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.

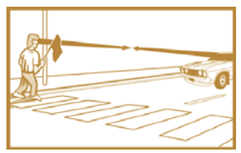
Be careful.
Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

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.

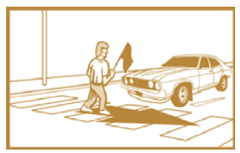
Be alert.
Be aware of all traffic, particularly vehicles making a "right on red."

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

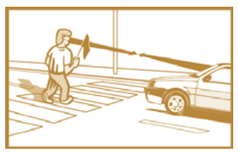
How To Use Crosswalk Flags



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 Lakeview Walks!

This map of easy walks in the Lakeview neighborhood is provided to you by the City of Kirkland and the Lakeview 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 Lakeview 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,
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Public Health-Seattle & King County

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

City of Seattle King County

Lakeview 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.

Yarrow Bay Park and Wet Lands: 40 minutes (1 mile)
This walk departs from the South Kirkland Park and Ride and travels down 38th street at a slight downward grade toward the Yarrow Bay Park and Wet Lands. Once down on Lake Washington Boulevard the path is very level. It is a great place to observe the wetlands, plants and birds.

Villagio Apartments Waterfront Walk: 40 minutes. (.9 mile)
This public access route also begins at the South Kirkland Park and Ride and continues along Lake Washington Boulevard. It crosses over to enter one of the many public access* waterfront path routes. This is a great place to spot water fowl early in the morning.

Carillon Point: 20 minutes. (1 mile)
This walk begins at Carillon Point and continues down through the marina. There are lots of public artwork, water fowl, and historic points of interest. If you drive down and you can park at Carillon Point, or better yet, if you stop and enjoy one of the shops or restaurants, you can have your parking validated. There are public restrooms on the west end of the parking garage under the restaurants.

Houghton Beach Park: 35 minutes. (.6 mile)
Begin your walk at Houghton Beach Park or at Marsh Park and walk along Lake Washington Boulevard and walk to downtown Kirkland. There are many sculptures along the way and all look spectacular with the background of Lake Washington. The path is very level and you'll meet plenty of other walkers along the way! You will also find restrooms, a drinking fountain and benches at Houghton Park.

Water Fowl/Birds of Lake Washington:

As you walk along these routes, especially early in the morning, you will spot many of the birds and fowl that frequent the waterfront. Here's a sampling of what you may find:

Herons

Cormorants

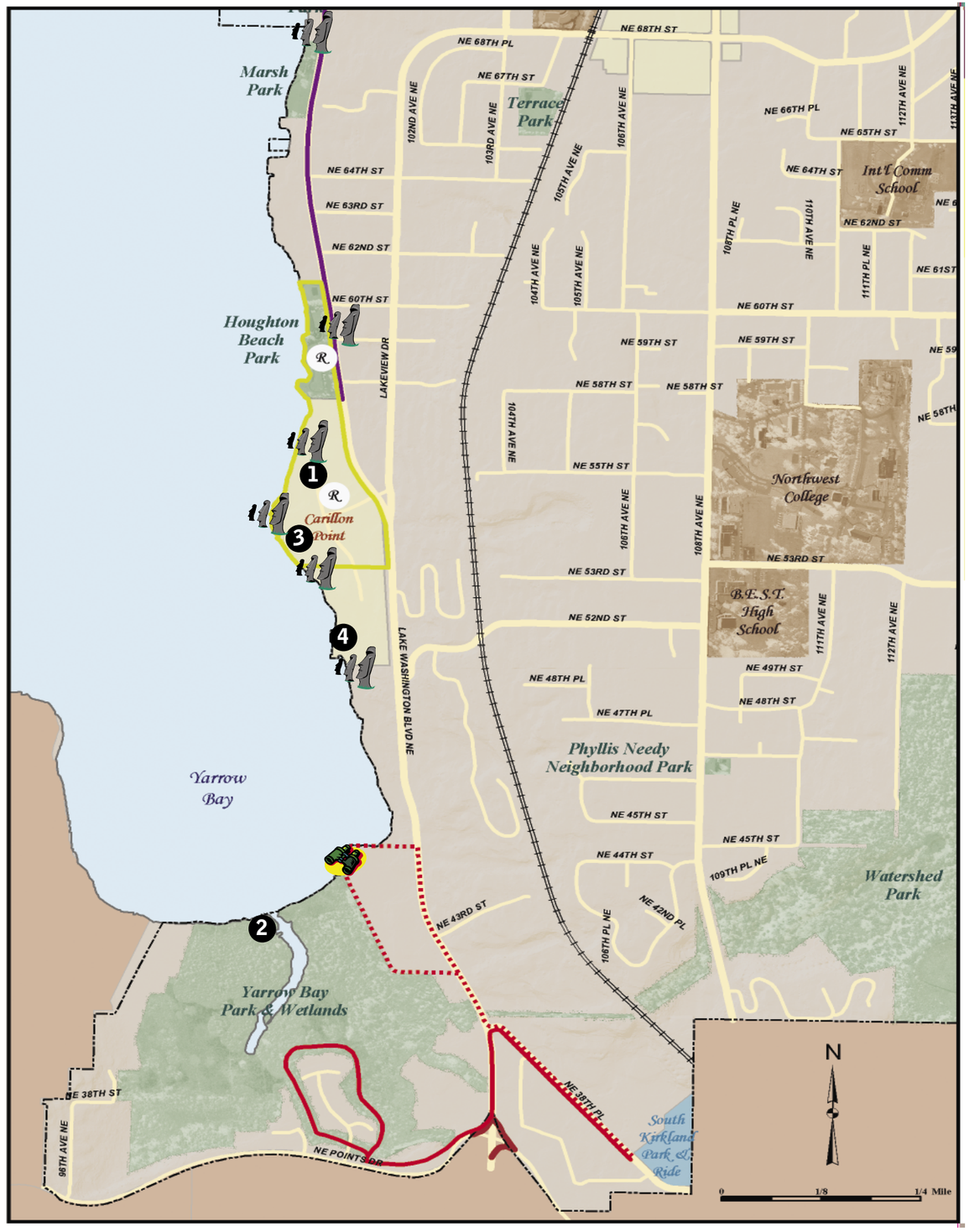
Merganser

Mallard

Bufflehead

Grebes

Eagles



*** Paths are only available for public access between 10 a.m. and dusk.**

Legend

Lakeview Neighborhood Walking Routes

- Yarrow Bay Park & Wetlands
- Villagio Public Access Waterfront Walk
- Carillon Point
- Houghton Beach Park
- Public Artwork/Sculpture
- Viewpoint
- Restroom
- Low Traffic Street
- High Traffic Street
- Railroad
- City of Kirkland Limits
- Park or Open Space
- School
- Park & Ride
- Lake
- Commercial and Business Districts
- Adjacent City

* Paths are only available for public access between 10 a.m. and dusk.

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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