

## 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.



*Walk with a friend.*

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

## 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.

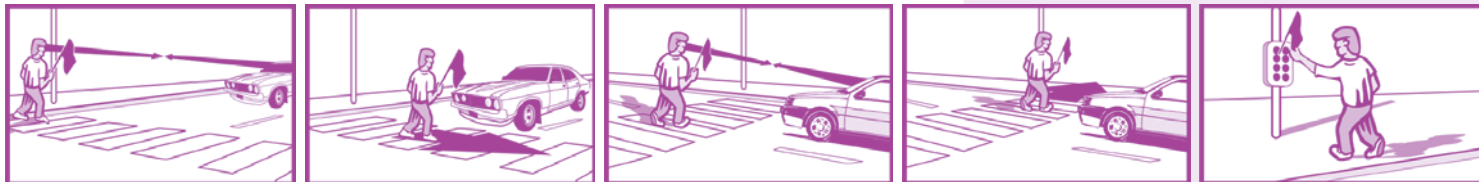
*Make sure drivers see you.*

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.”

## 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 Moss Bay Walks!



This map of easy walks in the Moss Bay neighborhood is provided to you by the City of Kirkland and the Moss Bay 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 Moss Bay 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).



*Springer*

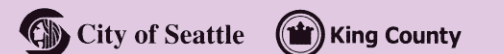
Larry Springer,  
Mayor  
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*Along & Plough*

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**PH** Public Health  
Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.



# Moss Bay 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.

**A Walk in the Park** – A pleasant meander through Peter Kirk Park. From the Senior Center, this is an easy ‘starter’ walk with no steps, however, the paths do undulate a little. There are plenty of benches to rest on and lots of activities to watch: baseball, the skateboard park, pickup basketball games, tennis, kids playground and more. There is one piece of public art in the park, to the north of the Senior Center, “The Gossipers”. Wheelchair accessible. Distance: Variable, but no more than .1 of a mile; Time: at your leisure; Level of difficulty: Easy, with uneven surfaces.

**Art ‘n Parks Walks** - Because downtown Kirkland has so many so many wonderful parks, public art and vistas, this series of walks is a real crowd pleaser! There are 3 separate walks. Each will pass through city parks, public art, provide wonderful views over the lake and end in the bustling Kirkland Downtown on the Lake (KDL). Here you will find great resting places to have coffee or a bite to eat and plenty of galleries in which to browse. During the summer, each of these walks takes you through the Kirkland Farmer’s Market open Wednesdays. There are plenty of benches to rest on, public restrooms and water fountains. All the cross walks are marked and some have either traffic signals/pedestrian-initiated flashing crossing lights or flags to alert motorists of your presence.

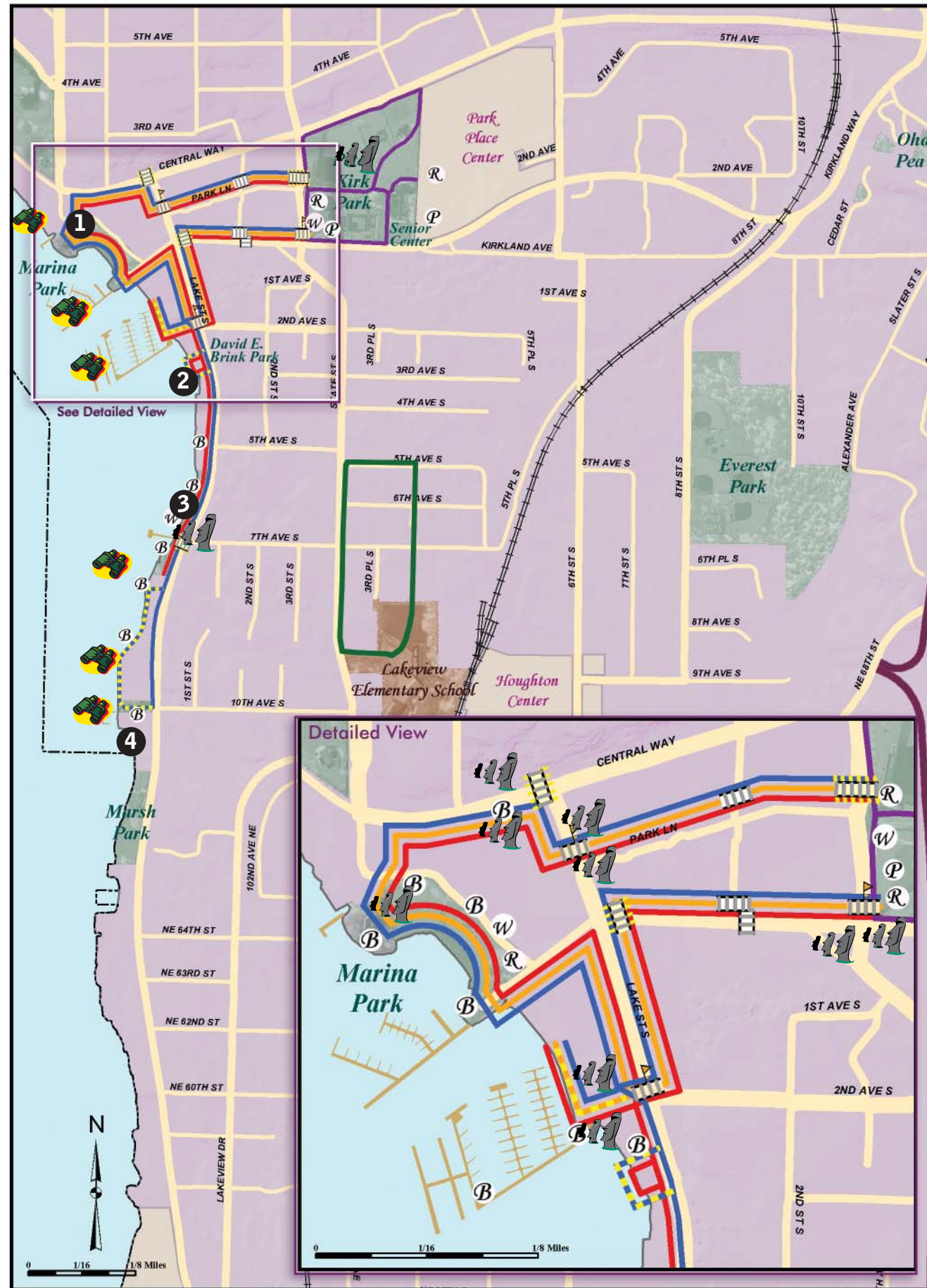
**Walk A: “A Journey of a Thousand Miles...”** – This is a great beginning walk. It takes you from the Peter Kirk Park at the King County Library down Kirkland Avenue to Lake Street and then through Marina Park where you will see the Puddle Jumpers sculpture in Marina Park. Return along Central Avenue [there are some steps to negotiate to get to Central], to Lake Street & Park Lane (more sculptures along here), then back to Peter Kirk Park. Distance: 0.8 miles; Time: 30 to 45 minutes; Level of difficulty: Easy, with steps.

**Walk B: “Taking you to the Brink and Back!”** – This walk is an extension of Walk A, giving you a little more distance and a chance to see David E. Brink Park as well as enjoy some of the shoreside public access paths the City of Kirkland so wisely created. You continue on down Lake Street from where Walk A turns around and make your turn at the end of Brink Park. Be sure to see the sculpture of the “Water Bearers” in Brink Park. There are several shoreline public paths that allow you wonderful views of the lake and the mountains, but there are some short steps to negotiate. Distance: 1.4 miles; Time: 45 – 60 minutes; level of difficulty: Easy, with a little more distance than Walk A.

**Walk C: “We’d Lake to Invite You”** – This walk is an extension of Walk B and gives you the most fantastic views of the lake and the mountains. Continue down Lake Street past Brink Park to Settler’s Landing, where you begin a return trip along the shoreline on public access paths\* nearly back to Brink Park. There are piers you can saunter out on and watch the sunset, folks fishing or just take in the 180-degree panorama. Distance: 1.8 miles; Time: 60 – 90 minutes; level of difficulty: Easy, with slightly more distance than Walk B.

**Walk D: “Follow the Easement Walk”** – This is a good route to build endurance. It has uneven surfaces and a downward slope. Begin on the play yard of Lakeview Elementary School, exit on the north side and follow the easement trail through to 5<sup>th</sup> Avenue. Head west down to State Street and turn south and head back to the school. Distance: .75 mile; Time: 15- 20 minutes.; Level of difficulty: Moderate due to uneven surfaces. Reverse the route to build endurance for hills or continue along State Street to increase your distance.

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



## Legend

**Moss Bay Neighborhood Walking Routes**

- A Walk in the Park
- Art 'n Parks - A
- Art 'n Parks - B
- Art 'n Parks - C
- Easement Walk - D
- - - Public Path (access 10 AM to Dusk)

- Public Artwork
- Viewpoint
- Marked Crosswalk - no lights/flags
- Marked Crosswalk - flags
- Marked Crosswalk - traffic light/pedestrian activated crossing signal
- Water
- Public Restroom
- Bench
- Steps
- Free Parking - variable hour limits
- 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.

at least **30** minutes a day

**10** minutes at a time

**5** days a week

[www.BeActive.org](http://www.BeActive.org)

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

City of Seattle City of King County

