

Why Walk?

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. Walking can reduce the risk of many diseases - from heart attack and stroke to hip fracture and glaucoma. And of course, walking has significant positive implications for strength, mood, and weight loss.

Calories Burned per Hour*

	110 lbs	125 lbs	150 lbs	175 lbs	200 lbs
Strolling <2 mph	100 cal	114	136	159	182
Moderate 3 mph	175	199	239	278	318
Brisk 3.5 mph	200	227	273	318	364
Very Brisk 4.5 mph	225	256	307	358	409
Moderate Uphill 3mph	300	341	409	477	545

*Source: http://www.cdc.gov/healthyweight/physical_activity/index.html

Why Walk Tacoma?

Getting out of your office, hotel room, home, or car means you get to see Tacoma up close and personal - and there is so much to see. Check out historic sites, public art, parks, and cultural icons of Tacoma, while also envisioning the future. On each of the five routes, you are guaranteed to learn something new about the City, and build a greater appreciation of the assets that Tacoma has to offer!

THE DOWNTOWN to HILLTOP WALK



Public art in People's Park - see site #6

Tour Tacoma's "first neighborhood" during your walk from Tacoma's busy downtown up to historic Hilltop. As a result of the establishment of the western terminus of the Northern Pacific Railroad, the hilltop developed as waves of diverse working class peoples flooded Tacoma. The Hilltop's rich and dynamic history has today united this diverse community, resulting in the establishment of many community projects and initiatives of interest.

Walk Info

easy average difficult

Distance **1.69 mi**
 Average Time **45 min**
 Terrain **flat-grade, steep hills, stairs**

For more information and copies of the maps, visit www.downtownonthe.org.

*Courtesy: Tacoma Public Library



DOWNTOWN:
On the go!



253 682 1739
Downtownonthe.org

Sponsor

† **Franciscan Health System**

Contributors



Collaborators

American Heart Association

Thank You

To students in the Pacific Lutheran University Art & Design program for their work designing the original maps.



DOWNTOWN:
On the go!



Walk Them All!



Brewery District to South Downtown



Downtown to Hilltop



Wright Park to Stadium District



North Waterfront to Theater District



South Waterfront to Tacoma Dome Station



1 Tacoma Contemporary in the Woolworth Windows

Look to the windows of the historic Woolworth Building for the latest in contemporary art. Every quarter, Tacoma Contemporary (TaCo) - a non-profit organization whose mission is to advance contemporary arts in Tacoma - organizes new window exhibitions of selected artists from all over the country.



2 McCormick Park

A bit of green in an otherwise urban landscape, this little known park provides a scenic connection between downtown's business district and the County-City Building Complex.

3 County-City Building

With over 1.1 million trips to this building annually, this is one of the most frequented places in all of Pierce County.



The building holds the Pierce County Courthouse, which replaced the historic Pierce County Courthouse built in 1892. The historic courthouse once stood between today's courthouse and the armory on 11th Street, but was demolished in 1959 and replaced with the parking lot that exists today.

1959*

4 Neighbors' Park & Community Garden

Once a lot riddled with blight and crime, 8th and I Neighbors in the 1990s took over the plot from an attorney, leasing it for \$1 per year. Metro Parks then agreed to place the lot under their liability insurance, and a true neighborhood park was born. A playground was first installed in 1993 by volunteers, the park was expanded and improved in 2000, and in 2004 the 8th & I Neighbors agreed to provide daily and monthly volunteer services to keep the park in order and maintain the community garden.



5 Historic Hilltop Homes

As you walk from Neighbors Park to MLK Jr. Way, look to your right as you cross J St. The homes you see there are examples of those built during the residential boom of the 1880s and 1890s, directly following the establishment of Tacoma as the western terminus of the Northern Pacific Transcontinental Railroad in 1873. These Row Victorian homes were built by the Washington Builder's Association and originally sold for \$2,700-\$3,000. They are today on the Tacoma Register of Historic Places, a designation that protects these homes from alterations that would compromise their historic significance.

6 People's Park

Stop here awhile to view the many pieces of public art that capture the uniqueness of Tacoma's first neighborhood. Consider a return visit for the annual Music and Murals Festival, a volunteer-produced September event that celebrates the creation of public art, music, and the diverse community of the Hilltop Neighborhood.



7 MLK Jr. Mural

The mural, designed and painted by Bob Henry, depicts the multi-ethnic and multi-cultural characteristics of the Hilltop community, Tacoma's first neighborhood.



8 Guadalupe Vista

Finished in November of 2009, this 59,000 square foot building includes 50 units of affordable, permanent and supportive housing for formerly homeless and low-income families and individuals. Upon opening, a waiting list of nearly 200 families demonstrated the great need for affordable housing in Tacoma. The site, developed and managed by Catholic Community Services of Western Washington, also includes a community garden.



9 YMCA of Tacoma-Pierce County - Tacoma Center

The Tacoma YMCA was first organized in 1883, expanding into several branches throughout the next 125 years. In 1983, the Tacoma Center branch opened, and has since served the downtown through programs that build healthy body, mind, and spirit. In 2009, Tacoma YMCA received the designation *Best Place in Tacoma to Meet People* by the Tacoma Weekly.