



Dunedin Botanic Garden

The Valley MoveMe Community Map

Kia ora, Greetings!

Don't you love living in The Valley? There are many reasons to celebrate the wonderful community we live in. With help from MoveMe, we have put together this community map which we hope can be used by residents of all ages. We hope that this map will inspire you to not only make use of all of the resources right here on our door-steps but also to include more physical activity in your lifestyle.

We bet you've heard it all before but as a quick recap, by incorporating physical activity in your daily schedule:

- You'll feel better
- You'll have more energy
- You'll have better concentration
- You'll have fun

There are a myriad of other health benefits, but in a nutshell, it will improve your wellbeing.

Research shows that doing some activity is better than doing nothing, so even getting moving just a little more will have positive effects. However, to start really reaping the rewards of getting fitter, having more energy, and feeling great, we recommend you try and do 30 minutes of moderate intensity activity most days. This doesn't mean doing the same thing day in, day out. It doesn't even mean doing the 30 minutes all in one chunk. You can break it up into three 10-minute bursts if that suits your schedule better. It will have the same results.

Anyway, we're not here to make the case for being more active. We're here to show you how easy and enjoyable getting active can be right here in The Valley.



www.moveme.org.nz



Bethunes Gully

Some of our favourite ideas for getting active in The Valley are:

- Find the local wildlife in the Valley, including crayfish, rosellas, the garden aviary and Pet Planet!
- Count the Duddingstone Steps
- Look for ways to get up the Valley without using the main road
- Walk to your local dairy or shop
- Get the Opoho Bus up Opoho Road and then walk back down the hill
- Walk the 'Smurf Village' loop at Chingford Park with your children
- Enjoy the view of the Valley from Cardigan Street
- Try one of the many walks included on the map on the next page
- Help out at one of the community gardens or orchards



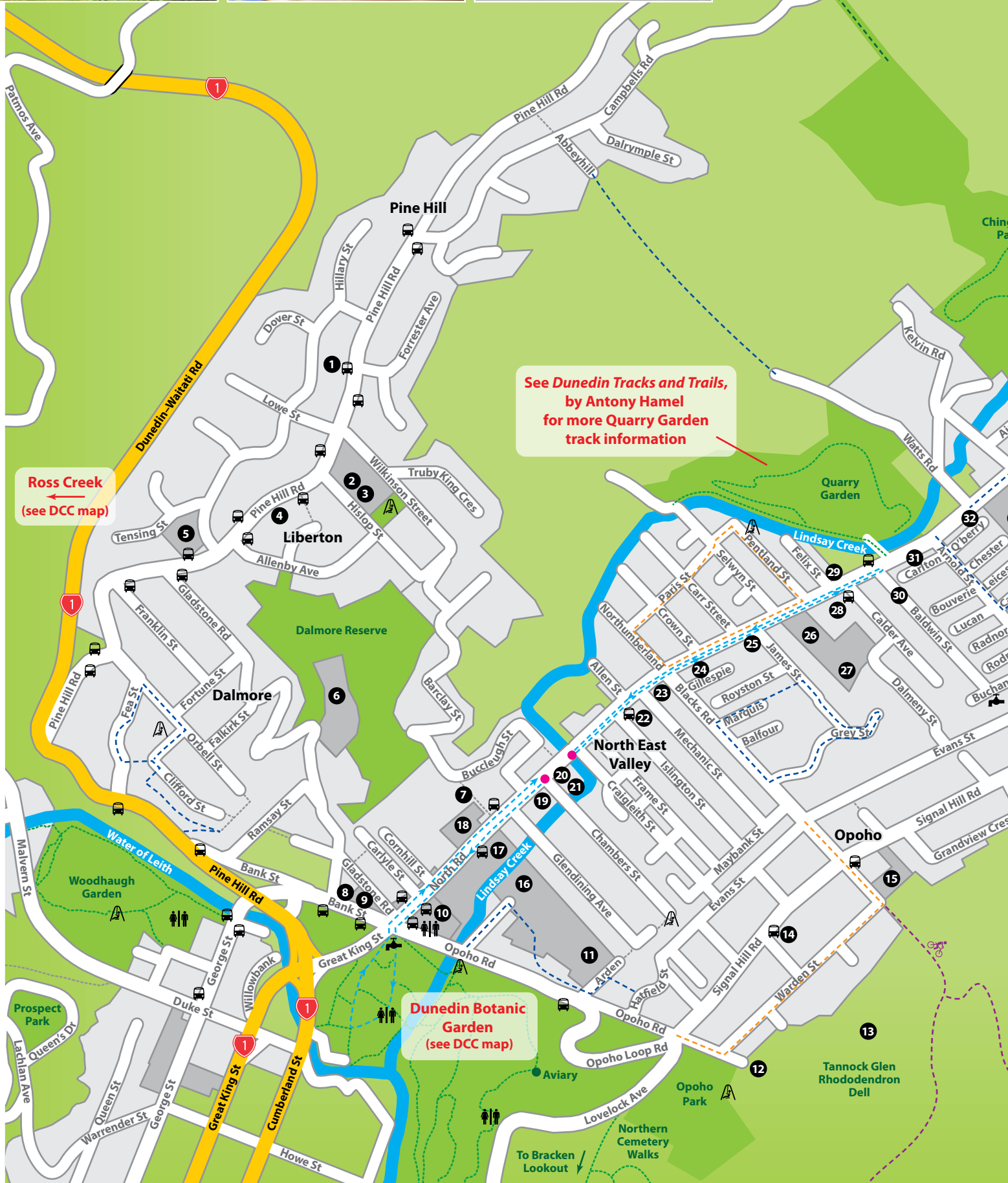
NEV Community Garden



Local Playgroup



Dunedin Botanic Garden



Ross Creek
←
(see DCC map)

See Dunedin Tracks and Trails,
by Antony Hamel
for more Quarry Garden
track information

Dunedin Botanic
Garden
(see DCC map)



Can you find the crayfish in the creek?

Bethunes Gully (see DCC map)

Links with Bethunes Gully

Forrester Park

BMX Track

Normanby

Can you find the Rosellas?

Track to Signal Hill, McGregors Hill and Cleghorn St

34

35

34

33

33

- | | |
|---|---|
| 1 Pine Hill Rudolf Steiner Kindergarten | 19 Glenaven Church |
| 2 Pine Hill Community Garden | 20 Jumbo Dairy |
| 3 Pine Hill School | 21 Montessori at the Gardens |
| 4 St Mark's Presbyterian Church | 22 Pacific Island Church |
| 5 Liberton Christian School | 23 Hintons Fruit & Produce |
| 6 Aquinas College | 24 St Martin's Anglican Church |
| 7 Duddingstone Steps | 25 St David's Presbyterian Church |
| 8 Gardens Physiotherapy | 26 NEV Normal School |
| 9 Pet Planet | 27 Community Gardens |
| 10 Supermarket & Shops | 28 NEV Baptist Church |
| 11 Knox College | 29 Otago Community Hospice |
| 12 Scout Hall | 30 Baldwin St (World's steepest street) |
| 13 Otago SPCA | 31 Quarry Store |
| 14 Opoho Presbyterian Church | 32 Jonathan Rhodes Kindergarten |
| 15 Opoho School | 33 Ross Home |
| 16 Salmond Hall | 34 Transition 473 Orchard |
| 17 Dunedin North Intermediate | 35 Youth Grow Garden Centre |
| 18 Sacred Heart School | |

500 m

- Walking/biking tracks
 - Steep walks
 - Flat walks
 - Unformed tracks
 - Walks in destinations
 - Wheelchair / mobility scooter routes
- DCC reserves
 Toilets
 Bus stop
 Play areas
 Water Tap

Dunedin City Council Maps: The Dunedin City Council has a full set of maps for walking and cycling tracks in Dunedin (a number of which are mentioned on this map) and a comprehensive map of the Dunedin Botanic Garden. You can view these maps online on the Activity Maps page of the MoveMe website www.moveme.org.nz or pick up your own copy at the Dunedin City Council Customer Service Reception.

Getting Active

Here are some more opportunities for getting active in The Valley

North East Valley Community Development Project

Enhancing the life of the community, particularly as it promotes the wellbeing of local children and their families and whānau.

www.northeastvalley.org.nz

For more information contact project@northeastvalley.org or phone 473 8614.



MoveMe is all about getting out, getting active, and feeling good while doing it. www.moveme.org.nz is a Getting Dunedin Active initiative, led by the Dunedin City Council, that provides all the information you need to get active, and stay active, in and around Dunedin. You will find many resources online, including our popular training programmes for people interested in starting out in walking, running, cycling and swimming, a database to search for sports clubs and groups, access to Dunedin walking and cycling track maps and much more.

This map has been produced by MoveMe with funding assistance and support from HEHA, the Dunedin City Council and the North East Valley Community Development Project.

www.moveme.org.nz



Visit MoveMe on Facebook
<http://www.facebook.com/MoveMeDunedin>

Dance

- **French Dancing and Beyond:** Dance classes focusing on traditional dances from France and Europe. Learn fun dances, exercise and listen to great music! No experience, no partner and no wooden clogs needed. Beginners most welcome. Contact Kate Grace, phone 473 6488 or 027 263 9939, email info@frenchdancing.co.nz, website www.frenchdancing.co.nz
- **Contradance:** Weekly dance classes which are great exercise for the body and brain. No previous dance experience or a partner is necessary. Contact Sandra Copeland, phone 021 297 5299
- **Folk Dancing for Fun:** Easy dancing and socialising. Contact Yvonne Reid, phone 455 2406, email stureid1@yahoo.co.nz

Gardening

- **North East Valley Community Garden:** Located just above North East Valley Normal School, North Road. Community vegetable garden with weekly working bees spring to autumn. Contact Jenny Roxborough, phone 473 8631, email garden@northeastvalley.org, website <https://sites.google.com/site/nevcommunitygarden/home>
- **Transition Valley 473 Community Orchards:** Six different orchard sites in Pine Hill and NEV. Ad hoc working bees. Vegetable garden buddy system to help others set up their own vegetable garden, get started, learn about fruit tree pruning etc. Contact: Kristen Bracey, phone 473 9535, email transitionvalley@king.net.nz, website <http://www.transitiontowns.org.nz/dunedinorth>
- **Pine Hill Community Garden (11 Hislop Street):** Community vegetable garden with regular working bees spring to autumn. Contact Presbyterian Support, Tracey Fuatavai, phone 470 0851 or Pine Hill School

Opportunities for Older Adults

- **Steady As You Go with Age Concern:** Weekly classes for older adults with gentle balancing & strengthening exercises. Contact Margaret Dando, phone 477 1040, email margaret@ageconcernotago.co.nz
- **Tai Chi Classes for Beginners with Age Concern:** Weekly Tai Chi classes for older adults. Contact Margaret Dando, phone 477 1040, email margaret@ageconcernotago.co.nz

Opportunities for Children

- **Sport on the Hill:** Free sports group for Pine Hill children, years one to six. Runs during term time. Contact Presbyterian Support, Tracey Fuatavai, phone 470 0851 or Pine Hill School
- **Music and Movement:** Weekly classes (during the school term) for pre-schoolers and parents/caregivers. Contact Leanne Hill, phone 473 1518, email leanne_hill@nzf.salvationarmy.org

Flexibility and Strength

- **Yoga in the Valley:** Various weekly yoga classes held at St David's Church, corner James Street and North Road and Dunedin North Intermediate, 34 North Road. Contact: Adair Bruce, phone 027 6170 462, email adairbruce@hotmail.com
- **Span NEV—Stretch'N'Flex:** Gentle low impact exercise in a friendly environment. Classes from February to November at St David's Presbyterian Church (The Makers Place), phone 473 9311 (answerphone)
- **Clinical Pilates:** A blend of pilates and physiotherapy. You will find and strengthen your core muscles, enhance body awareness and posture and much more. Contact: Laura McLeod, phone 473 0144, email laura.physio@gardenshealth.co.nz, website www.gardensphysio@gardenshealth.co.nz

Other

- **Bike Fix it Days:** A number of sessions are held each year. Peter is also happy to provide an alternative ending to your unwanted bikes! Phone 473 1681
- **Wellness Series:** A 12-week course to improve quality of life, decrease pain and improve function. Contact Laura McLeod, phone 473 0144, email laura.physio@gardenshealth.co.nz, website www.gardensphysio@gardenshealth.co.nz
- **10 minutes for \$10:** Therapeutic massage and physiotherapy advice, for 4 or more people, in your work place at a time that suits you. Contact Lu Phillips, phone 473 0144, website www.gardensphysio@gardenshealth.co.nz
- **Keep Fit and Well Package:** The package offers massage, muscle and joint therapies, acupuncture/ dry needling, individual exercise prescriptions, access to our private gym/pilates studio and more! Contact Joanne Inder, phone 473 014, email joanne.physio@gardenshealth.co.nz
- **Meridian Therapy:** Collateral meridian therapy (CMT) is derived from the combination of Western medical pathology and oriental theories of I-Ching and Yin Yang five phases. Contact Enosh Wayne, phone 473 0144, email gardensphysio@gardenshealth.co.nz
- **Folding Guild:** This is a gentle form of exercise and a good opportunity to meet other residents. Folding dates are displayed in the Valley Voice and are usually the last Friday of each month. Email voice@northeastvalley.org