

boston

walk route & time

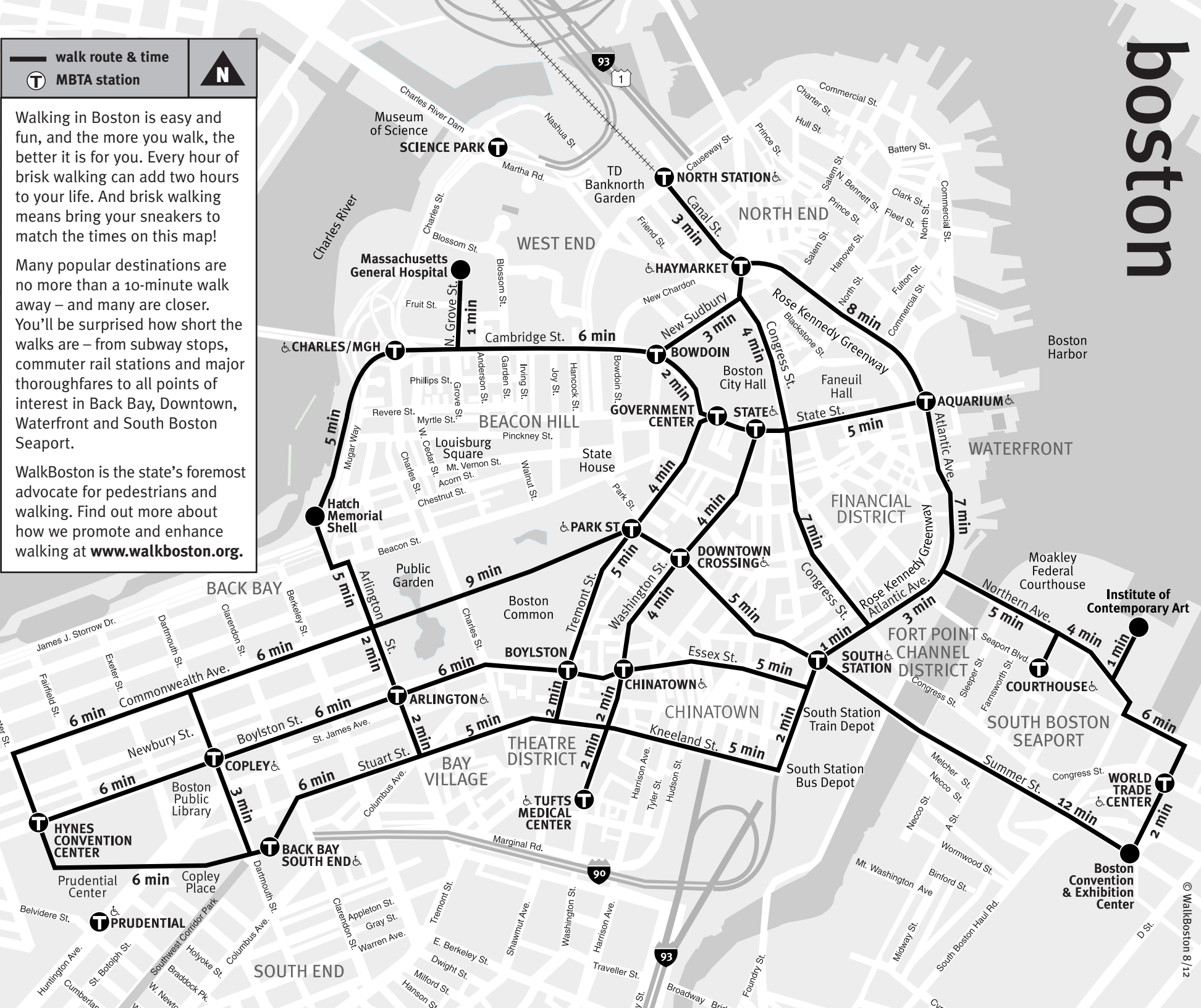
T MBTA station

N

Walking in Boston is easy and fun, and the more you walk, the better it is for you. Every hour of brisk walking can add two hours to your life. And brisk walking means bring your sneakers to match the times on this map!

Many popular destinations are no more than a 10-minute walk away – and many are closer. You'll be surprised how short the walks are – from subway stops, commuter rail stations and major thoroughfares to all points of interest in Back Bay, Downtown, Waterfront and South Boston Seaport.

WalkBoston is the state's foremost advocate for pedestrians and walking. Find out more about how we promote and enhance walking at www.walkboston.org.



What we do

While everyone walks, few people think about ways to make it safer, easier and more enjoyable. Just as wider roads and more traffic lanes encourage more car traffic, wider sidewalks, safer intersections and well-timed lights encourage more walking.

Here's how we advocate for better walking conditions:

- Make people aware of the importance of walking as a mode of transportation, and for better health and vibrant communities.
- Talk with citizens to hear their concerns.
- Meet with public officials to initiate changes that benefit pedestrians.
- Propose and support legislation.
- Advise public and private officials, planners and agencies in the quest for safer, more convenient pedestrian environments.
- Produce educational materials guiding the planning and design of walkable communities.
- Lead interesting walks year-round, exploring the architecture, history and design of New England neighborhoods.
- Create unique walks. See our book *WalkBoston: Walking Tours of Boston's Unique Neighborhoods*.

Why we do it

Walking is a crucial form of transportation It is a central component of a multimodal transportation system and part of virtually every trip—alone or combined with public transit, driving or cycling.

Walking is good for your health It provides abundant benefits for your heart, lungs, muscles and energy, and exercises your body in a balanced way.

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

Walking should be safe and easy to do Streets, sidewalks and intersections must be designed for pedestrians.

For your safety

Pedestrians include walkers and anyone operating a human-powered vehicle, such as wheelchairs, inline skaters, and push-scooters.

Walking along the street If there is no sidewalk, walk in the shoulder facing traffic.

Crossing the street If you are within 300 feet of a marked crosswalk, an intersection with a traffic signal, a pedestrian tunnel or overpass, or a police officer directing traffic, you must go there to cross.

Yield to Pedestrian Law When traffic signals are not in place or in operation, drivers must yield right of way by slowing or stopping when a pedestrian in a crosswalk is within 10 feet of their vehicle's travel lane. Failure to yield to a pedestrian in a crosswalk is punishable by a fine of \$200.

Engine Idling Law The unnecessary operation of a motor vehicle engine while the vehicle is stopped may not exceed 5 minutes.

For your health

Americans engage in walking on a daily basis. It is a safe, low-impact exercise for all ages; it's fun and gets you where you need to go. It also has numerous health benefits:

- Increases HDL-cholesterol levels [good cholesterol]
- Limits Type 2 diabetes and hypertension
- Increases bone density
- Decreases mental stress
- Improves cognitive health
- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- Longer, moderately-paced daily walks [40 minutes at 60-65% maximum heart rate] are best for weight loss.
- Short, fast walks [20-25 minutes at 75-85% maximum heart rate] are best for heart and lung conditioning.
- To burn off 1 M&M candy, you need to walk the full length of a football field [100 yards].
- 1 mile equals about 2,000 steps. Doctors recommend 10,000 steps [5 miles] a day for good health.

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].
- 13% of Massachusetts residents walk to work.
- Massachusetts has the 10th lowest pedestrian fatality rate in the U.S., at .73 deaths per 100,000 people. That is 53% below the national average.
- 76 pedestrians are killed by motor vehicles every year in Massachusetts.
- 60% of pedestrian fatalities from 2000 to 2009 occurred on roads with speed limits of 40 mph or more.
- 40% of pedestrian fatalities [with a known collision location] occurred where no crosswalk was available.

How we can help

- Provide guidance, speakers, programs, technical assistance and moral support so you can become more effective in your own advocacy efforts.
- Advise on improvements for your community, such as redesigning dangerous intersections, getting crosswalks painted, or removing sidewalk obstacles.
- Provide self-guided walks, maps and resources at www.walkboston.org.

How you can help

Walk! Better yet, join WalkBoston today!

We work to make communities more walkable. Sounds simple, but we can't do it without your support. Become a member and/or donate at www.walkboston.org.



MAKING MASSACHUSETTS MORE WALKABLE