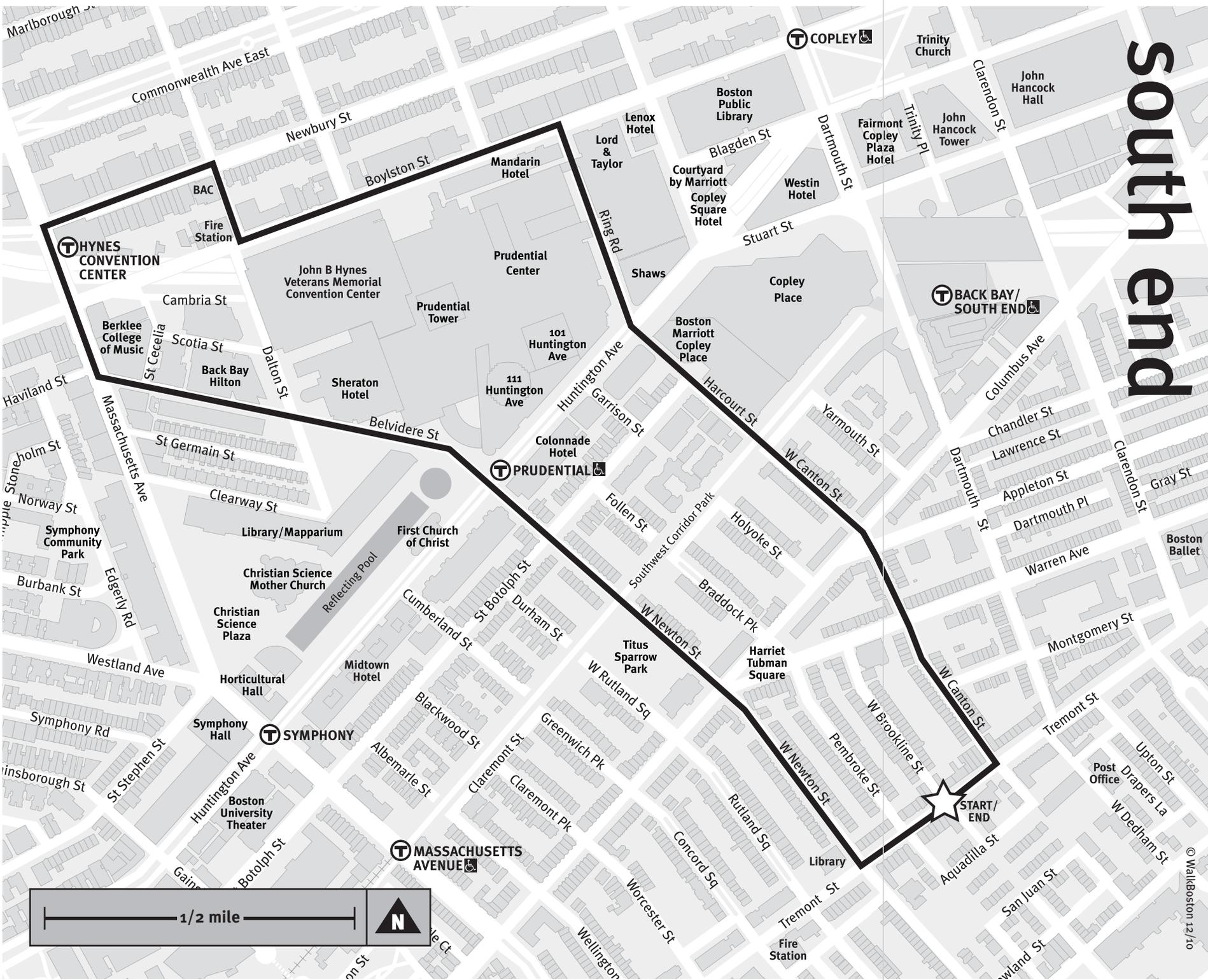


South end



Boston's South End Loop — 2.5 miles

The South End is a favorite of locals and visitors. It's a compact, lively neighborhood that is easy to access from Downtown, Back Bay, and many hotels and tourist destinations. Running or walking along the flat, shady streets of the South End, you'll be charmed by this "historic district"—the largest group of Victorian structures in the country. Long an immigrant neighborhood, the South End still retains its diversity. Its distinctive architecture is invigorated by an array of unique restaurants, art galleries clothing and furniture shops.

The streets of the South End are flat, much like the Back Bay; both areas were created by filling in tidal marshes. Unlike the legendary crooked streets of Downtown, South End streets were laid out in a grid pattern, making it easier to get around.

Most South End street names came from towns in Massachusetts that were being connected by railroads when the area was laid out. Beware: street names can be confusing; they frequently change on either side of Washington Street [the only land route into downtown before this area was filled].

The South End is known for its handsome 1840-1870s Victorian row houses with graceful bowed windows, cast iron railings, grand staircases, front gardens, and residential squares that were created by slightly widening streets and adding green parks in the middle. These squares and buildings are often used for period movies because they are so picturesque.

Though the residential buildings are compact, the area is lush. The streets are canopied by mature shade trees from a 1970s City tree-planting program. The tradition of greenery dates back to 1801 when architect Charles Bulfinch laid out Blackstone and Franklin Squares [rebuilt in the 1860s].

For your community

- Walkable/run-able cities have wide sidewalks, frequent WALK lights, intersection bulb-outs that shorten crossing distance and tight corners that slow turning traffic.
- Thanks to an initiative of WalkBoston and MassBike, state law requires MassHighway to construct pedestrian and bicycle facilities with every construction or reconstruction project.
- WalkBoston is supporting 25 mph speeds in downtown and residential areas, safer crosswalk laws, and enforcement of red-light running.
- Safe Routes to Schools programs increase children's walking to school and help reverse walk-to-school rates that have dropped from 65% 30 years ago to under 15% today.

For Massachusetts

- 10.4% of all Massachusetts trips are walking trips, 44% higher than the national average. That gives Massachusetts the fourth highest walk share [after New York, Pennsylvania, and Illinois].
- 12% of Massachusetts residents walk to work.
- 24% of Cambridge residents walk to work.
- Massachusetts has the 12th lowest pedestrian fatality rate in the U.S., at 1.3 deaths per 100,000 people. That is 40% below the national average.
- Each year 15—20% of the fatalities caused by motor vehicle crashes in Massachusetts are pedestrians.

For your inspiration

"Commuters scurry; shoppers meander; bushwalkers trek; power-walkers stride; lovers stroll; tourists promenade; protesters march. But we all walk."

Australian Pedestrian Charter

"Walking is a good activity because it's easy, it's enjoyable, it gives an energy boost, and it can even be fit into a busy day. Exercise is as simple as walking to a good restaurant!"
Miriam Nelson | Dir. Tufts Univ. Center for Physical Activity & Nutrition

For your information

More people will walk or run if conditions are safe, continuous, sociable and enticing [just as more people have been induced to drive by wider, faster roads].

- 90% of pedestrians hit by cars die when struck at 40 m.p.h. compared to 5% at 20 m.p.h.
- Narrowing a travel lane from 11 feet to 10 feet reduces speed by 7 mph.
- Nationwide it costs \$15,000-\$40,000 per car for a parking structure....it costs as little as \$8-\$9 per linear foot for a 5-foot sidewalk, wide enough for sociable walking by two people.
- 27% of trips are one mile or less, yet 3/4 of these are made by car. Walking/running would take 20 minutes or less.
- Every minute of walking can extend your life by 1.5 to 2 minutes.
- Only 25% of Americans meet the Surgeon General's recommendation for physical activity.
- In Massachusetts 54% of adults and 25% of children are overweight or obese.
- Nationally, walking accounts for 7.2% of all trips, and receives less than 1% of federal funding.

WalkBoston

We are the only organization advocating statewide to improve everyday walking and running conditions for enjoyable, healthy and environmentally friendly forms of exercise and transportation. When more people are out walking and running, communities are more vibrant. Our advocacy benefits everyone, especially those who depend on walking most — people with lower incomes, elders, children, people with disabilities, and transit users. Our members represent over 60 communities — **Join today!**



MAKING OUR COMMUNITIES MORE WALKABLE

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