

A graphic of two stylized footprints. The top footprint is white with a yellow grid pattern, and the bottom footprint is yellow with a white grid pattern. They are set against a yellow background that has a dark grey vertical strip on the left side. A white dashed line runs horizontally across the page, separating the main title from the footer.

WALK THIS WAY

your guide to Seattle by foot

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HEALTH

WALKING IS MORE THAN JUST FRESH AIR

You've heard it before: walking is good for you. But do you know just how good?

- Get into tip-top shape
- Feel great
- Improve your memory
- Reduce the likelihood of some cancers, heart disease, diabetes, hypertension, and more
- Oh, and have fun, too!

Give it a try! Indoors or outdoors, alone or with friends, for transportation or just to breathe in some fresh air.



DID YOU KNOW?

7

Pounds of body fat burned off by walking an extra 20 minutes a day



6%

Increase in likelihood of obesity for every hour spent in a car

10,000

Doctor-recommended number of steps in a day



SAFETY

TIPS TO KEEP YOU TRAVELING SAFELY AROUND THE CITY

STAY ALERT. Even if there's no crosswalk marking, drivers are required to stop for pedestrians. Pay attention when crossing the street, put your phone away, and look up.

BE BRIGHT AT NIGHT. Carry a flashlight and wear reflective stripes or bright clothing.

BE SMART. Use marked crosswalks wherever possible, watch for cars turning and backing up particularly at driveways and intersections, and cross when you have the light.

BE AWARE. If you are uncomfortable walking alone, leave valuables at home, vary your routes, try apps like "Companion," and remove those earbuds.

FACE TRAFFIC. If a sidewalk is not available, walk facing traffic in the shoulder.



SAVE MONEY

LEAVE YOUR CAR AND FILL YOUR WALLET

Walking is the most affordable way to get around the city. And given that transportation is the second biggest expense in many family budgets, you can save a lot.

- Leave your car in the driveway for one trip a day and save \$250 a year. Gas, maintenance, and parking for trips around town add up.
- Get rid of your car entirely, and save more than \$8,500 per year!
- Calculate what your car is costing you here: exchange.aaa.com/wp-content/uploads/2015/04/Your-Driving-Costs-2015.pdf



AROUND TOWN

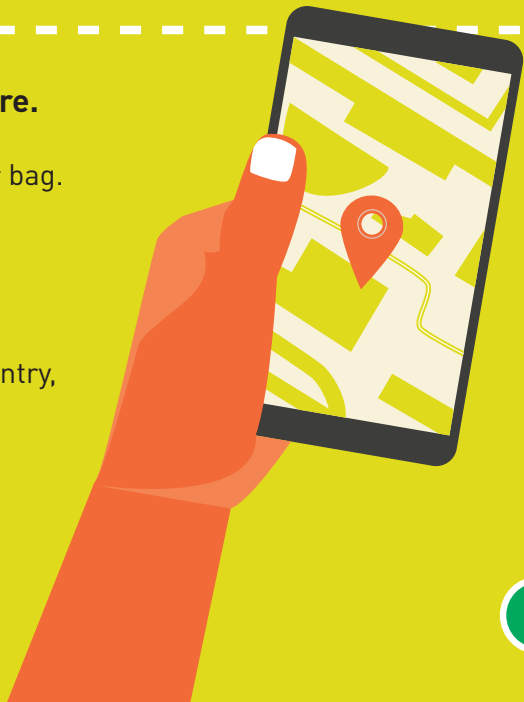
YOUR FEET CAN GET YOU THERE, REALLY!

Make it a habit by walking to work, the bus, or to the store.

IT'S SIMPLE. All you need is a pair of shoes and a backpack or bag.

IT'S FAST. Google your favorite destinations. You'll probably be surprised by how many of them are less than a half mile away. That's only 10 minutes by foot.

IT'S EASY. Seattle is one of the top 10 walking cities in the country, according to WalkScore. Find out your score: [walkscore.com](https://www.walkscore.com).



WALK TO SCHOOL

IT'S HEALTHY AND FUN!

Walking to school is one of the best ways to keep your kids healthy. Kids who walk to school even improve their grades! Give it a try.

- Find a safe route. Look for roads with less traffic, sidewalks, and visible places to cross streets.
- Walk with your kids, at least to get started.
- Join or form a “Walk to School Bus.”
- Learn about SDOT’s Safe Routes to School program here: seattle.gov/transportation/saferoutes.htm



DID YOU KNOW?

A 1 MILE WALK EACH WAY
is 2/3 of the daily recommended
60 minutes of physical activity for kids

ONE IN FOUR Seattle students
bike or walk to school

From 2005-2015, walking and biking to
school in Seattle **INCREASED** by 60%

KEEP SEATTLE WALKABLE

SHOW YOUR SIDEWALK A LITTLE TLC

A few tips to help keep sidewalks open and accessible:

- Trim bushes and trees
- Keep garbage bins and cans out of the way
- Never park in the walkable zone
- Shovel sidewalks when it snows
- Repair damaged sidewalk

The 'walkable zone' (the part of the sidewalk that needs to be open and accessible) is **6' wide and 8' tall**. Per SMC 15.72, the adjacent property owner is responsible for permanent repairs. Please help us 'defend the zone' by doing your part. For information on sidewalk repair, please contact the SDOT Street Use permit counter at 206-684-5283 or visit: seattle.gov/transportation/cams/CAM2208.pdf

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GREAT WALKS

IN THE CITY AND THE NEIGHBORHOOD

Seattle boasts some of the most beautiful and varied walks anywhere.

ALKI BEACH. The Venice Beach of Seattle features a 2.5 mile beach path. You can't beat it for people watching.

CARKEEK PARK. Challenging terrain with extraordinary views of Puget Sound and the Olympic Mountains.

ELLIOTT BAY TRAIL. Enjoy 3.4 miles of trail just steps from downtown Seattle.

GREEN LAKE PARK. The 2.8 mile paved path around the lake provides recreation for hundreds of runners, bikers, skaters, and walkers daily.

LINCOLN PARK. Explore 4.6 miles of walking paths. Unpaved trails lead down to rocky beaches, and an outdoor saltwater pool.

SEWARD PARK. Walk the 2.4 mile paved, car-free loop with unobstructed views of Mt. Rainier.

You can plan your next walk here: seattle.gov/parks

Some of our favorite neighborhood walks include: Chinatown/International District, Ballard, Fremont, Belltown, Columbia City, Alki Beach, and Capitol Hill.

GET INVOLVED

RESOURCES TO GET YOU STARTED TODAY!

Seattle's Active Transportation Initiative is making it easier than ever to walk.

SUMMER PARKWAYS. Family-friendly events allow you to explore Seattle's neighborhoods car-free. seattle.gov/transportation/summerparkways.htm

PLAY STREETS. Turn your street into a playground for a day. seattle.gov/transportation/playstreets.htm

SAFE ROUTES TO SCHOOL. Walking programs, speed enforcement, and street improvements focused just on Seattle's schools. Now in every elementary school. seattle.gov/transportation/saferoutes.htm

WALKING MAPS. Order walking maps to help select the best routes for you. seattle.gov/transportation/walk_map.htm

PEDESTRIAN MASTER PLAN. Long-term action plan includes pedestrian policies, programs, and projects. seattle.gov/transportation/pedestrian_masterplan



Seattle's partners are helping lead the way. Come walk with us.

FEET FIRST. Programs and policies that promote walkability. feetfirst.org

SEATTLE NEIGHBORHOOD GREENWAYS. Greenways are residential streets with low car volumes and low speeds so people can walk and bike comfortably. seattlegreenways.org

SEATTLE STAIRWAY WALKS. Explore Seattle neighborhoods one stair at a time. seattlestairwaywalks.com

SOUND STEPS. Join the weekly walking group for adults 50+. seattle.gov/parks/seniors/soundsteps.htm



TRAVEL OPTIONS. This brochure is part of a suite of materials aimed at providing more information on all of the different travel options in Seattle. Learn more: seattle.gov/transportation



VISION
ZERØ

SAFER STREETS FOR SEATTLE

www.seattle.gov/transportation

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