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.

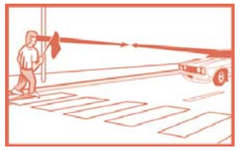
Be careful.
Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

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 Houghton Walks!

This map of easy walks in the Central Houghton neighborhood is provided to you by the City of Kirkland and the Central Houghton 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 Central Houghton 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
City of Kirkland

Dr. Alonzo Plough,
Director and Health Officer
Public Health-Seattle & King County

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

City of Seattle King County

Central Houghton 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.

Purple Route 45 min (1.5 miles)
This walk is mainly through residential streets with sidewalks and gradual grades along most of its length. It passes through the Houghton Shopping Center area, a good stop for refreshments or errands. It also travels through two of the Lake Washington School District school properties, the Community School and the International School. There are several points of interest for exploring on the school properties, including an informal track, playground areas and a small garden patch.

Green Route 45 min to 1 hr (2.2 miles)
This walk provides an opportunity for the exploration of the Northwest College Campus and the surrounding residential communities. The college grounds are a quiet, low traffic areas with well-paved paths. Most of it is easily accessed. The route passes by the Seahawks' headquarters and practice facility on the land they currently lease southeast of the main campus grounds.

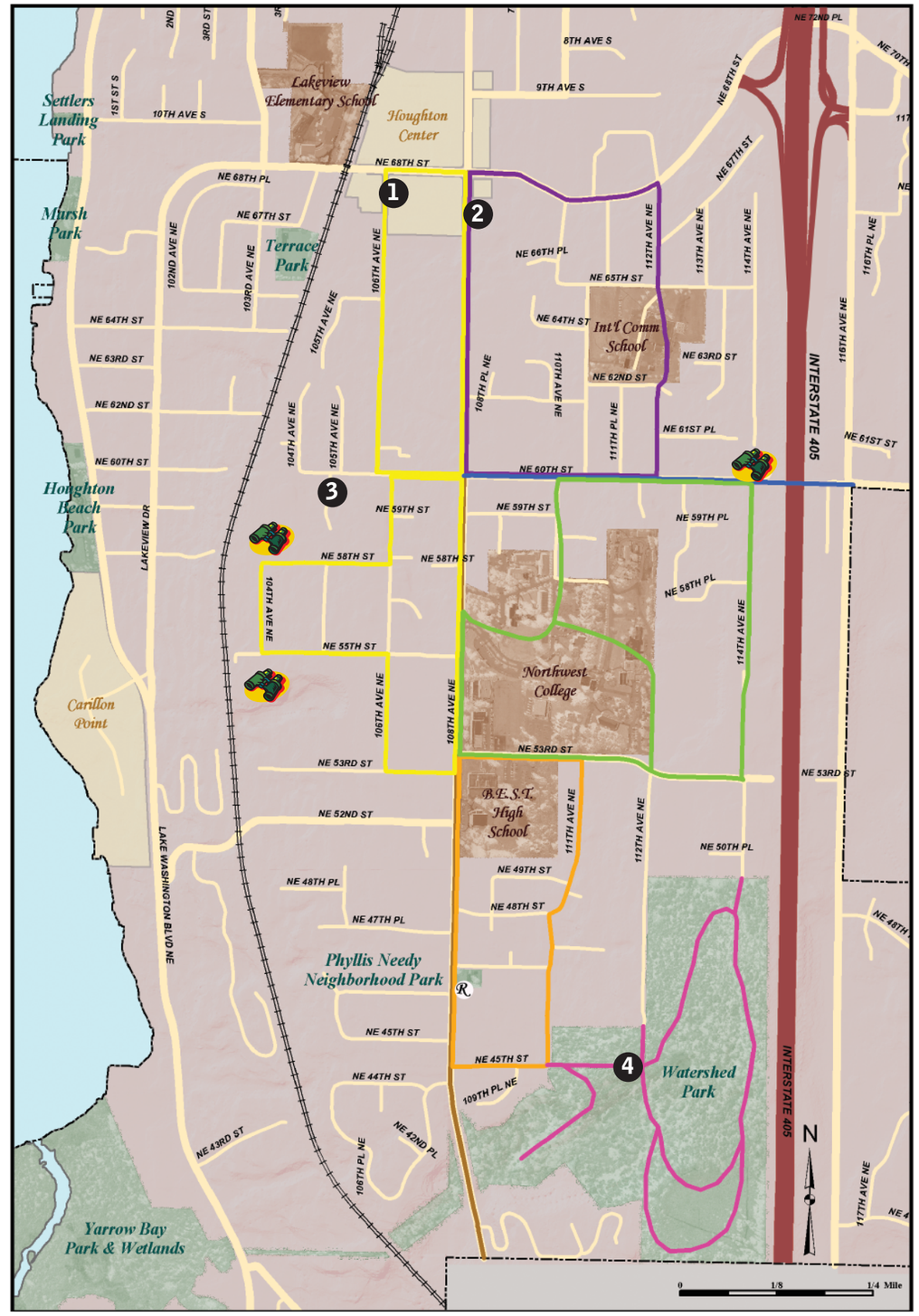
Orange Route 30 min (1 mile)
This route consists of a pleasant stroll through nice, low traffic neighborhoods. There are a few significant grades and sidewalks are not available along the whole length. This walk can also be used to connect to the Northwest College Campus or the west entrance to Watershed Park. It also passes by the Phyllis Needy Houghton Neighborhood Park and a drinking fountain and bathrooms are available during daylight hours in the warmer season.

Pink Route 30 min to 1 hr (1.75 miles)
This walk is through the City's undeveloped Watershed Park. The walk is of moderate difficulty and numerous dirt path routes are available in this large forested area. A map showing the paths and their lengths is available at the main entrance off of 112th Avenue NE. Accessing the trails from this location will also avoid the significant hills to the west that must be climbed if entering off of NE 45th Street. There are numerous points of interest available for anyone interested in taking time to explore the area. At the end of the most southwestern path is a small creek that is a peaceful resting spot, however, a continuous steep grade must be climbed to get back out. The park also has a less developed entrance off of 114th Avenue NE.

Yellow Route 30 min to 1 hr (2.2 miles)
This hilly route runs through mostly residential areas. It passes by the Water District Property, a future City park area, and some beautiful homes. Breathtaking views of Lake Washington and beyond are available in the NE 55th Street and NE 58th Street areas, but sidewalks are not widely available and some significant hills must be traveled. The loop can be extended to the Houghton Shopping Center, where you can stop at the neighborhood benches and historical marker just outside the Bank of America for a quick break. You can also check the bulletin board at the bus stop just across from PCC to catch up on the latest neighborhood events and information.

Brown Route 30 min (one way full length = .9 miles)
108th Avenue NE can be used as a connector to access most of the paths listed, or is a nice walk on its own. It has gradual grades except south of NE 44th Street and sidewalks and bicycle paths are available along the whole length. There are several benches available at various locations as well.

The Blue Connector
This path connects several routes together. It also provides access to the pedestrian walkway over Interstate 405 to Bridle Trails State Park and Bridle Trails neighborhood to the east.



Legend

Central Houghton Neighborhood Walking Routes

- Purple Route
- Green Route
- Orange Route
- Pink Route
- Yellow Route
- Brown Route
- The Blue Connector
- 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
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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