

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. Pace yourself, and increase your exercise program gradually. Drink fluids on hot days to avoid dehydration or heat exhaustion. Bringing water with you can be a great idea.

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 pet visit the animal controls website at www.metrokc.gov/pets



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.

Walk Juanita!



This walking map of the Juanita neighborhood is provided to you by the City of Kirkland and the North and South Juanita Neighborhood Associations 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.

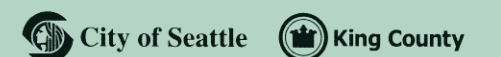
Walking also helps build community. A simple wave as you walk by your neighbors working in the yard helps strengthen community connections. Walking, instead of driving, also reduces traffic congestion and pollution.

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 North and South Juanita Neighborhood Associations for their support of this map. For more information about the City of Kirkland's services and programs please visit our website at www.ci.kirkland.wa.us. For more information on health services or healthy living please visit the Public Health website at www.metrokc.gov/health.



Larry Springer,
Mayor
City of Kirkland

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



Route Descriptions

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.

The Red Route

This route is 2 miles long and takes approximately one hour to walk. This route includes lots of ups and downs and trail connections. You'll stroll through residential neighborhoods and right by the North Kirkland Community Center. At this time, there is no trail connection on the south side of Juanita High School. The city is coordinating with neighboring property owners to determine interest in this connection.

The Yellow Route

This route is 1.3 miles long and takes approximately 40 minutes to walk. It passes by McAuliffe Park, which is a nice rest stop or exploration point. The streets are residential in character, with some hilly sections. Sidewalks are available along the whole route.

The Orange Route

This route is 3 miles long and takes approximately 90 minutes to walk. Enjoy the scenery and breathtaking views from Juanita Beach Park and then grab a coffee or bite to eat at Juanita Village. The rest of the walk takes you through nearby residential neighborhoods. This walk is almost exclusively along sidewalks, except for a short stretch on 94th Avenue NE that includes some walking on the shoulder.

The Green Route

This route is 1 mile long and takes approximately 30 minutes to walk. It's a steep up and down with two sets of stairs. It takes through a mix of residential and commercial neighborhoods. Stroll through The Enclave, a residential community to an interesting territorial viewpoint. Then proceed down the stairs to a walking loop nestled within the office development. Here there are good connections to nearby shopping.

The Purple Route

This route is 2.25 miles long and takes approximately one hour. It includes uphill and downhill segments and a portion of unpaved trail. This route connects to the AG Bell trail connector. It goes up a paved, lighted path behind the Park at Forbes Creek Apartments, through residential neighborhoods and along a lovely, unpaved trail on the NE 108th Street right of way. This loop connects to Crestwoods Park via a stairway at the south end of 108th Avenue NE.

The Blue Connectors

These connections link the walking loops. While these connections are mostly along sidewalks or paved trails, they do include some unpaved trails near the A.G. Bell School.



Legend

Juanita Neighborhood Walking Loops

- The Red Route
- Proposed Loop
- The Orange Route
- Proposed Loop
- The Yellow Loop
- The Green Loop
- The Purple Loop
- Blue Connector
- Proposed Connection
- Uphill Slope
- Stairs
- Viewpoint
- Low Traffic Street
- High Traffic Street
- Interstate
- Railroad
- City of Kirkland Limits
- Park or Open Space
- School
- Lake
- Commercial and Business Districts
- Unincorporated King County

