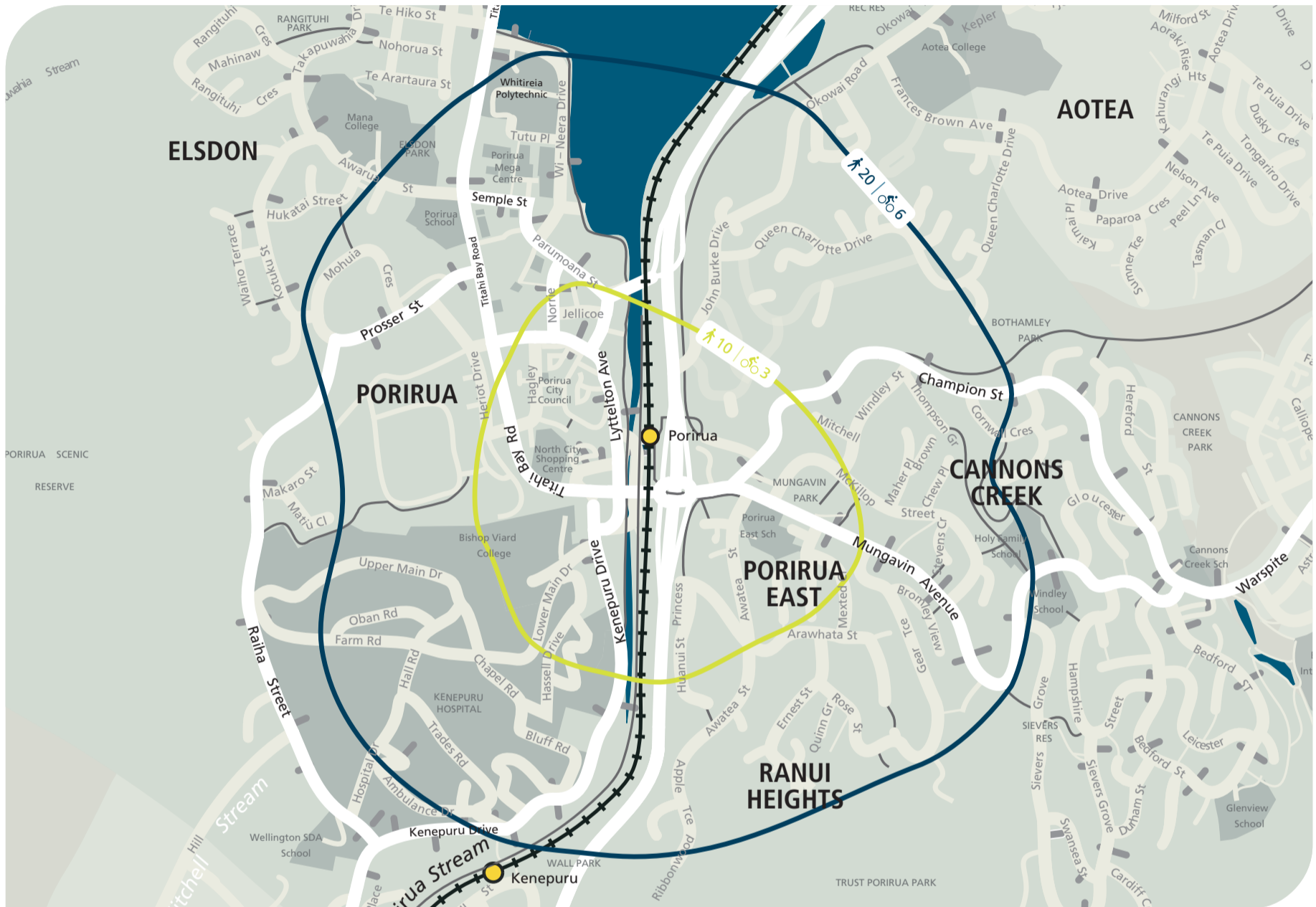




Walk or cycle times to: Porirua Station

KEY

	10 minutes		3 minutes
	20 minutes		6 minutes
	Pathways		Bus stops



Walking or cycling 30 minutes per day can...



Increase your heart health



Burn calories and tone your body



Improve your mood and energy levels



Save \$9 in health and travel costs



Avoid 0.2kg of carbon emissions

This map is indicative only. Plan your route at:
www.journeyplanner.org.nz | www.metlink.org.nz