

## Healthy Walking Tips



*Choose proper footwear.*  
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 website at

[www.metrokc.gov/pets](http://www.metrokc.gov/pets).



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.

## 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

# Walk North Rose Hill



This map of walks in the North Rose Hill neighborhood is provided to you by the City of Kirkland and the North Rose Hill Neighborhood Association. 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 North Rose Hill 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](http://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](http://www.metrokc.gov/health).



# North Rose Hill 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.

**Red Route** (2.3 miles) This walk has elevations fluctuating with overall variance about 100 feet. The route passes through Woodlands Park and Mark Twain Park on pathways. Additional walking paths and children's toy play areas are available in both parks. The walk jogs through residential areas, some of which don't have sidewalks, but are not usually heavy traffic areas.

**Orange Route** (1.7 miles) This route is fairly level with gradual elevation changes. The most sharp elevation change is in Mark Twain Park. Except for the pathway in the park, there are sidewalks to walk on. It travels through two 'innovative' housing developments. Mark Twain Park includes a broad meadow and children's playground area.

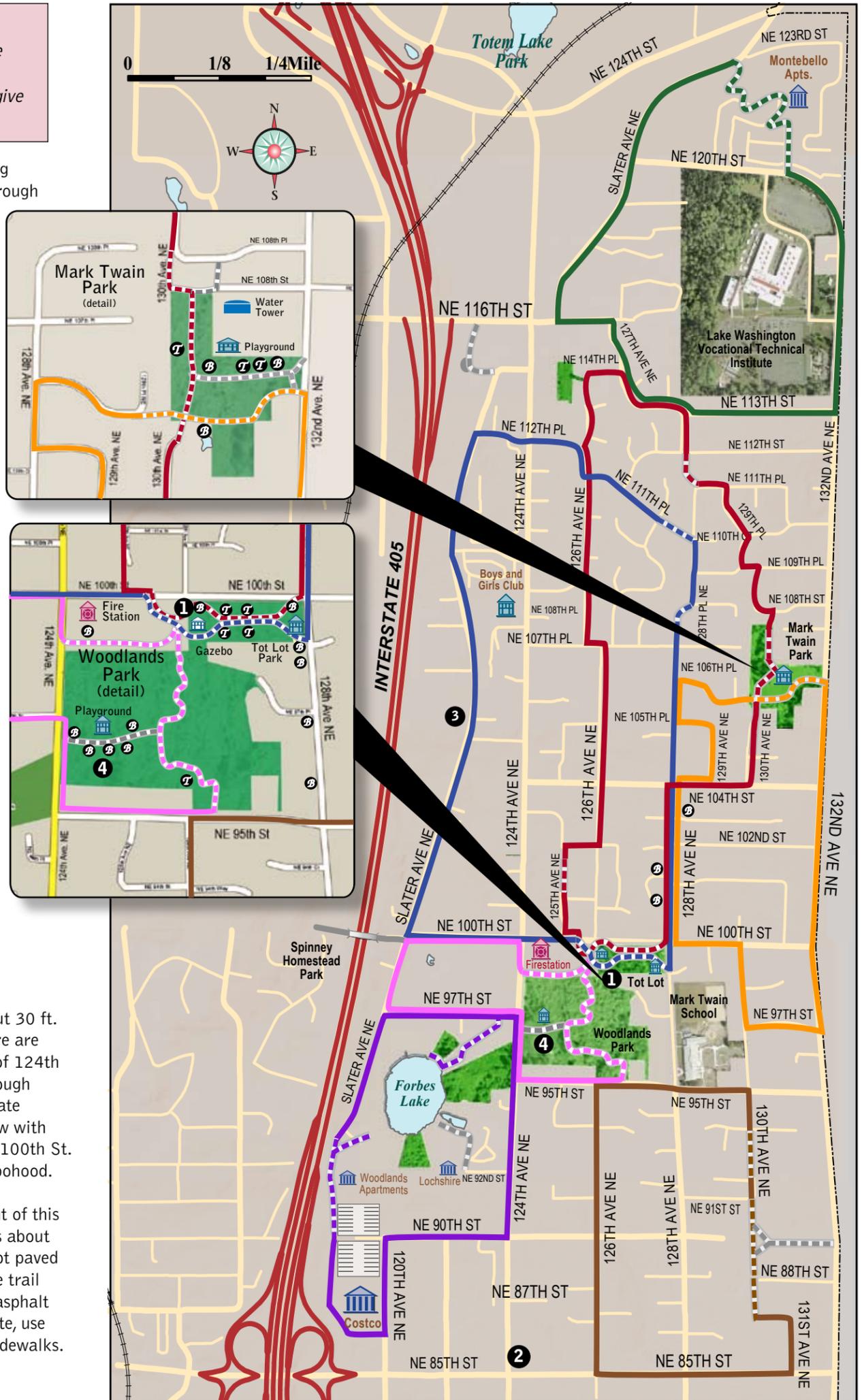
**Blue Route** (2.3 miles) This route is mostly through residential areas. It meanders through part of Woodlands Park near the Gazebo and on the pathway by the Tot Lot section of the park. The route includes two paths on and near the 128th Ave NE section of the walk. There are not sidewalks on parts of NE 112th Pl. and Slater Ave. Slater Avenue is a mixed-use area with wetlands, a horse pasture, business offices and mix of residence types. One of the steepest segments is on NE 112th Pl. There's about 100 feet of elevation change on the entire route. At the intersection of Slater Ave. and NE 100th St. there is a pedestrian freeway overpass to the Highlands Neighborhood.

**Purple Route** (1.8 miles) This route is on level asphalt or cement sidewalks except for short distances on NE 97th and 124th Ave. NE. Pedestrian traffic is not recommended on 124th Ave. NE during periods of high traffic. On NE 97th there is a u-turn pathway to Forbes Lake with a viewing boardwalk on the lake. There is also a public pathway that leads toward Forbes Lake near the Woodlands Apartments.

**Pink Route** (1.0 miles) This walk is fairly level, with about 30 ft. of elevation change on the Woodlands Park pathway. There are sidewalks on the south side of NE 95th St., the east side of 124th Ave. NE and the rest of the route except for the paths through Woodlands Park. In Woodlands Park there are two separate kid's playgrounds, a picnic Gazebo, picnic tables, a meadow with colorful wild flowers and pathways through the park. NE 100th St. connects with a freeway overpass to the Highlands Neighborhood.

**Brown Route** (1.5 miles) The recommended starting point of this walk is NE 95th and 130 Ave. NE heading south. There is about 200 feet of elevation change during the walk. Paths are not paved and are not appropriate for strollers. The south part of the trail eventually comes out at NE 85th St. which has a narrow asphalt path separated from the heavy traffic. As an alternate route, use 128th Ave. NE instead of 126th Ave. NE because it has sidewalks. The trail section of this route is in woods.

**Green Route** (1.8 miles) This route has considerable elevation changes with a 70 step up/down ramp off Slater Ave., a steep short distance on NE 113th St. and a steady incline/decline on NE 120th St. and 132nd Ave. NE. It's easy to walk through the technical college grounds while on this walk.



Legend		North Rose Hill Neighborhood Walking Loops	
	Kirkland City Limit		Picnic Table
	Railroad		Bench
	Red Route		Interstate
	Orange Route		Parking Lot
	Blue Route		Park or Open Space
	Purple Route		School
	Green Route		Lake
	Brown Route		Business or Apartment Complex
	Pink Route		Fire Station
	Pathway or Trail		Recreation or Community Facility
	Low Traffic Street		
	High Traffic Street		