

Welcome to Downtown Puyallup!

This walking map of downtown Puyallup is provided to you by Tacoma-Pierce County Health Department with assistance from the Puyallup Parks and Recreation Department and Puyallup residents. Walking is one of the easiest ways to promote healthy living. Walking can lower the risk of cancer, heart disease, diabetes, and high blood pressure. Walking also helps to build stronger communities, and reduce traffic congestion and pollution.

The walking routes on this map highlight parks, schools, community centers, public art, neighborhoods, and more. We hope these routes will inspire you and give you new ideas of places to walk.

For more information on public health programs and services that can help you live healthier, safer, and smarter, visit: www.tpchd.org.


Mike Deal
Mayor, City of Puyallup

Smart Walking Tips

Walk on sidewalks or marked trails.
If sidewalks are not available, carefully walk on the edge of the road facing traffic.

Be careful.
Cross at marked crosswalks or intersections. Stop at the curb and look left, right, and left again before crossing the street. Always obey traffic signals.

Be visible.
Wear bright colors or reflective clothing at dusk, dawn, or night. Stay out of drivers' blind spots. Make eye contact with drivers when crossing the street. When emerging from behind a parked car or obstacle step out slowly.

Walk with a companion.
Walk with a pet, or encourage a friend, family member, neighbor, or co-worker to walk with you.

Choose appropriate footwear.
Wear comfortable, lightweight walking shoes and well-fitting socks.

Dress for the weather.
Wear warm, loose-fitting clothing in the winter, and cool, comfortable clothes in the summer. Wear sunglasses, hat, and sunscreen for protection from the sun.

Be smart and prevent injury.
Consult your physician before beginning an exercise program. Set realistic goals and slowly build your activity level. Always stretch to warm-up muscles before exercise, and remember to cool-down after a long, fast walk.

Stay hydrated.
Drink water before and after walking. Bring water on the walk, especially in warm weather.

Parks and Facilities

Clarks Creek Park (North) 7th Ave. SW & 16th St.	         
Clarks Creek Park (South) 1700 12th Ave.	         
Decoursey Park 7th Ave. SW & 16th St. SW*	         
Grayland Park 601 N. Meridian	         
Pioneer Park 324 S. Meridian	         
Riverfront Trail	         
Sam Peach Park 1621 10th Ave.	         
Skateboard Park 4th St. NW	         
*Walking route does not directly pass by Decoursey Park.	

Legend

	Restrooms		Trails		Wading Pool		Parking
	Water Fountain		Play Field		Baseball Field		Off-Leash Dog Park
	Seating/Tables		Playground		Tennis Court		Circuit Training



Community Events

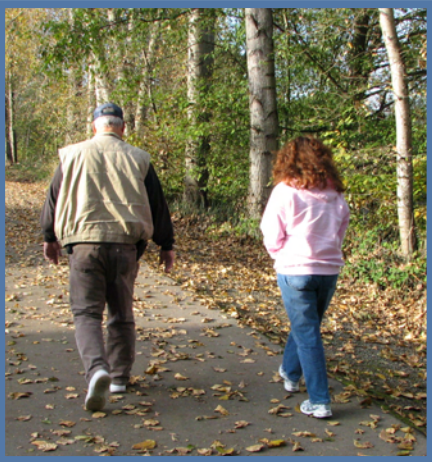
Puyallup Local Walks
To participate in local walks contact the Evergreen State Volkssport Association at www.esva.org.

Puyallup Farmers Market
The Market is held every Saturday, from May to October in the Pavilion at Pioneer Park on Meridian and 4th Street SW.

Meeker Days
One of the largest street festivals in Pierce County held annually in June.

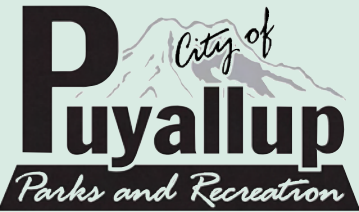
Puyallup Fair
Visit Washington State's largest fair held every year in April and September.

Daffodil Parade
The parade is the culmination of the annual Daffodil Festival held in April.



WALK THE VALLEY

Walking Routes, Sites and Parks of Downtown Puyallup



Route Descriptions

This map depicts walking routes that are low to moderate in difficulty. Not all routes are ADA accessible. The routes that are wheelchair and stroller friendly are indicated in the route descriptions. Walkers assume risk for their own safety when walking the routes indicated on this map. The following descriptions include information on level of difficulty and potential obstacles.

The Red Route (2.0 miles)

This route is 2.0 miles long and will take you approximately 45 minutes to walk. The route begins and ends in Pioneer Park and it goes through a mix of residential and commercial neighborhoods. This route is wheelchair and stroller friendly and passes by several city services, recreational facilities and historic buildings including: the library, police station, post office, train station, Department of Social and Health Services, Pioneer Park, Puyallup Activity Center, Puyallup Fairgrounds, and Meeker Mansion.

The Orange Route (1.8 miles)

This route is 1.8 miles long and takes approximately 45 minutes to walk. Begin and end this walk at the Puyallup Skatepark, where parking is accessible. Head East along the Puyallup Riverfront Trail until you reach the residential neighborhood on 5th Street NE. Stop at Grayland Park for a quick rest or bathroom break.

The Yellow Route (2.6 miles)

This route is 2.6 miles long and takes approximately one hour to walk. The walk begins and ends in Clarks Creek Park, a 55-acre park with bathrooms at both entrances. As you stroll through residential neighborhoods you will see colorful yards, plant life, trees, and wetlands on 14th Street SW. This is a dog-friendly walk with an off-leash dog park located at the south end of Clarks Creek Park. If you finish the walk wanting more, you're in luck, several hiking trails are accessible from the park.

The Green Route (2.4 miles)

This route is 2.4 miles long and takes approximately one hour to walk. The walk begins and ends in Sam Peach Park, which offers a paved trail around the park. The rest of the walk takes you through residential neighborhoods on both sides of the railroad tracks. On this walk you will notice extensive tree coverage on several streets, including large oak trees. The route is almost exclusively along sidewalks, except for a short gravel stretch on 11th Street NW and 8th Avenue NW.

The Purple Route (0.9 miles)

This route begins and ends in the heart of downtown Puyallup at Pioneer Park. It is nearly 1.0 mile long and will take approximately 20 minutes to walk. This walk is wheelchair and stroller friendly and is just right for a quick stroll through town.

The Blue Connectors

Use these connectors to link the walking loops.



Legend

Walking Routes

- Red
- Orange
- Yellow
- Green
- Purple
- Connecting
- Parks
- Schools
- Freeway
- Arterial Street
- Railroad
- Riverfront Trail

Geographic data:
Pierce County GIS
The map features are approximate and are intended only to provide an indication of said feature. ALL DATA IS EXPRESSLY PROVIDED 'AS IS' AND 'WITH ALL FAULTS'.

Area Attractions



Clarks Creek



Meeker Mansion



Area Gardens



Puyallup Library

This publication was supported by the Washington State Department of Health through a Grant Cooperative Agreement Number U58/CCU019291 from the Centers for Disease Control and Prevention.