Healthy Walking Tips

Choose proper footgear.
Invest in a good pair of walking shoes- treat your feet well!

Stretch before and after walking to prevent injury.
Ease into and out of the stretch and hold for a count of ten.

Exercise smart.
Set appropriate and realistic goals. Exercise can be effective in a minimum of ten minute intervals at least 3 times a day. Pace yourself, and increase your exercise program gradually to a minimum of 5 days a week. Drink fluids on hot days to avoid dehydration or heat exhaustion.

Wear layered clothing.
Loose-fitting and durable, weather resistant clothes are best.

Carry a few essentials.
A fanny pack with identification and "pocket change" along with a few first aid essentials work great.

Protect yourself from the sun.
Wear sunglasses, hat and sunscreen.

The Benefits of Dog Walking

Walking with your dog strengthens the bond between you and your pet, and it is also the healthy thing to do. Dogs, like people, benefit from exercise to help control weight and to maintain a healthy heart, lungs and muscles. Aging pets must be kept as agile and fit as possible but may not be inclined to exercise without encouragement. Even if your pet is active in your yard, it is more active during a walk. The pleasure of your company is one of your dog's greatest motivations to exercise. In addition to exercise, dogs also need social interaction, positive attention from its owner, and mental stimulation. Many of these needs can be met by simply taking your dog for a walk.

Here are other important tips:

- Walk your dog on a secure leash.
- Be sure to pick up after your pet.
- During warm weather carry water for your pet.
- Identification is a MUST. Every dog should wear their license tag for identification and safety.
- Pause when your dog needs a rest.

For more information about pets, visit the Animal Control web site at www.metrokc.gov/pets.

King County Animal Control

Safety Tips

Be visible!
At dusk, dawn and/or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

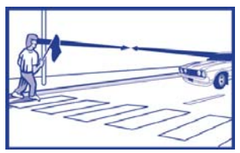
Be careful.
Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you.
Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert.
Be aware of all traffic, particularly vehicles making a "right on red."

Walk with a friend.
Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

How To Use Crosswalk Flags



Signal to drivers on your left.

When traffic on your left has stopped, proceed with caution. Look both ways.

As you approach center of road, signal to drivers on right.

When traffic on right has stopped, complete your crossing.

Return flag to holder.

Easy Everest Walks!

This map of easy walks in the Everest neighborhood is provided to you by the City of Kirkland and the Everest Neighborhood Association in cooperation with Public Health - Seattle & King County. We want to remind you that physical activity is one of the best ways to prevent disease, and walking is one of the easiest ways to get started and stay healthy.

Walking also helps build community. A simple wave as you walk by your neighbors working in the yard helps strengthen community connections. Walking, instead of driving, also reduces traffic congestion and pollution.

It is our hope that this map of neighborhood parks and walking routes will inspire you and give you new ideas of places to walk. We would also like to thank the Everest Neighborhood Association for their assistance on this map. For more information about the City of Kirkland's services and programs please visit our web site at www.ci.kirkland.wa.us. For more information on health services or healthy living please visit the Public Health web site at www.metrokc.gov/health.

City of Kirkland Washington

Larry Springer,
Mayor
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Public Health-Seattle & King County

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

City of Seattle King County

Everest Neighborhood Walking Routes

This map depicts paths that are low to moderate in difficulty. Not all are ADA accessible. Walkers assume risk for their own safety when walking the routes indicated on this map. The descriptions below should give you an idea of difficulty and potential obstacles.

Orange Route: (1.1 miles) This 25 minute route begins at Everest Park. There is local parking and restrooms (which are only open during the summer). During little league tournaments there is a concession stand open. You can follow the paths around the park where there are benches. The paths are mostly level with slight inclines in places.

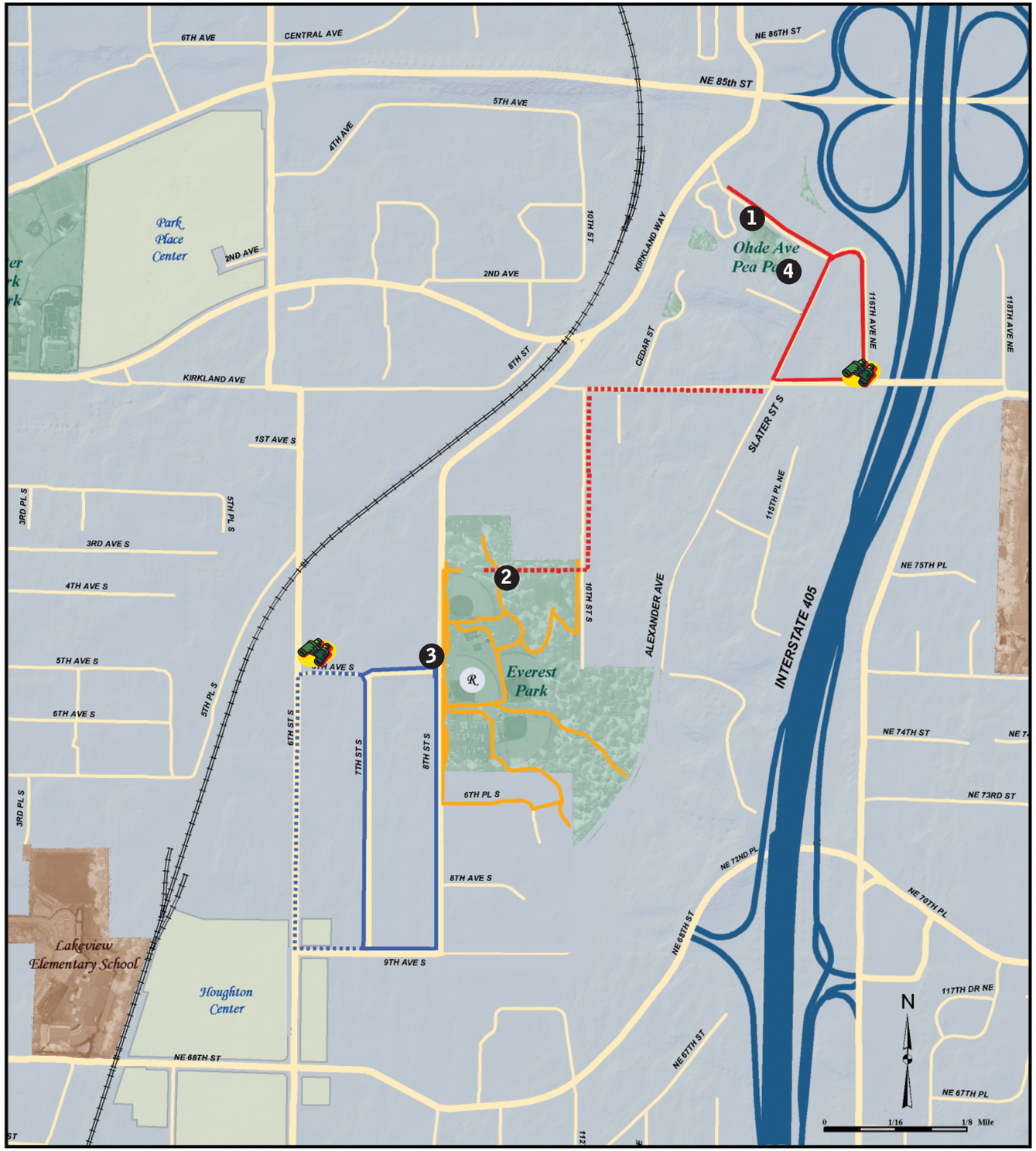
To add time and interest to the route, try walking on the different park paths for longer amounts of time. Try not to walk on the same path twice!

Blue Route: (1 mile) This 25 minute walk begins at Everest Park and passes through residential neighborhoods, many with lovely yards. To begin, take the path that exits the park from the east, down to 9th Avenue South. Continue to 7th Street South. At the corner of 5th Avenue South, there is a little unpaved easement trail on the east side of the street between two houses that will take you back up to the park.

For a longer variation, head west down to 6th Street South. The Orange Route can be combined for a longer walk.

Red Route: (.5 mile) This 20-25 minute route is the most strenuous, and has sloped grades which begin at the Ohde Street Pea Patch. You can park at the Pea Patch and walk east on Odhe Ave, watching for local traffic. Take a jog to the left onto Slater Street and turn right on 116th Ave. NE. At the end of 116th, you can either take the pedestrian bridge that will take you across I-405 to Rose hill or you can head west down Kirkland Avenue. As you head down Kirkland Ave., take in the views of Lake Washington and the Olympic Mountains. Take a right on Slater Street and walk on the shoulder, watching for local traffic and return to the Pea Patch *Note:At the crest of 116th NE is the pedestrian bridge that crosses I-405 to Rose Hill.*

(.5 mile) For a longer variation and more hills, head south on 10th Street South. At the end of the street there is a trail head that will take you back into Everest Park.



Legend

Everest Neighborhood Walking Routes

- Orange Route
- Blue Route
- Blue Route Alternative
- Red Route
- Red Route Alternative
- Public Restroom
- Viewpoint
- Low Traffic Street
- High Traffic Street
- Interstate
- Railroad
- City of Kirkland Limits
- Park or Open Space
- School
- Lake
- Commercial and Business Districts

Be healthy. Be active.
30 minutes a day
on at least 10 minutes at a time
5 days a week
www.BeActive.org
Public Health Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.
City of Seattle King County

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