

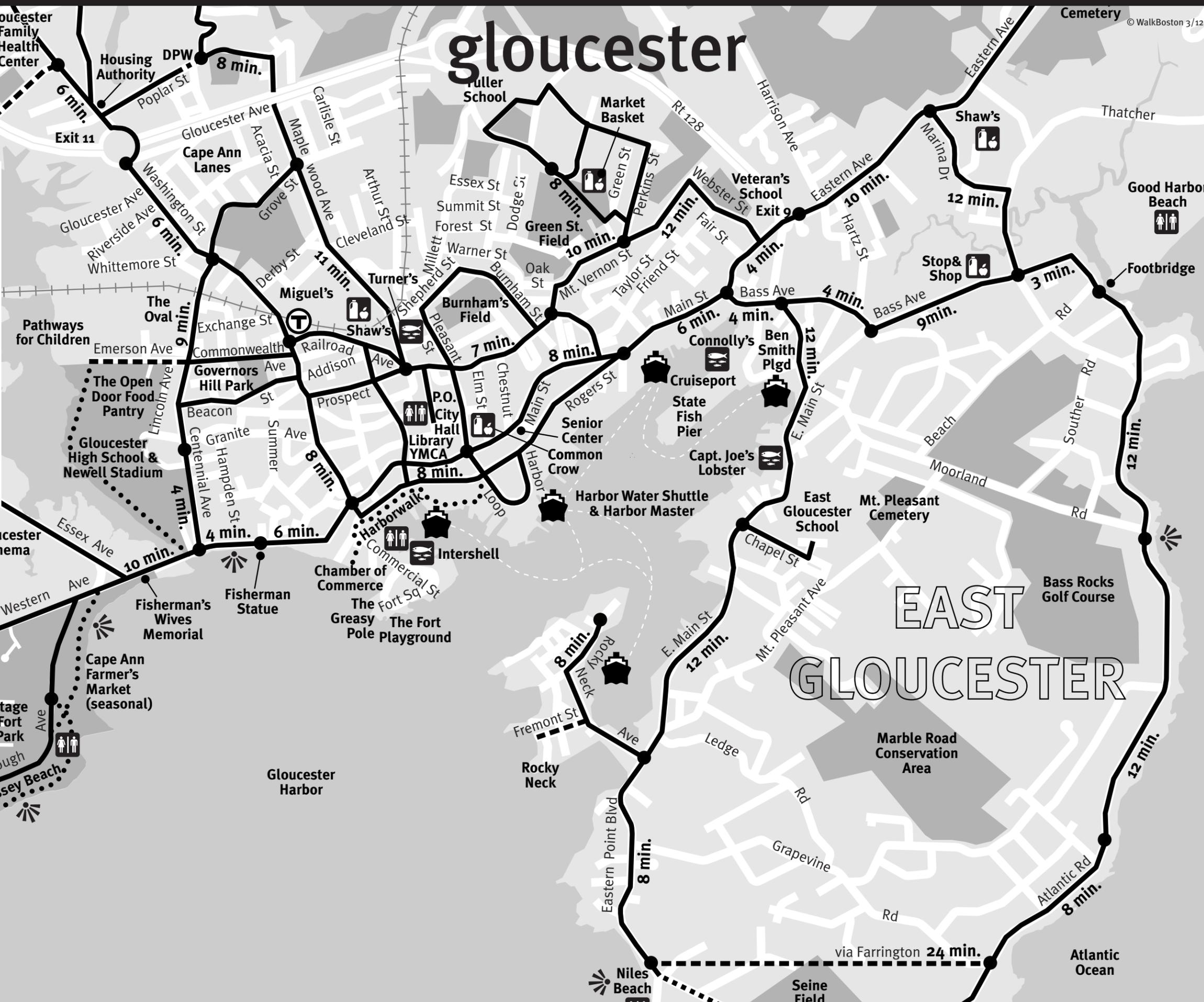


# gloucester

## Walking in Gloucester

Gloucester is a great place to walk. The city's unique and dramatic scenic landscapes are world-renowned. These landscapes inspire artists and attract visitors who contribute to jobs and strengthen the local economy. Residents can use this map to rediscover the joy of exploring the city on foot, the best way to appreciate Gloucester's subtle beauty and walk in the steps of our predecessors.

This map is designed to show you how long it takes to walk between special locations in Gloucester in 3- to 12-minute walk segments around the city. Pick a starting place and follow the map to determine a route and the time that it will take to walk that route. The map on this side covers central Gloucester, while the maps on the other side show the long route that connects Lanesville, Annisquam, and Riverdale and a special inset map of Magnolia.



# EAST GLOUCESTER

## Fit & friendly—walk everywhere

You can walk to special places everywhere in Gloucester — the harbor, the beaches, the Backshore, the Annisquam River, Downtown and the local art colony of Rocky Neck. Village centers along Washington Street toward Lanesville include Riverdale and Annisquam and all are accessible by sidewalks. Magnolia is a beautiful village to explore, with ocean views of distant Boston.

Opportunities for walking start as we step out of our homes into our yards, as we walk down the street, visit a park, tend a community garden plot, go to a local business or hike a local trail. Children can safely walk or bike to school, the library, the park or local stores. Errands can be combined with a harbor walk or the neighborhood park, providing exercise and relaxation. We are planning clearly-marked bike trails for family outings and safe round-the-Cape routes for teenagers and adults.

## Creating this map with teens

Walking is promoted by Get Fit Gloucester!, a coalition of local groups promoting active lifestyles and access to healthier foods in the city. The coalition asked local teen residents to help assemble a map that would encourage adults and teens to walk for fun and for health. The teens suggested walks in Downtown Gloucester, Rocky Neck, Lanesville, Annisquam and Magnolia as well as themes for special walks in the more unknown parts of Gloucester.

## More info

**Get Fit Gloucester!** The City of Gloucester supports a fit-friendly & healthy environment. Learn more at [www.gloucester-ma.gov/index.aspx?nid=269](http://www.gloucester-ma.gov/index.aspx?nid=269)

**Maps** of Downtown Gloucester, Gloucester's Maritime Heritage Trail, Rocky Neck and Ravenswood Park are available at the Stage Fort Park Visitor's Center and The Chamber of Commerce.

**WalkBoston** makes walking safer and easier in Massachusetts to encourage better health, a cleaner environment and vibrant communities. Learn more or join at [walkboston.org](http://walkboston.org).

**Funded by the Massachusetts Department of Transportation & the Boston Metropolitan Planning Organization**



**MAKING MASSACHUSETTS MORE WALKABLE**

45 School Street | Boston MA 02108 | 617.367.9255 | [www.walkboston.org](http://www.walkboston.org)

## Ideas for walks

Local teens helped find walks to take on routes that are not often traveled. They came up with this list that is a challenge for locals of all ages – for the teens as well!

- Head to Dogtown Common, off Cherry St., where it's easy to get lost. Look for cinnamon ferns, take the Babson Rocks trail and see boulders with carvings like WORK, BE CLEAN, HELP MOTHER and GET A JOB. Trail maps at [www.dogtownecologywalks.com/Dogtown-Road-and-Babson-Boulder-Trail.php](http://www.dogtownecologywalks.com/Dogtown-Road-and-Babson-Boulder-Trail.php)
- Walk a trail or your dog around Goose Cove Reservoir or in the 600-acre Ravenswood Park. Trail maps at [www.thetrustees.org](http://www.thetrustees.org)
- Go to a place you've never been, take a picnic and play Manhunt at places like Poles Hill, or the forest next to Green Street Fields.
- Walk all the beaches in Gloucester from Stage Fort Park all the way to Good Harbor Beach or pick up sea glass at the beach.
- Walk to movies or bowling, places you would usually drive to.
- Volunteer to lead nature discovery walks. Contact The Trustees of Reservations or go by their visitors center at Ravenswood Park.
- Go on a photography walk – see how many recognizable Gloucester landmarks you can capture with a camera.
- Develop a walk route emphasizing things that you are most interested in – places to hang out; places to get some rays, etc.
- Calculate your daily steps with a pedometer app; an average person walks 6000-7000 steps a day – try to reach 10,000.
- Give a walking tour to raise money – Example: MyTown in Boston helped high school students lead tours and they charged \$15 per person.
- Head down East Main Street to Rocky Neck and then hop on the hourly water shuttle back to downtown [summer only] or walk to Atlantic Road and watch the waves crash onto the backshore of East Gloucester.
- Walk to the village of Magnolia for spectacular waterfront views into Boston.

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