

Some Useful Information

PLANNING YOUR WALK:

- Allow enough time to arrive on time.
- Plan about 1/2 hour per mile if you are a beginner walker. (More experienced walkers can do a mile in 15-20 minutes.)
- Clock yourself to see what your walking speed is. - Organize your errands so that you pick up any small items to be
- carried on the way home. Carry bus fare and a bus schedule with you, in case you get tired, buy more than you can carry, or find that you're running later
- than you had planned. - Use a highlighter to mark your own favorite routes on the map.

- Walk to and from work or meetings.
- Walk on errands or to appointments that don't involve carrying
- Take family walks to church or synagogue or to restaurants.
- Walk to a park for a picnic. (There are 16 parks in Walla Walla).
- Take a bus to the end of the line and walk back home.
- Take a walk to do bird, tree, or people watching.
 Walk regularly with a friend or join a walking group.

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