

Walk or bike times to: Porirua Station



10 minute 3 minute

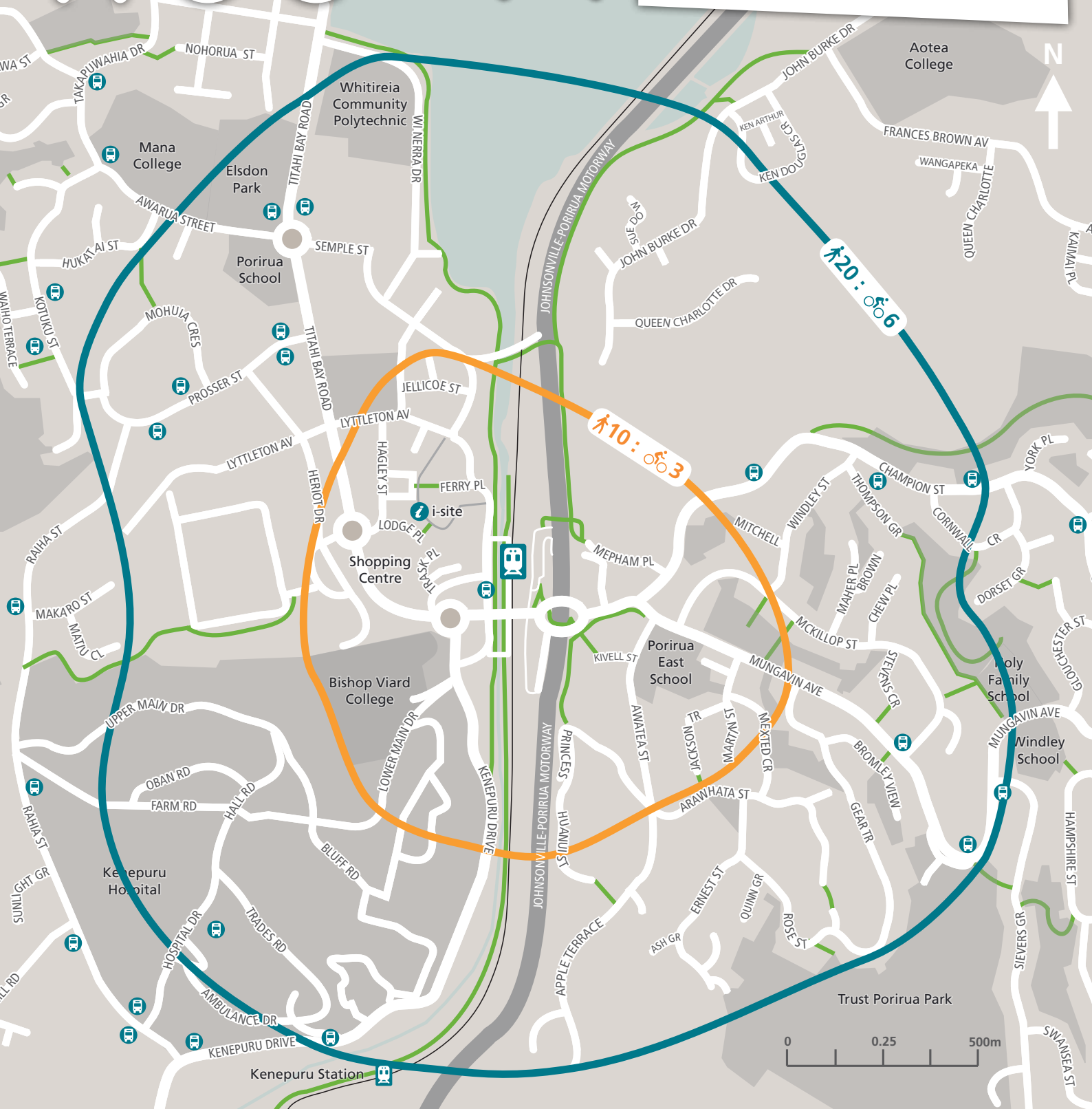
20 minute 6 minute

Shortcuts

cycling & walking
journey planner

www.journeyplanner.org.nz

www.metlink.org.nz



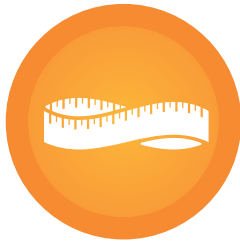
How far from Porirua Station can a person walk in just 5, 10 or 20 minutes? You might be surprised!

This time radius map shows where you could get to walking at an average speed of 5km/h or biking at 20km/h.

Did you know if you walk or bike for 30 minutes per day you can...



Increase your heart health



Burn calories and tone your body



Improve your mood and feel more energetic



Save \$4 in health and travel costs



Avoid 0.2kg of carbon emissions

If you haven't been on a bike in a while, or would like a little extra confidence contact the Pedal Ready team:

www.pedalready.org.nz

Find out more about fitting some physical activity into your commute:

www.journeyplanner.org.nz

