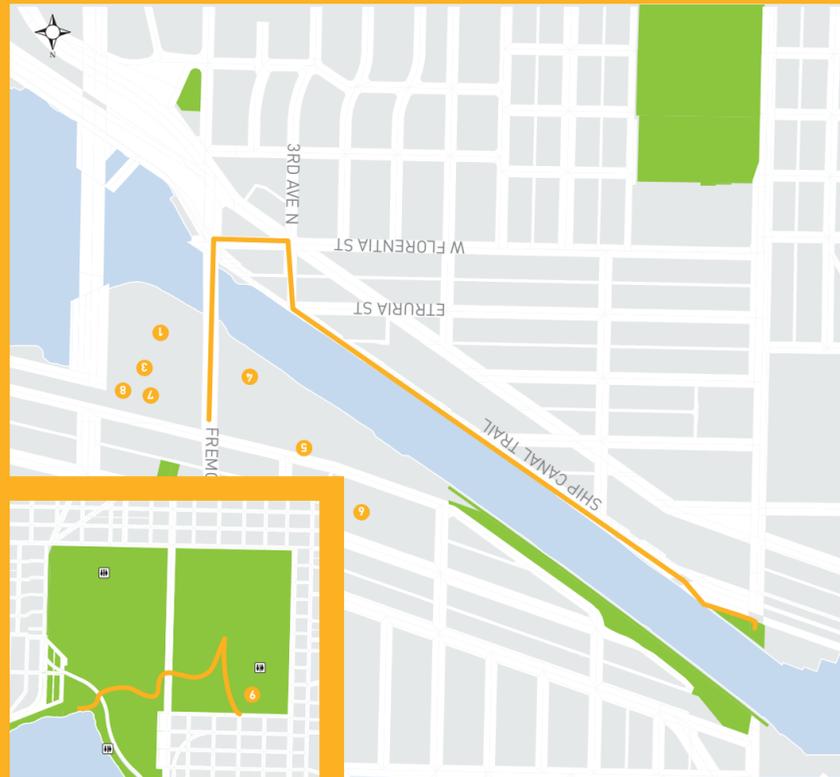


**NEIGHBORHOOD SHOPS**

Approximate Walking Time: Between 20 and 40 minutes.

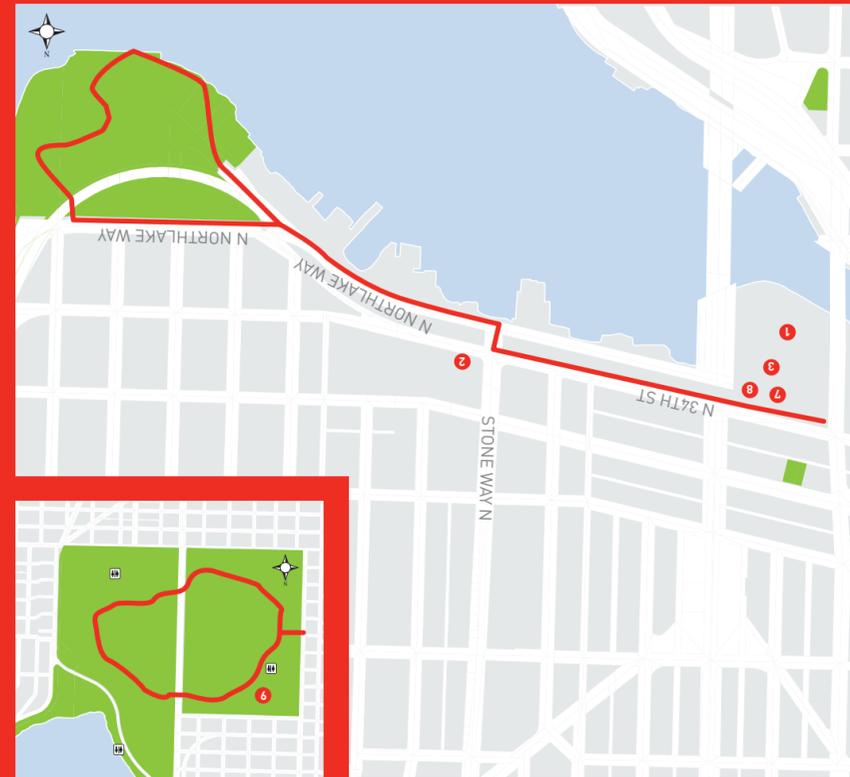
When you walk to a local business you save time and money by not having to hunt for a parking space or spend money on gas. On these walks you'll easily find and access grocery stores, restaurants, local businesses, and bank machines. Next time you head out to do an errand, go by foot and leave the struggle to find a parking spot behind.



**WALKING MEETING**

Approximate Walking Time: Between 20 and 40 minutes.

The typical American sits an average of 9.3 hours a day — an entire 90 minutes longer than we sleep each day. When you incorporate walking into your day, you'll be a whole lot healthier. An easy way to do this is to take your meeting outside, for a walk. This is one of the most powerful ways to increase the creativity and effectiveness of one on one or small group meetings.



**WELLNESS WALK**

Approximate Walking Time: Between 20 and 40 minutes.

Walking briskly (15-20 minute mile pace) is considered moderate physical activity. A daily dose of walking is an easy way to incorporate the Center for Disease Control's recommended 30 minutes of daily activity. When you get your heart pumping you'll help prevent: heart disease, obesity, high blood pressure, Type 2 diabetes, osteoporosis, and depression. A wellness walk can also maintain your weight, keep you mentally cognitive, reduce stress, and make you feel better overall.

## SEATTLE COMMUTE TRIP REDUCTION PROGRAM

In Seattle, nearly 7% of daily commuters walk. Walking is one of the fastest growing commuting methods, with a 10% increase since 2012. Seattle's Commute Trip Reduction (CTR) program provides resources to local employers to help them leverage emerging commuting trends to help them achieve their trip reduction and business goals.

This map was produced by the city's CTR program and provides information on routes that connect employees to transit, local businesses, wellness routes, and routes for walking meetings. The routes identified here come from a variety of sources including Feet First and employees in the First Hill neighborhood.

For more information on Seattle's CTR Program visit: [www.seattle.gov/waytogo/ctr.htm](http://www.seattle.gov/waytogo/ctr.htm)



**Please note:** While every effort has been made to ensure the accuracy of the information presented on the map, the user bears full responsibility for their safety and well-being.

### RESOURCES

**Pedestrian Master Plan**  
[www.seattle.gov/transportation/pedestrian\\_masterplan/](http://www.seattle.gov/transportation/pedestrian_masterplan/)  
 The Pedestrian Master Plan strives to make Seattle the most walkable city in the nation.

**Seattle Pedestrian Advisory Board (SPAB)**  
[www.seattle.gov/spab/](http://www.seattle.gov/spab/)  
 The SPAB works to make Seattle a safe environment for all pedestrians.

**Feet First**  
[feetfirst.org](http://feetfirst.org)  
 Feet First is an advocacy organization promoting walkable communities.

**Public Health – Seattle and King County**  
[www.kingcounty.gov/healthservices/health.aspx](http://www.kingcounty.gov/healthservices/health.aspx)  
 This organization's goal is to protect and improve the health and well-being of all people in King County.

**MapMyWalk.com**  
[www.mapmywalk.com](http://www.mapmywalk.com)  
 MapMyWalk will help you track your progress as you traverse the streets of the city.

**Seattle Walking Maps**  
[www.seattle.gov/transportation/walk\\_map.htm](http://www.seattle.gov/transportation/walk_map.htm)  
 These maps help Seattle residents and visitors choose a walking route that best suits their interests and fitness level.

### TRANSIT TRIP PLANNERS

These Trip Planners will help you find the easiest transit connections to the walking route of your choice.

**King County Metro**  
 (routes serving King County)  
[tripplanner.kingcounty.gov/](http://tripplanner.kingcounty.gov/)

**Sound Transit (includes Sounder, Light Rail and Express Bus routes)**  
[www.soundtransit.org/Trip-Planner](http://www.soundtransit.org/Trip-Planner)

**Community Transit (commuter routes serving Snohomish County)**  
[communitytransit.org/tripplanner/](http://communitytransit.org/tripplanner/)

### WALKING TIPS

Here are some simple tips to keep in mind before you go out walking:

- Be visible. Help people driving, biking, and walking to see you.
- Follow the rules of the road. Stay to the right on shared paths and cross at intersections.
- Prepare for the weather. Dress for the weather conditions on the days you are walking.
- Enjoy the walk. Some of the best parts things about walking are taking time to relax, see new things, and experience all that your neighborhood has to offer.
- Learn more safety tips at [www.seattle.gov/visionzero](http://www.seattle.gov/visionzero)

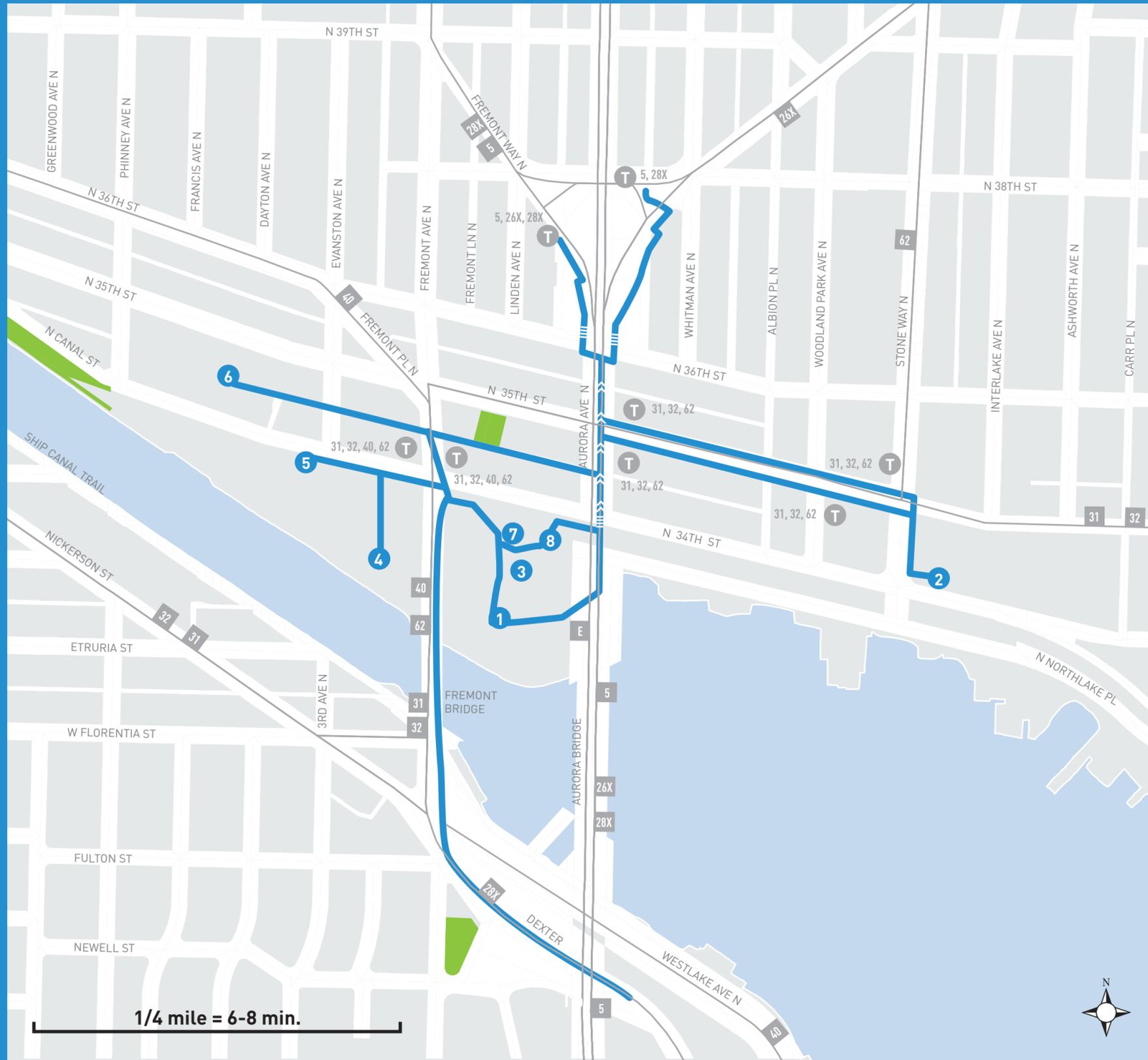
## Seattle Commute Trip Reduction Program

# Employer Walking Map

## FREMONT & GREEN LAKE



# FREMONT & GREEN LAKE

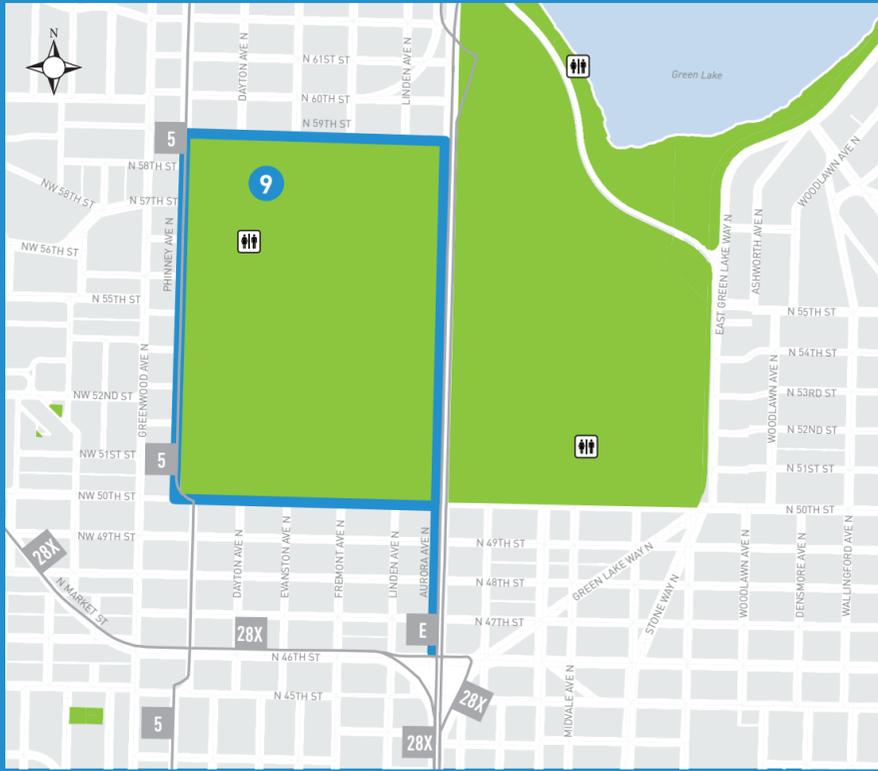


## LEGEND

- Walking Route
- Steep Uphill Slope
- Stairs
- Public Restroom
- Bus Route
- Bus Transfer

## Major Employers

- 1 Adobe Systems
- 2 Brooks Sports
- 3 Cutter and Buck
- 4 Google, Inc.
- 5 Serials Solutions
- 6 Shannon and Wilson, Inc.
- 7 Tableau Software
- 8 Ubermind — Seattle
- 9 Woodland Park Zoo



## BUS ROUTES

- E** → Aurora Village to Downtown ←
- 5** → Downtown to Shoreline Community College ←
- 26X** → Downtown to Northgate via East Green Lake ←
- 28X** → Downtown to Broadview ←
- 31** → Magnolia to University District ←
- 32** → Seattle Center to University District ←
- 40** → Downtown to Northgate via Crown Hill ←
- 62** → Sand Point to Downtown via Wallingford ←



## COMMUTER

Walking is beneficial for our emotional well-being, which correlates to you being more productive at work. Combining walking with taking the bus not only helps you solve the last mile of your commute, it is also better for your well-being. These routes provide the easiest, most direct route to workplaces from public transportation.

For information on specific bus routes, visit the resource section of this map.

A healthy commute is closer than you think. The Walk to Work table shares common walking distances and times to surrounding neighborhoods.

## WALK TO WORK TABLE

Location	Distance (Miles)	Walking Time (Min.)
Fremont to Wallingford	1.3	30
Fremont to South Lake Union	2.4	50
Fremont to Queen Anne	2.0	40
Fremont to Phinney	1.7	25
Fremont to Ballard	2.2	45
Fremont to Greenlake	3.0	60
Fremont to University District	2.6	60