two-way separated cycleways, shared paths, and neighbourhood greenways along quiet low-speed streets.
- Shared paths**
Separated from the roadway, paths are shared with people walking who have right of way. Everyone keeps to the left.
- Cycle lanes**
A designated strip on the roadway, usually on busier roads.
- Mountain bike track/rough trail**
Mountain bike tracks are usually on hilly terrain. Rough trails are generally unsealed.

Legend symbols:
● School
● Pump track
● BMX track
● Cycle/pedestrian underpass
● Bus interchange
● Shopping centre/supermarket
● Mountain bike track
● Maree
● Hospital/medical centre
● Dog park/exercise area
■ Red Zone – public access for walking and cycling. Limited car access.

Christchurch City Council

Biking

What do the cycle routes look like?



Biking

Do I have to wear Lycra?



**Nice bike.
Lock it.
Log it!**



Learn more and log your bike at:

ccc.govt.nz/nice-bike



Health & wellbeing benefits

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Do what suits you

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 <i>Kids sport</i>
3	4	5	6	7	8	9
10	11 <i>Bike to work</i>	12	13	14	15	16
17	18	19	20 <i>Drinks with Sue - take bus</i>	21	22	23
24	25	26	27	28	29	30

Mix it up



Give it a go!

**...but how does the
future for Te Whatu Ora
Waitaha staff look?**

Te Whatu Ora

Health New Zealand

Waitaha Canterbury

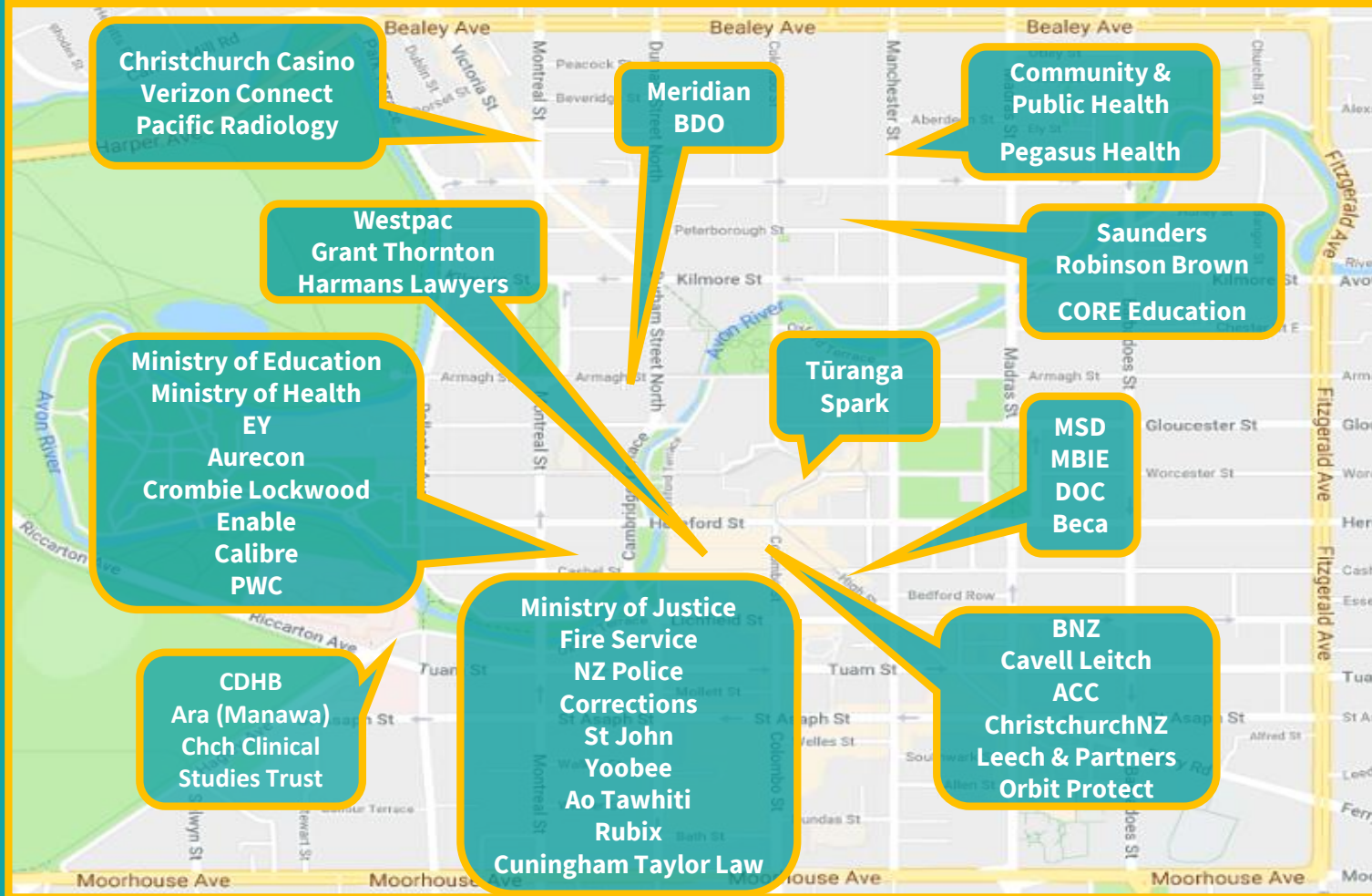
What the staff say

“I’m a busy mum — biking to work is my only chance of getting any exercise” — Milly

“The bus is great, I don’t have to worry about driving in traffic, or parking” — Lee

“I used to drive and now get a little bit upset on the days I don’t bike” — Dr Steve

City Travel Planning



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