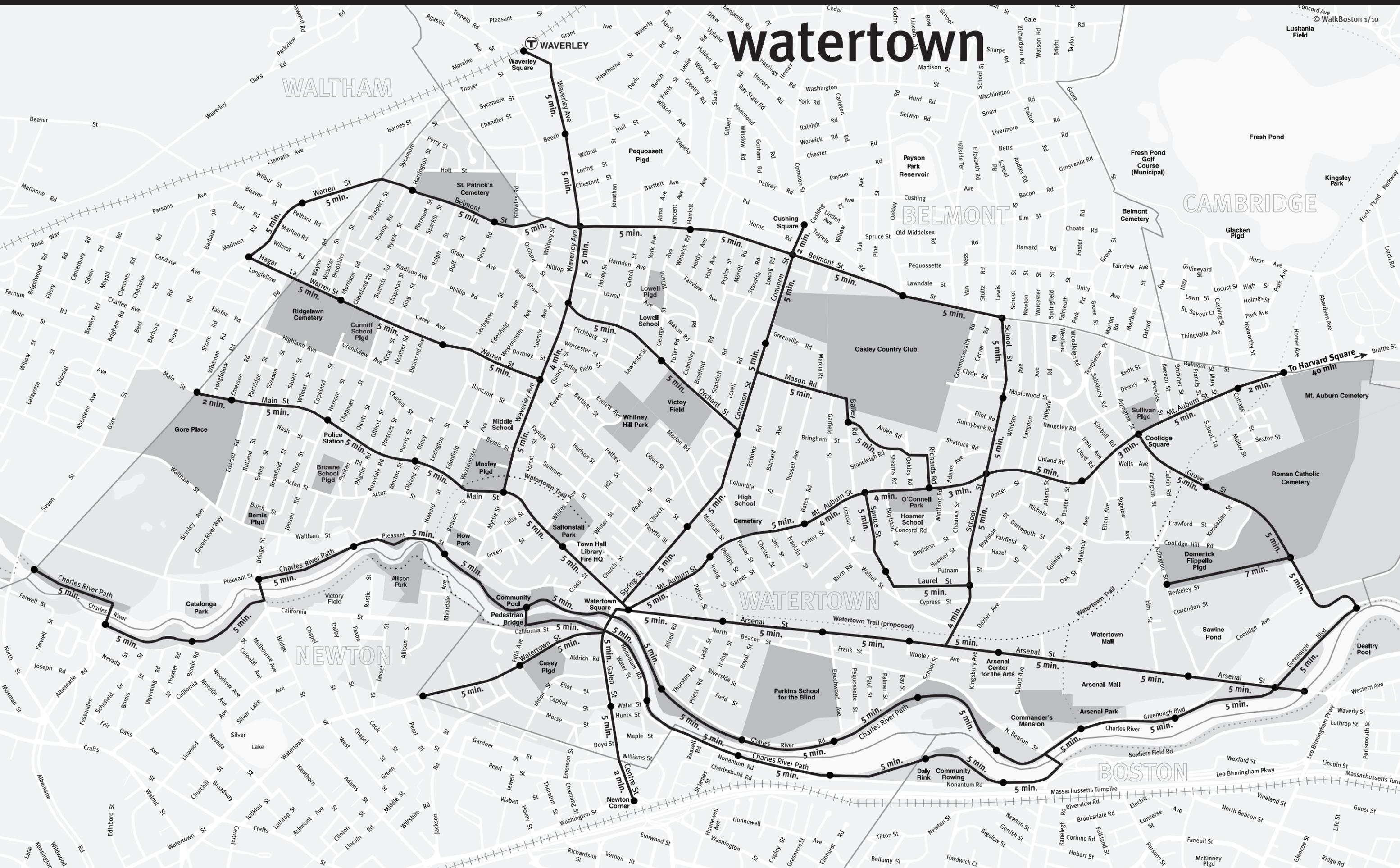




# watertown



## Why walk?

You can go anywhere on foot. Many destinations in Watertown are no more than a 10-minute walk away – and many are closer than that. You’ll be surprised how short the walks are – from homes, schools, bus stops and major thoroughfares to all parts of town.

**It’s an easy and fun exercise.** A walk can be a social event with friends. It can be contemplative and thoughtful. It can be long or short, spontaneous or planned in advance.

**Walking is a part of all trips.** It is a central component of our transportation system and part of virtually every trip – alone or combined with public transit, driving or cycling.

**It builds stronger communities.** Pedestrian activity makes residential areas more neighborly and commercial areas more vibrant.

**This map makes it easy.** We’ve labeled the city in 5-minute walking segments. Walk 5 minutes out and back for a 10-minute walk. Vary the route to keep it interesting. Then try walking out 10 minutes and back 10 minutes for a 20-minute walk.

## Health

**Walking is life-extending.** The more you walk the better it is for you. Every hour of brisk walking can add two hours to your life. [Harvard Alumni Study, 1986].

**Walking can reduce the risk of heart disease and stroke.** As obesity is skyrocketing and Americans are becoming busier and more sedentary, we want to get America walking!

**Walking is great medicine for your heart.** Walking is the one exercise that people stick with. It has the lowest dropout rate of any physical activity. Walking is the simplest positive change Americans can make to improve their heart health.

**Walking just 30 minutes a day:**

- Reduces risk of heart disease by improving blood circulation
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Boosts energy levels
- Increases muscle strength
- Reduces depression
- Maintains good cognitive health

New research suggests that better cardiovascular health gained by regular exercise might benefit your brain as well. The Journal of the American Medical Association reports that walking regularly may help preserve mental sharpness.



MAKING OUR COMMUNITIES MORE WALKABLE

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## Safety and walkability

**Residents and merchants can help make our town safer and more walkable every day. Here’s how:**

**Keep sidewalks unobstructed.** Place garbage receptacles/recycle bins awaiting pickup in areas between the sidewalk and the street. Put them away after pick-up in a reasonable and timely manner.

**Maintain even surfaces on sidewalks.** People who are elderly or riding in wheelchairs will cheer because the surfaces become easier and safer to traverse.

**Shovel sidewalks and crosswalks of snow and ice.** Shovel as soon as possible after a storm.

**Maintain sightlines.** Keep shoveled snow banks and hedges at a height that allows vehicles and pedestrians to see one another.

**Do not block sidewalks or pathways.** Do not park vehicles in a way that blocks or impedes walking.

## Getting started

**Determine how active you want to be.** Start slowly and extend your walking gradually.

**Set achievable goals.** 30 minutes a day of moderate to vigorous physical activity. You can divide the 30 minutes into chunks of 15 or even 10 minutes.

**Find a buddy.** Ask your spouse, children, friend, or co-worker to become your walking partner. It’s more fun and you can encourage one another!

**Start or join a Walking School Bus.** Help children walk to school safely. The Watertown Community Safe Routes To Schools is active in nearly all Watertown neighborhoods. Walking to and from school with children is a terrific way to add exercise for your children and steps to your day while allowing you to spend more time with your kids. Walking can reinforce a healthy lifestyle for the whole family.

## Organized walking tours

Take a stroll with Watertown Walks. Check schedules for walks at [www.watertowncitizens.org](http://www.watertowncitizens.org) and check Watertown Historical Society walking tours at [www.watertownhistory.org](http://www.watertownhistory.org). The 10 miles of accessible river paths are frequently the site of walks and path clear-ups conducted by the Charles River Watershed Association [[www.crwa.org](http://www.crwa.org)].

WalkBoston conducts walks everywhere – including Watertown – view walk schedules at [www.walkboston.org](http://www.walkboston.org). Join WalkBoston and support our efforts to make Massachusetts communities healthier, greener and more neighborly through better, safer and more enjoyable walking.

Map: Ken Dumas Text: Bob Sloane Design: ninagarfinkle.com

## Walks in Watertown

**Watertown has fantastic attributes that make it an ideal community for walking. Our long riverfront offers a choice of ideal walks. Our commercial areas are vibrant with ethnic diversities of food and cultural events. Many opportunities exist for Watertown Walks—create your own!**

**Charles River Waterfront – North Bank: 40-45 minutes**

From Watertown Sq. follow Charles River Road and the path along the river past the grounds of the Perkins School for the Blind, the Watertown Yacht Club, and a little-known island.

**Charles River Waterfront – South Bank: 40-45 minutes**

From Watertown Sq. go over the bridge and turn L to follow a path along Nonantum Road. Look for the new, architecturally-stunning Community Rowing facility, the Daly Ice Rink and the Brighton-Allston Swimming Pool.

**River Path – Watertown/Waltham: 35-40 minutes**

From Watertown Sq. cross over the bridge and turn R on the riverbank path. Go all the way to Waltham or turn back at Bridge St. Look for the historic and scenic Watertown Dam and the site of 1630 colonial settlements.

**Waverley Avenue to Gore Place: 20-25 minutes**

From Waverley Ave. follow Main Street towards Waltham. Turn L on Gore St. and the entrance to Gore Place, a National Landmark.

**Watertown Community Path: 10-15 minutes**

From Main St. turn R on Waverley Ave. and turn R to walk along the Community Path to the Watertown Boys and Girls Club, Free Library, Town Hall, and many shops and restaurants at the heart of Watertown Square. Look for the Armenian Library/Museum with its expansive collection of art, books, and textiles from the Armenian culture [65 Main St.].

**Mt. Auburn St. Promenade: 30-35 minutes**

From Watertown Sq. travel along Mt. Auburn St. with its many retail shops and restaurants. Stop by one of the many Middle Eastern Markets along the route and sample some of the best baklava of your life!

**East End Loop Walk: 45-50 minutes**

Begin at School Street and follow Mt. Auburn St. through Coolidge Sq. past Sullivan Playground and Tufts Health Plan. Continue on Mt. Auburn and take a left on Belmont St. Follow Belmont St. and turn L at School St.

**Coolidge Square to the Arsenal: 15-20 minutes**

From Coolidge Sq., follow Arlington St. and turn R on Arsenal St. Look for Fillipello Park, the site of the multi-use path, shopping malls, and Arsenal Center for the Arts.

**The Arsenal Loop: 50-60 minutes**

From Watertown Sq. walk along Arsenal St. and turn R on Talcott Ave. Look for the Commander’s Mansion, and the historic Arsenal Buildings. Turn R on N. Beacon St. At School St., cross Charles River Road, which leads back to Watertown Sq.

**Common Street to Cushing Square: 20-25 minutes**

From the cemetery at the corner of Mt. Auburn St. and Common St. follow Common St. into Cushing Square.

**Common Street and Victory Field Loop: 35-40 minutes**

From Common St. turn R at Belmont St.; turn L on Lexington and L on Orchard St. back to Common St. past the J.R. Lowell School and Victory Field.

**West Watertown walk: 45-50 minutes**

At Saltonstall Park follow Main St. Turn R on Lexington St. and L on Warren St. past the Cunniff School and Ridgelawn Cemetery. Turn R on Brookline St. to Belmont St. past St. Patrick’s Cemetery. Turn R back to Lexington St.

**Watertown Square to Newton Corner: 10-15 minutes**

From Watertown Square cross the bridge and follow Galen St./Centre St. to Newton Corner. Turn R on Morse Street and L on Watertown St. Look for Parker Casey playground and field.

**Common Street to Coolidge Square: 20-25 minutes**

From Common St. at Belmont St. follow Belmont St. past the entrance of the Oakley Country Club. Continue on Belmont St., turn R on Arlington St. and follow to Coolidge Sq. at Mt. Auburn St. Look for shops and Tufts Health Plan.

**Waverley Avenue to Waverley Square: 25-30 minutes**

At Moxley Playground follow Waverley Ave. past the Watertown Middle School. Cross Belmont St. to Trapelo Rd. and Waverley Sq. Look for Commuter Rail connections to Boston and Acton.

**West End Loop: 45-50 minutes**

From Lexington St. follow Warren St. [Hagar Ln. in Waltham], turn R on Warren St. [Belmont St. in Watertown] turn R on Lexington St.

**Palfrey Street / Victory Field Loop: 35-40 minutes**

Begin at Common St./Mt. Auburn. Look for the Historic Cemetery. Follow Mt. Auburn St. past Marshall St. [Edmond Fowle House]. R on Palfrey St. Walk up the hill to the end then turn R on Waverley Ave. Turn R on Orchard St. past J.R. Lowell School and Victory Field. Turn R at Common St. to return to Mt. Auburn St. Look for Watertown High School.

## WalkBoston & Watertown

WalkBoston encourages walking throughout Massachusetts for transportation, health and vibrant communities. Our education and advocacy programs give voice to citizens to make their communities walkable. A non-profit organization, WalkBoston has members from over 60 communities across the state. Our maps are created in conjunction with local organizations and people with expert knowledge of the area. To learn more or support us, visit [www.walkboston.org](http://www.walkboston.org).

The Watertown Walking Map was developed and printed with funding from Tufts Health Plan. It was created through a collaboration of: WalkBoston, the Watertown Community Safe Routes to School, the Watertown Planning Department, the Watertown Health Department and the Watertown Bicycle-Pedestrian Committee.

**TUFTS**  **Health Plan**  
*No one does more to keep you healthy.*