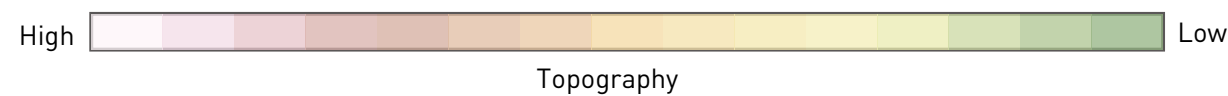
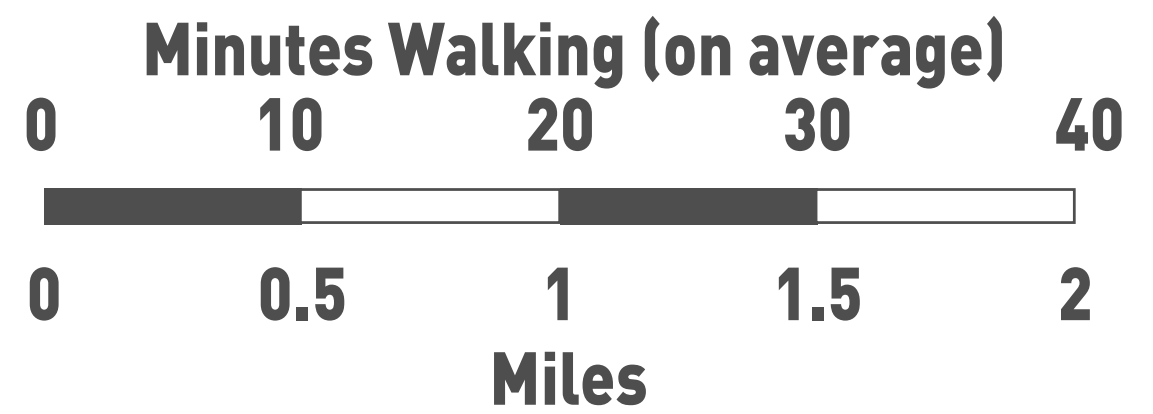


WALKING MAP LEGEND

- | | | | | | |
|--|--|--|--------------------------|--|---------------------------|
| | Community Center | | Public Art | | Walking Route on sidewalk |
| | Grocery Store | | School | | Walking Route on shoulder |
| | Heritage Tree | | Stairs | | Area Outside City Limits |
| | Library | | Street End | | College/University |
| | P-patch | | Viewpoint | | Parks and Green Space |
| | Free COVID-19 Testing Site | | Park Trail | | |
| | City Limit | | Stay Healthy Streets | | |
| | Slope > 10%
(Chevrons point uphill) | | Neighborhood Greenway | | |
| | Multi-use Trail | | 5 Walk Time (in minutes) | | |



2020 WEST SEATTLE AND DUWAMISH VALLEY WALKING MAP

PLAN YOUR WALK

To help plan your walk, all of the routes and paths on the map have been labeled with the approximate amount of time (in minutes) it would take to walk each segment based on its length. This estimate does not account for the steepness of the street, so some routes may take more or less time than suggested.

STREET GRADES

Seattle streets vary in slope from at (or almost at) to very steep. Those streets with a steeper grade have been colored yellow on this map. If an easy route is desired, avoid those streets with yellow shading; if you desire a more challenging and varied route, the yellow streets are for you.

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 own safety and well-being.



RESOURCES

“Find It, Fix It”

A smartphone app offering mobile users one more way to report selected issues to the City of Seattle.

City of Seattle

www.seattle.gov/transportation/streetmaintenance.htm
(206) 684-ROAD (7623)

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, Biking, and Transit Resources

Find more tools and incentives for biking, walking, and transit around West Seattle and the Duwamish Valley.
seattle.gov/transportation/projects-and-programs/programs/west-seattle-duwamish-valley-transportation-options

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

Free Walk-up COVID-19 Testing

Sea Mar Community Health Centers at South Park
8720 14th Ave S., Seattle, WA 98108
(206) 762-3730

Free COVID-19 Testing by Online Reservation

seattle.gov/mayor/covid-19/covid-19-testing
Chief Sealth High School
2600 SW Thistle St., Seattle WA 98126

SODO Testing Center
3820 6th Ave S., Seattle WA 98108

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.

SAVE MONEY

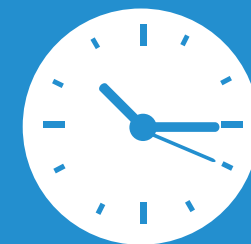
Leave your car and fill your wallet

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

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.

With your help, we can reach Seattle’s Vision Zero goal of ending traffic deaths and serious injuries on city streets by 2030. More at www.seattle.gov/visionzero.