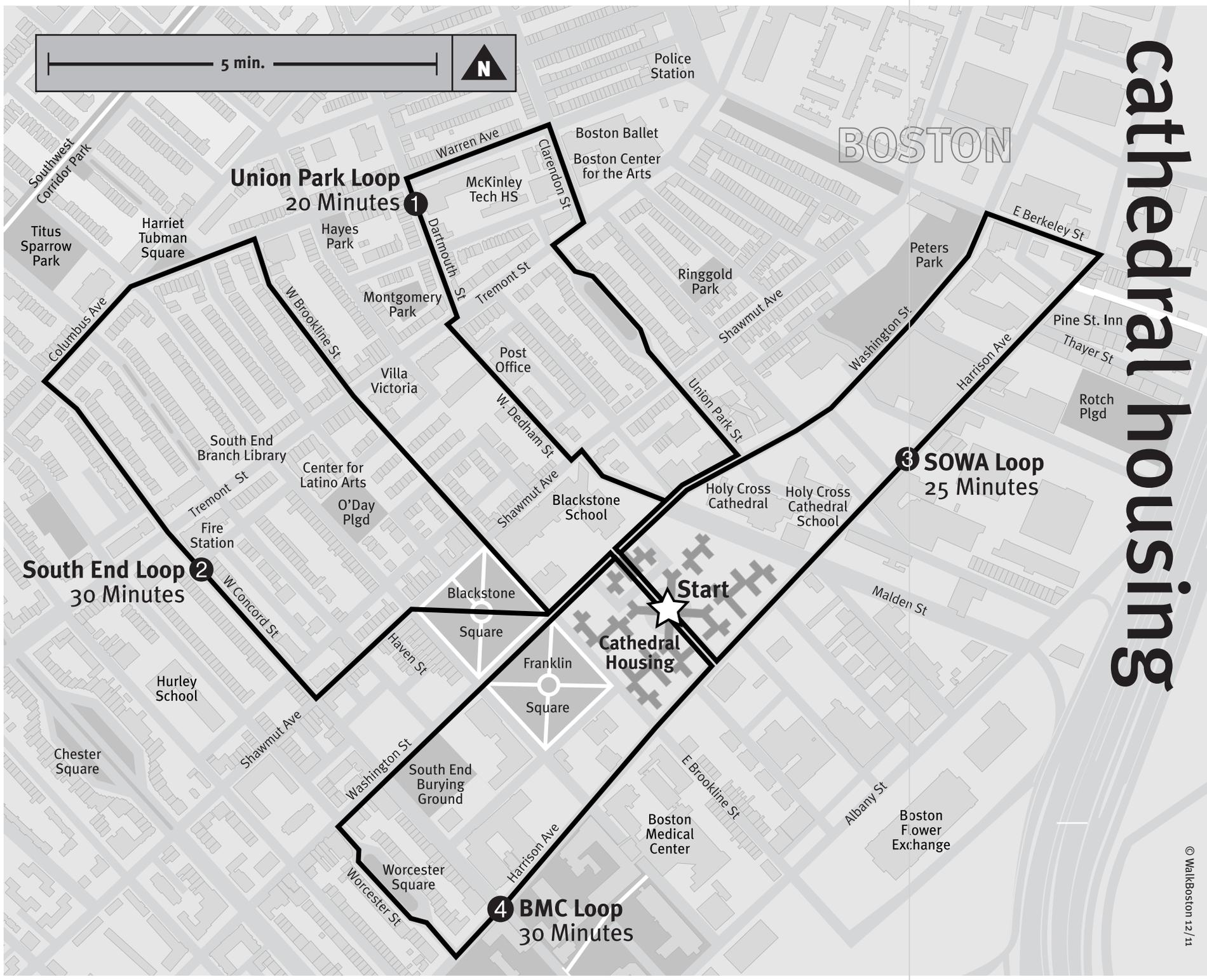


cathedral housing



Why walk

- People were built to walk.
- It's easy and almost everyone can do it.
- The more you walk the better it is for you.
- It's fun to include family and friends.
- Walking is a safe, easy way to get fit and stay fit.

Physical activity guidelines

The US Centers for Disease Control and Prevention recommends 2 hours and 30 minutes [150 minutes] of moderate-intensity aerobic activity [e.g., brisk walking] every week for adults.

How many calories are burned walking one mile?

On average an individual burns 100 calories per mile (20 minutes of walking). This will vary depending on the individual's weight, speed walked, length of time walked, terrain, etc.

Start with a short walk

Walk [10 -15 minutes] and build up slowly. Add 5 minutes to your walk each week. Keep building up until you can walk 30 minutes or longer 5 or more days a week.

Build stronger families and communities

- Get to know your neighborhood and get healthy.
- Walk at lunchtime, or after dinner.
- Doing your errands by foot supports local businesses.
- Walkers make neighborhoods friendly and safe.

Have a problem on your street?

Call the Mayor's 24 Hour Hotline: 617.635.4500, or go to www.cityofboston.gov/online_services and click on 'Transportation, Streets & Sidewalks' to report unsafe sidewalks, traffic and parking problems.



W.K. Kellogg Foundation Food & Community Partner

Cathedral Housing neighborhood

Cathedral Housing is located one of Boston's liveliest neighborhoods and one of the most walkable. The area around Cathedral Housing is very flat because it is located on land created by filling in tidal marshes. Many streets are named after Massachusetts towns that were being connected by railroads when the area was being built up.

Streets in the South End are laid out in a grid pattern, which makes it easy to get around. You can go up one block and over two, or up two and over one, and always see something new. With many historic and new houses, along with brick sidewalks and many shade trees, the neighborhood is a delightful place to walk.

The South End is famous for:

- Victorian row houses with graceful bowed windows, cast iron railings, and grand staircases.
- Long, narrow residential squares created by slightly widening the streets with parks in the middle.
- Stopping a highway and constructing the Southwest Corridor Park in its place.

① Union Park Loop

20 minutes

Start at Cathedral Houses, follow Washington St. toward downtown, turn left at Union Park St., right at Tremont St., left at Clarendon St., left at Warren Ave., left at Dartmouth [West Dedham] St. and right at Washington St.

What to look for:

- Union Park [1850] - a public square and fountain
- Boston Center for the Arts
- Villa Victoria - mural of Puerto Rican heroes

② South End Loop

30 minutes

Start at Cathedral Houses, follow Washington St. toward Roxbury, turn right at West Brookline St., left at Warren Ave., left at Columbus Ave., left at West Concord St., left at Shawmut Ave, right through Blackstone Sq. and left at Washington St.

What to look for:

- Harriet Tubman memorial - a bronze statue
- Titus Sparrow Park - for concerts and sports
- Haven Street - quaint old houses

③ SOWA [South of Washington] Loop

25 minutes

Start at Cathedral Houses: Follow Washington St. toward downtown, turn right at Berkeley St., right at Harrison Ave.

What to look for:

- Artists' studios & galleries - Thayer Street
- Pine Street Inn - yellow brick tower
- Peters Park - playing fields and a beautiful dog park

④ Squares & Boston Medical Center

30 minutes

Start at Cathedral Houses, follow Washington St. toward Roxbury, turn left at Worcester Sq., left at Harrison Ave., left at East Brookline St., and right at Harrison Ave.

What to look for:

- Blackstone Square & Franklin Square
- South End Burying Ground - ancient and isolated
- Worcester Square - the grandest of the squares
- Boston Medical Center/University Hospital - rapidly changing campus.

WalkBoston

WalkBoston makes walking safer and easier in Massachusetts and encourages people to walk more for better health, a cleaner environment and vibrant communities. **Join today!**



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