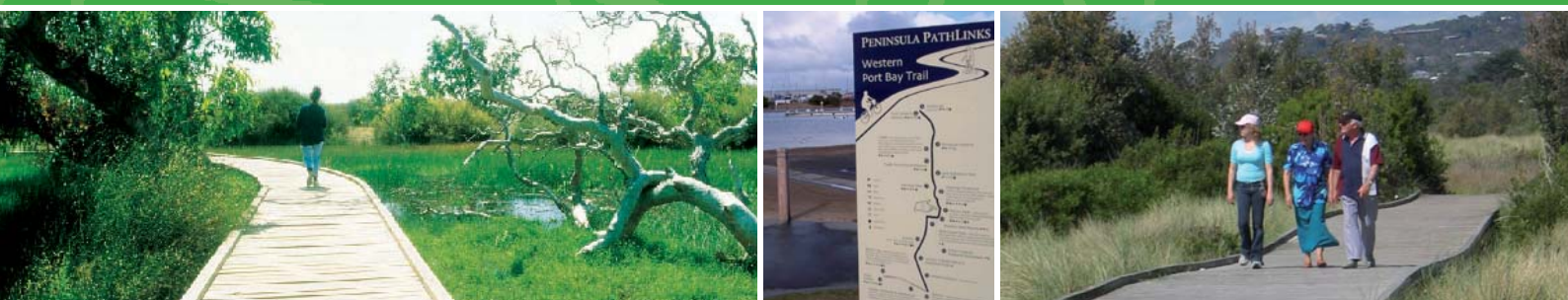


# Healthy by Design

## CASE STUDY

# Mornington Peninsula Shire Council Peninsula PathLinks



Peninsula PathLinks is an innovative project that puts into practice the Heart Foundation's 'Supportive Environments for Physical Activity' guidelines. Importantly, the project encourages the community to incorporate an active lifestyle into daily routines by providing a network of shared trails that connect schools, community hubs and main activity centres, while also filling in missing links in the path network.

By incorporating 'Healthy By Design' principles into the planning process, considerations, such as appropriate seating, disability access and shared usage were identified resulting in user-friendly, safe paths.

Initiated in response to national and regional survey data along with community demand for access to high-quality shared pathways, a strategy was developed in 2004 to map the development of a pathways network. Initially conceived with a 20-year rollout, 10 years' worth has been implemented in two years with significant capital expenditure.

The process for selecting the paths to be part of the PathLinks program involved criteria based on filling in gaps, paths to schools, paths to community hubs and connecting townships with an overall goal of constructing paths used for everyday activities.

Path design and construction were undertaken with safety and usability, as well as management and maintenance in mind, with high-usage rates creating an environment that encourages participation by increasing visibility along the paths. By incorporating

positive design features, such as good sign posting, retention of shade and appropriate surfaces, the Council has ensured the appeal of the pathways and their use by the community.

The project not only benefits the Mornington Peninsula community by providing opportunities for increased daily physical activity, but also provides a physically active and engaging way for visitors to experience the region.

Contact Name: Lee Robson

Position Title: Team Leader, Recreation Planning

Organisation: Mornington Peninsula Shire Council

Email: [robsle@mornpen.vic.gov.au](mailto:robsle@mornpen.vic.gov.au)

Phone Number: 1300 850 600