

Tacoma-Pierce County, WA



Includes a Pierce County fold-out map

Walking Guide

25 great walks in our community



STAY ACTIVE. FEEL GREAT. HAVE FUN.

Walk for the health of it.

Walk for the fun of it.



The sponsors of the **Tacoma-Pierce County Walking Guide** invite you to experience the simple pleasures and significant benefits of walking. What a wonderful way to explore our neighborhoods, have fun, relax, be active and spend quality time by yourself or with

those you enjoy. With health and transportation being two of the most critical problems we face, it is important to recognize the benefits of walking for our whole community.

Explore the possibilities. The **Walking Guide** is designed to make area walking trails easier to experience. Take your pick from many different walks that showcase regional parks, local lakes and rivers, wildlife refuges and urban settings. On foot, you can explore wetlands, the shoreline and other environmentally sensitive areas that can be reached in no other way. Some trails, such as Point Defiance (pages 5 & 6) and Wright

Park (pages 9 & 10), bring you face-to-face with our local history. Others have stunning views, such as Grandview/Soundview (pages 15 & 16) and the Foothills Trail (pages 23-26).

Whichever walk you choose, this guide provides directions to get you there and details about fees, hours and special considerations. There is a lot to explore and you will feel great for the experience!

We hope to see you on the trail!



"The energy I get from exercise helps sustain my focus and positive approach. I encourage you to take advantage of our beautiful area and make exercise a priority in your life. You'll appreciate the results . . . and the wonderful energy you'll earn."

Diane Cecchettini, RN
President and CEO
MultiCare Health System

Walking.

It's just what the doctor ordered.

Doctors recommend walking more than any other exercise to improve our health. The Centers for Disease Control and Prevention recommends we get **at least**



30 minutes of moderate physical activity per day, five times per week. However, few of us follow this advice. In fact, more than 45% of adults in our county are active, but still do not meet these guidelines. 16% do not participate in any physical activity at all!

Walking – especially brisk walking, is an activity that almost everyone can participate in. It reduces stress and improves lifelong health. Walking can actually lower the risk of cancer, heart disease, diabetes, high blood pressure and stroke. Furthermore, it improves flexibility and balance, bone density and mental well-being.

"The object of walking is to relax the mind. You should therefore not permit yourself even to think while you walk; but divert yourself by the objects surrounding you. Walking is the best possible exercise. Habituate yourself to walk very far."

— Thomas Jefferson



"That trail saved my life."

"Thanks, Pierce County Gets Fit partners: MultiCare Center For Healthy Living, Tacoma-Pierce County Health Department, and YMCA of Tacoma-Pierce County! With your inspiration and Pierce County parks and trails I've lost almost 100 pounds!"

— Shawn Bunney,
Pierce County Councilmember

Let's take a walk!

If you haven't been physically active for awhile, it is a good idea to check with your doctor before beginning any walking or exercise program. This is especially true if you have medical conditions such as high blood pressure, diabetes or heart problems.



Ready to start?

- Put on comfortable walking shoes.
- Pack water and perhaps a light snack.
- Wear clothing suitable to the weather. Dress in layers so you can remove some clothing as you get warm.
- Bring optional accessories include a walking pole and pedometer.

Getting the most out of your walk:

- Keep a steady pace for at least 20 minutes each time you go.
- If you're a beginner, start with a 10-minute walk and gradually add two minutes each week until you reach your goal.

Remember:
The TIME spent walking is more important than the distance traveled.



- Slow down or take a break if breathing becomes difficult or you cannot carry on a conversation while walking.
- A regular walking buddy or group can help keep you motivated and committed to walking on a regular basis. In addition to friends, neighbors and co-workers, fellow walkers can be found at local Volkssport walks and other city and county walking events.

ABOUT THE WALKS IN THIS GUIDE

The 25 walks featured in the *Tacoma-Pierce County Walking Guide* were selected for beginning walkers. They are easy walks on pavement or well-maintained trails with no significant hills. Most are suitable for wheelchairs and strollers. Trails designated for "shared use" are used not only by pedestrians, but also cyclists, runners, dog walkers and skaters. Horses may be encountered on rural trails.

Index of maps

1 Point Defiance

PAGE 5



Distance: 5 miles with options
Terrain: Varied terrain
Surface: Paved
Highlights: Zoo, Fort Nisqually, Marina, Owen Beach, old growth trees, eagles, sea life

Start: North 54th Street at North Pearl

Access: By car, bus, bike or foot

2 Ruston Way

PAGE 7



Distance: 2 miles
Terrain: Flat
Surface: Paved
Highlights: Mountain views, waterfront access, sea life, restaurants, scuba diving area
Start: Many locations along pathway
Access: By car, bus, bike or foot

3 Wright Park

PAGE 9



Distance: 0.9 miles (outside loop)
Terrain: Flat with gentle slopes
Surface: Gravel
Highlights: Historic status conservatory, play equipment, lawn bowling
Start: Many locations along pathway

Access: By car, bus, bike or foot

4 Cushman Powerline Trail

PAGE 11

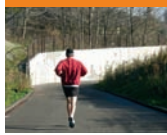


Distance: 2.5 miles
Terrain: Flat
Surface: Paved
Highlights: Easy accessibility, picnic tables, bird watching
Start: Trailhead at 14th Ave NW &

28th St NW to Kimball Dr Park & Ride at Hunt St., Gig Harbor
Access: By car, bus, bike or foot

5 Scott Pierson Trail

PAGE 13



Distance: 5 miles
Terrain: Varied with slopes
Surface: Asphalt
Highlights: Crosses over the Tacoma Narrows Bridge, War Memorial Park, passes by Cheney Stadium

Start: 25th Street near S. Sprague Ave, Tacoma or Stone Drive NW near Gig Harbor
Access: By car, bus, bike or foot

6 Grandview/Soundview

PAGE 15



Distance: 3.25 approximately
Terrain: Flat with hills
Surface: Paved
Highlights: Views of Puget Sound, walk around golf course, restrooms

Start: Many locations along Grandview Drive
Access: By car, bike, or foot

7 Bradley Lake Park

PAGE 17

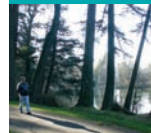


Distance: 0.8 mile loop
Terrain: Flat, wooded
Surface: Paved
Highlights: Fishing, play equipment, walk around lake, picnic tables

Start: 531 31st Ave SE parking area
Access: By car, bike, or foot

8 Spanaway Park

PAGE 19



(Also Breseman Forest)

Distance: 2.5 miles
Terrain: Flat, wooded, natural slopes
Surface: Paved
Highlights: View of Spanaway Lake, children's play area

Start: North or south end of park
Access: By car, bike or foot

9 Puyallup Riverfront Trail

PAGE 21



Distance: 3.8 miles
Terrain: Flat
Surface: Paved
Highlights: Puyallup River, Skate Park
Start: Trailheads at 3207 E. Main

Avenue (behind Mama Stortini's), at the truck scales on River Road, and multiple location along route.

Access: By car, bus, bike or foot

10 Foothills Trail

PAGE 23



Distance: 16 miles
Terrain: Flat, wooded, rural
Surface: Paved with soft shoulders
Highlights: Views of Mt Rainier and farmlands
Start: Regional trailheads
Access: By car, bus, bike or foot

Sole Searching

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When the Shoe Fits

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Contact Names, Phone and Web

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Ideas to Increase Active Living Environments

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Pierce County Map

Inside back cover

1 – Point Defiance Park, Tacoma

NORTH 54TH STREET AT NORTH PEARL STREET, TACOMA

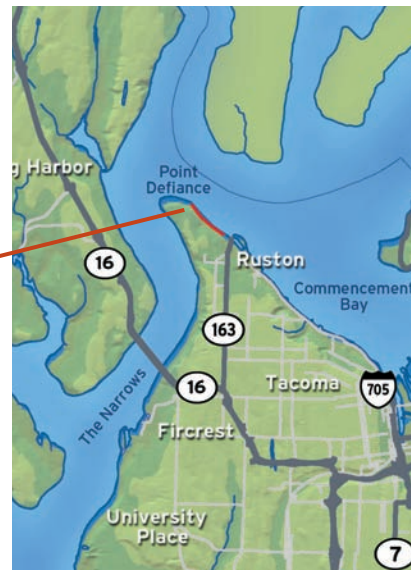


sights & sound

Point Defiance Park, Tacoma



The U.S. Congress first permitted public use of Point Defiance in 1888 when it was a military reservation. Visitors came by streetcar to stroll the new gardens and dense forest. Today the 702-acre park offers a long list of opportunities for public enjoyment. About two million people visit every year, drawn by old-growth forest, saltwater beaches and spectacular views of Puget Sound. Lace up your boots or walking shoes and experience the best of South Sound at your pace. Point Defiance – a Tacoma treasure.



ACCESS POINT North 54th Street at North Pearl Street, Tacoma.

FACILITIES Point Defiance Zoo & Aquarium, beach access, boat launch, kayak rentals, Fort Nisqually, picnic shelters, playground, parking, restrooms.

FEES Admission and rental information available at metroparkstacoma.org

HOURS One half hour before sunrise to one half hour after sunset.

MORE INFORMATION
metroparkstacoma.org

come saturday

While just about any day is a great time to visit, the outer loop of Five Mile Drive is closed to motor vehicles every Saturday until 1 p.m. Visitors can walk, jog or bicycle along the scenic drive with no interference from cars.



bring the camera

Many viewpoints provide opportunities to relax, picnic

and take pictures of Puget Sound, the Cascade and Olympic mountain ranges, Tacoma Narrows and Narrows Bridge, Vashon Island and Gig Harbor.



2 – Ruston Way

DOWNTOWN WATERFRONT TACOMA



Trail Access



Trail Mileage



Parking



Restrooms



Commencement Bay



7

the bay scene

Ruston Way, Tacoma

Panoramic views of Commencement Bay, Vashon Island, the Olympic Mountains and Northeast Tacoma greet visitors to Ruston Way. The two-mile stretch of scenic waterfront is a great place for walking, jogging, and rollerblading. Go solo, with a mate, or canine friend. Fishing enthusiasts can find a place to drop their lines at the Les Davis Pier. Public art projects, picnic tables, benches and grassy areas add to the scene and make Ruston Way “the place to be” for healthy outdoor activity.



start here

Located on the water's edge in the Old Town area, Jack Hyde Park on Commencement Bay was renamed in honor of the former Tacoma mayor and leader in developing the Ruston Way waterfront. It's a great place to begin and just one of several parks to enjoy on your walk along the bay.

"Take a two-mile walk every morning before breakfast."

— Harry Truman
(giving advice on how to live to be 80 on his 80th birthday)



ACCESS POINTS Jack Hyde Park on Commencement Bay, Old Town Park, Hamilton Park, Dickman Mill Park, Les Davis Pier, Cummings Park, Marine Park and other locations en route.

FACILITIES Two miles of paved walkways, picnic tables and grills, grassy play areas, fishing pier, diving steps, beach access, kayak/canoe ramp, public art, parking spaces, restrooms.

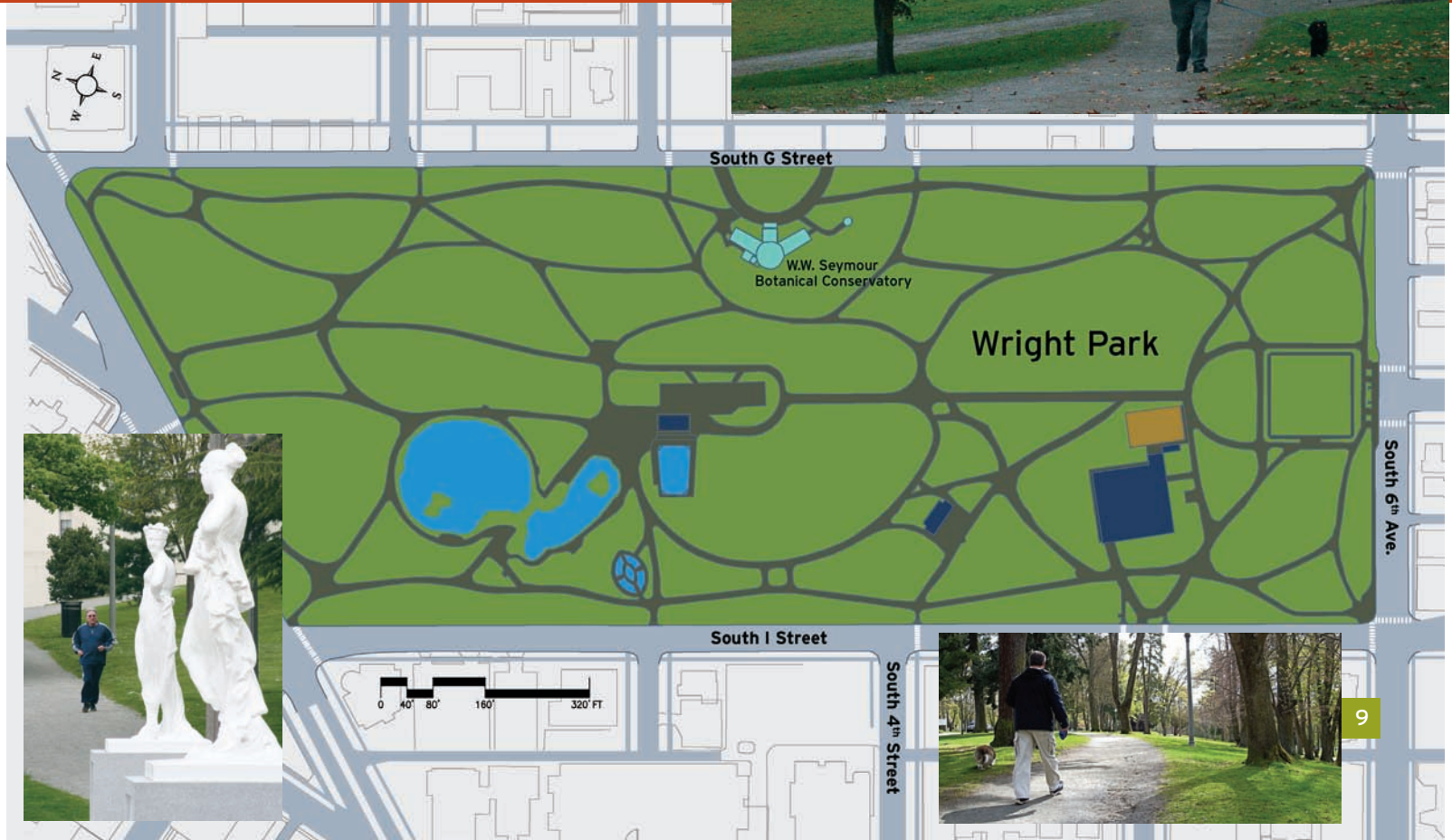
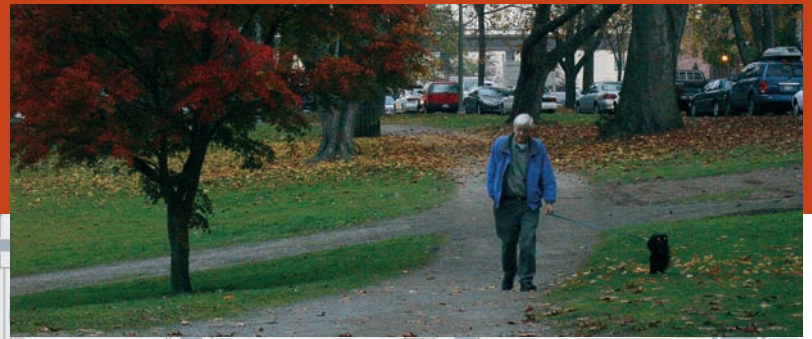
FEES None.

HOURS 24 hours a day, 7 days a week.

MORE INFORMATION
metroparkstacoma.org

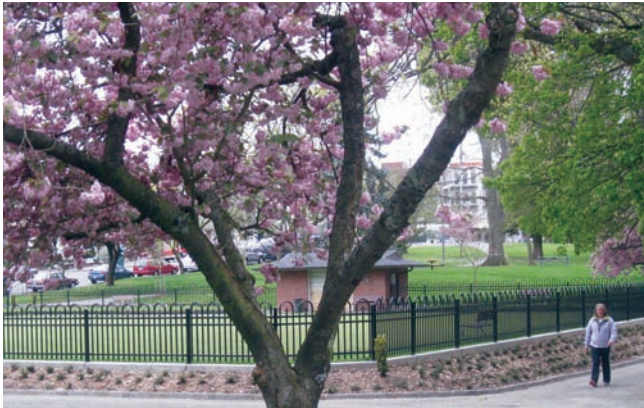
3 – Wright Park

6TH STREET AND YAKIMA AVENUE, TACOMA



urban oasis

Wright Park, Tacoma



Exotic tropical plants and floral displays await visitors at the W.W. Seymour Botanical Conservatory in Wright Park. Dedicated in 1908, this rare Victorian-style conservatory, with its distinctive twelve-sided central dome features more than 3,500 panes of glass and is listed on the city, state and national historic registers.



Tacoma's Wright Park is popular year-round. This urban oasis is laced with a network of walking paths, accented by public art, and shaded by tree species from around the world including more than two dozen Washington State champion trees. The Tacoma Land Company and its president, Charles B. Wright, donated the property to the city to benefit its residents in 1886. It is one of Washington's landmark parks and the perfect place to walk, relax and enjoy the day.

always in bloom



ACCESS POINT 6th Street and Yakima Avenue.

FACILITIES W.W. Seymour Botanical Conservatory, basketball court, horseshoe pits, lawn bowling, public art, picnic tables, playground, wading pool, parking spaces, restrooms.

FEES Admission to the conservatory is free but donations are appreciated.

HOURS Park open one half hour before sunrise to one half hour after sunset. Conservatory open Tuesday thru Sunday 10 a.m. to 4:30 p.m. Closed Mondays.

MORE INFORMATION
metroparkstacoma.org

4 – Cushman Powerline Trail, Gig Harbor

KIMBALL DRIVE AT HUNT STREET, GIG HARBOR



walk the line

Cushman Powerline Trail, Gig Harbor

This beautiful, woody 2.5-mile paved trail stretches from the middle of Gig Harbor nearly to the Tacoma Narrows Bridge,



paralleling State Route 16. It got its name because it runs under or adjacent to power lines. The 0.6-acre park at the trailhead offers restroom facilities and a visitor information kiosk about Gig Harbor, “The Maritime City,” and lovely surrounding area.

walk & ride

The Cushman Powerline Trail offers easy access to the Kimball Drive “Park & Ride” for mass-transit, pedestrian and bicycle commuters this provides another opportunity to get out of the car and enjoy the great outdoors.



future vision

It's highly likely the trail will one day connect to the Scott Pierson Trail (page 13), but even now cyclists can link the trails using the new span of the Tacoma Narrows Bridge.



ACCESS POINTS Kimball Drive at Hunt Street and 14th Ave NW at 28th St NW.

FACILITIES Birdwatching, picnic tables, bike racks, benches, parking.

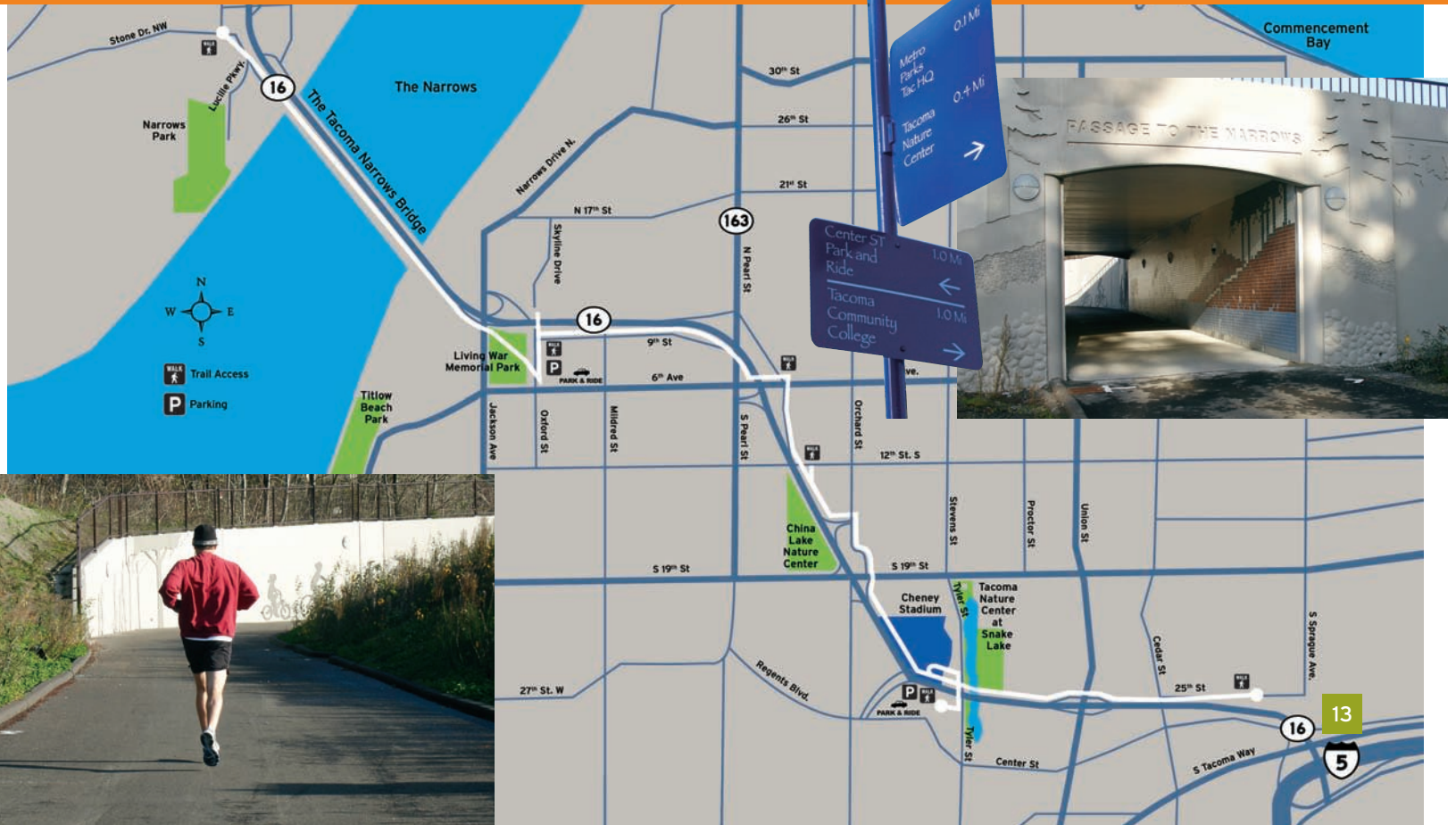
FEES None.

HOURS Dawn to dusk.

MORE INFORMATION
piercecountywa.org/parks

5 – Scott Pierson Trail

25TH STREET IN TACOMA



a walk to remember

Scott Pierson Trail



thanks, scott!

of environmental stewardship and non-motorized transportation. He “rode the talk” by riding his bike to work daily. He was the staunchest advocate and often the lone voice for this long-promised, well-earned trail.



This is one of Pierce County's newest trails, extending along State Route 16 from 25th Street in Tacoma to Stone Drive near Gig Harbor. It offers opportunities for both commuting and outdoor recreation in a setting of spectacular natural beauty. The trail is a worthy tribute to Scott Pierson (1943-2001), a City of Tacoma landscape architect and urban planner whose contribution to public service enriched our community for generations to come.



ACCESS POINTS 25th Street near S. Sprague Avenue in Tacoma, Stone Drive NW near Gig Harbor, and locations en route.

FACILITIES Close proximity to Park & Ride, Tacoma Narrows Bridge, and newly reconstructed War Memorial Park with 3.7 acres of manicured lawn, garden beds and the original memorial monuments honoring veterans of the armed forces.

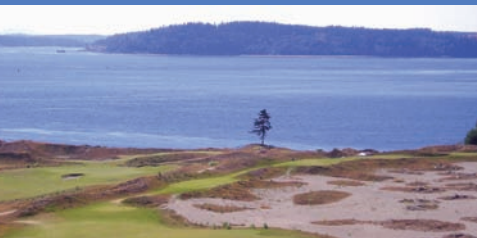
FEES None.

HOURS 24 hours a day, 7 days a week.

MORE INFORMATION
wsdot.wa.gov

6 – Grandview & Soundview Trails

64TH AND CHAMBERS CREEK ROAD, UNIVERSITY PLACE



do the loop

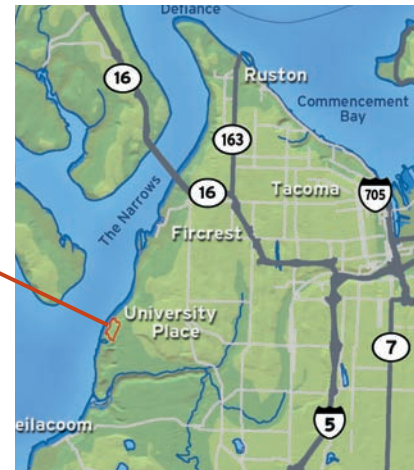
Grandview & Soundview Trails



The Chambers Creek Properties trail and overlook system provides walking enthusiasts with an exceptional outdoor experience. Located along a 200-foot bluff, Grandview Trail offers sweeping views of Chambers Bay Golf Course, Puget Sound and the surrounding islands. To the north, Soundview Trail connects to both ends of Grandview Trail to make the two trails walkable as a loop – an approximate 3.25-mile trek along the southern shore of Puget Sound. Many more miles of trail are still in development.



Take time to explore the **rock star** 64th Street Trail that links into the Grandview Trail as well as the trails at the Environmental Services Building. This was the site of the Steilacoom gravel mine from which nearly 250 million tons of gravel was removed. It was used to help build I-5 and many notable buildings around Puget Sound. “Steilacoom-grade” gravel became the standard for public works projects throughout Washington.



ACCESS POINTS Cirque Plaza and 62nd Street Court West (both trails); 56th Street Plaza and Environmental Services Building (Grandview trail only); and 64th and Chambers Creek Road (64th Street Trail).

FEATURES Chambers Bay Golf Course, Environmental Services Building, Puget Sound viewpoints, multi-purpose playfields, native plantings, interpretive signage, stormwater demonstration plant.

FEES None.

HOURS 24 hours a day, 7 days a week.

MORE INFORMATION

co.pierce.wa.us
(search “Chambers Creek Properties”)

7 – Bradley Lake Park

531 31ST AVE. SE, PUYALLUP

Savannah's Place

Where play is accessible to all!



take to the lake

Bradley Lake Park is a hidden gem in the heart of Puyallup. Tucked away on the east side of the busy

South Hill shopping area, the park offers a wealth of amenities, including a paved 0.8-mile trail winding around 12-acre Bradley Lake, adjoining a gravel trail that meanders off through trees and small wooden bridges. Migratory birds feed from the lake in wildlife-protected marshes. It's close to the city but feels far, far away.

Bradley Lake Park, Puyallup



worth noting

You can fish from the pier or from the shoreline year-round with a state fishing license, but please note that, Bradley Lake Park is a wildlife reserve so no swimming or wading in the lake are allowed.



ACCESS POINT 531 31st Ave. SE, Puyallup.

FACILITIES Beach access, fishing area, playground, 2-youth baseball fields, covered picnic area, wildlife habitat/open space.

FEES None.

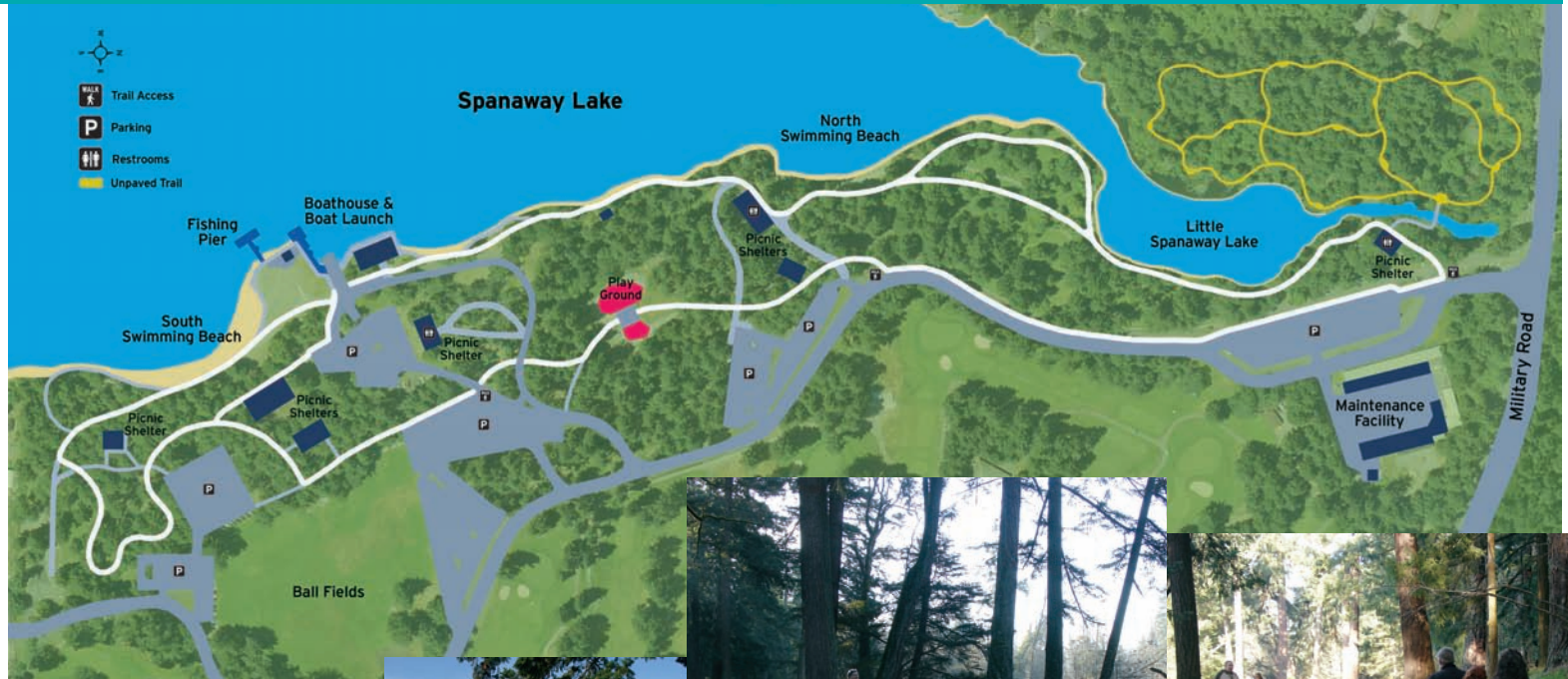
HOURS April 1 - September 30, 6:00 a.m. - 10:00 p.m., and October 1 - March 31, 6:00 a.m. - 7:00 p.m.

MORE INFORMATION

cityofpuyallup.org
(search "Bradley Lake Park")

8 – Spanaway Park Loop Trail

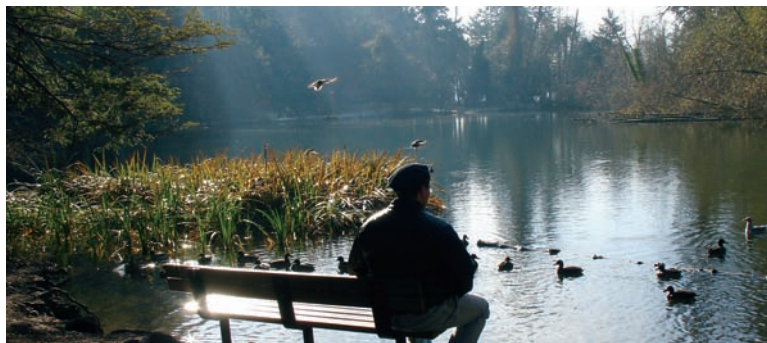
BRESEMANN BLVD. & MILITARY RD. IN SPANAWAY



call of the wild

Spanaway Park Loop Trail & Bresemann Forest

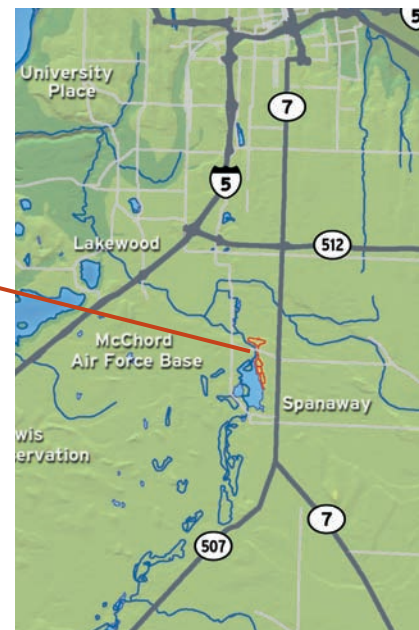
Three miles of paved, natural and gravel surface take you through a variety of scenic terrain, including a beach, forest wetland, low rolling hills, and beautiful Spanaway Lake. That's just for starters. Across the street from Spanaway Park you can enter Bresemann Forest, a naturally wooded site of approximately 70 acres interwoven with fine-gravel pedestrian nature trails, all just minutes from downtown Tacoma.



Enjoy a stroll along Morey Creek in Bresemann Forest where birdwatching is a favorite activity. Learn about migrating birds at interpretive sites on this beautiful, secluded forest trail. Deer, rabbits and other small mammals can also be spotted at the naturally wooded site.



birder's paradise



ACCESS POINTS Bresemann Blvd., Military Rd. in Spanaway. Park is located at 14905 Gus G. Bresemann Road South.

FACILITIES Beach access, boat launch, playground, ball fields, picnic areas, parking spaces, restrooms.

FEES Boat launch fees and picnic shelter rental fees only.

HOURS 7:30 a.m. until dusk

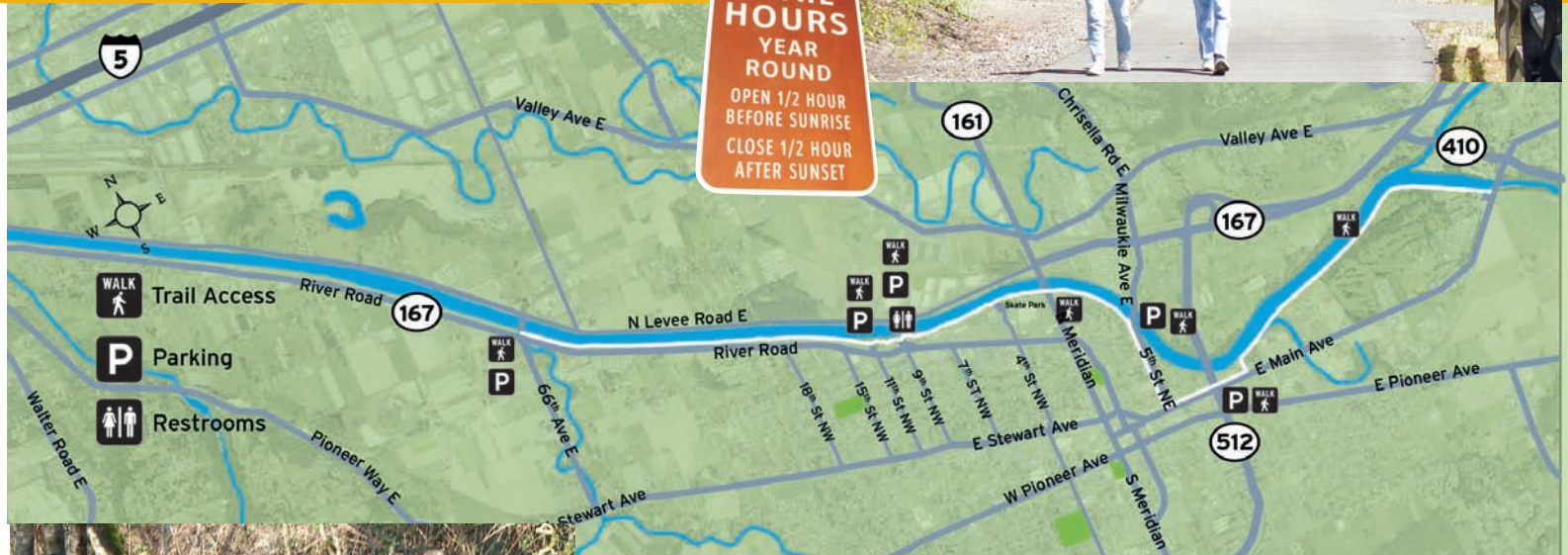
MORE INFORMATION
piercecountywa.org/parks

9 – Puyallup Riverfront Trail

3207 E. MAIN AVENUE



TRAIL HOURS
YEAR ROUND
OPEN 1/2 HOUR BEFORE SUNRISE
CLOSE 1/2 HOUR AFTER SUNSET



river refuge

Riverfront Trail, Puyallup



Dedicated June 2, 2007, Puyallup's Riverfront Trail is a healthy walk of approximately five miles extending from the truck scales on River Road at the westerly city limit to Mama Stortini's Ristorante on East Main Avenue. The trail runs along the Puyallup River with the exception of one mile where existing sidewalks are used. The trail is called simply "Riverwalk" by many... an appropriate name because it's a great place to walk.

blazing trails

The Riverfront Trail is part of the expanding system of paved, multi-use trails in the South Sound, including Pierce County's popular Foothills Trail (page 23), with connection to be made at the trailhead on East 80th Street. The system will ultimately connect to Mount Rainier National Park, into the city of Sumner and north to Tukwila on the Interurban Trail.



ACCESS POINT Trailheads at 3207 E. Main Avenue (behind Mama Stortini's), at the truck scales on River Road, and multiple locations along route.

FEATURES Benches, birdwatching, picnic tables, shops, restaurants, parking.

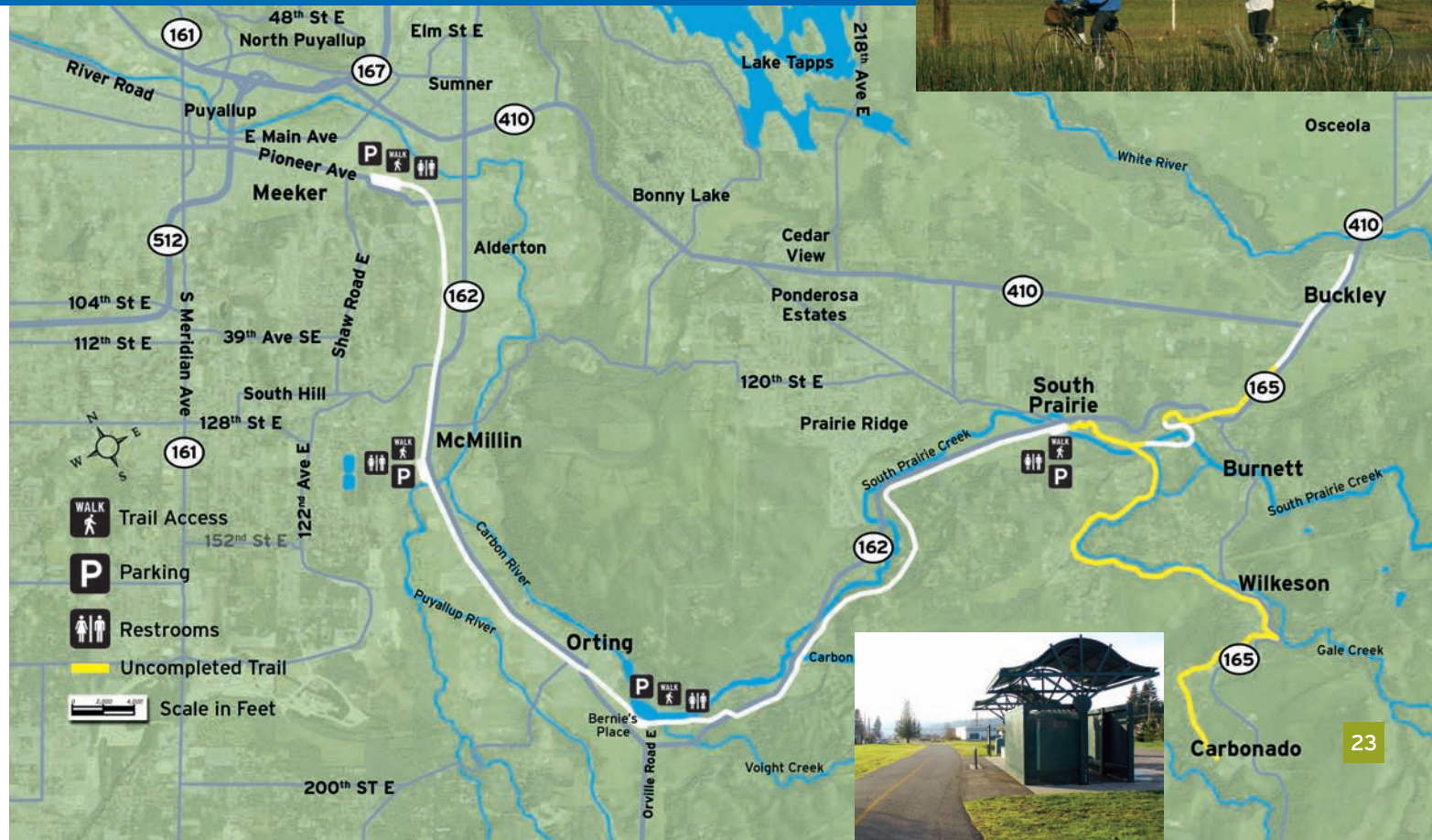
FEES None.

HOURS One half hour before sunrise to one half hour after sunset.

MORE INFORMATION

cityofpuyallup.org (search "Riverfront Trail")
co.pierce.wa.us
piercecountytrails.org

PUYALLUP TO SOUTH PRAIRIE



and away you go!

Foothills Trail, Puyallup to South Prairie



rail with trail

Meeker to McMillin Winding through trees and farmland, this 4.2-mile section of trail parallels an active Burlington Northern railroad track, making it the first “Rails with Trail” in Pierce County. Trailheads are designed to look like miniature train stations. From spring planting through fall harvest, the farming cycle makes for fascinating observation.

Pierce County's Foothills Trail is becoming more popular by the year. It is the result of a coordinated community effort building upon partnerships and grassroots support. Fifteen miles are now complete, slightly more than half of the overall Foothills Trailplan. You can take it in sections, or set off on a day's adventure. Imagine the day it will take you all the way to Mount Rainier National Park!

“Thousands of miles of abandoned rail lines should become hiking, biking and bridle paths.”

The President's Commission on Americans Outdoors, 1987



be aware

The Foothills Trail crosses the railroad track at four locations. Use extra caution when crossing the track.



ACCESS POINTS The Meeker (also known as East Puyallup) trailhead is on 80th Street East, just off East Pioneer and 134th Avenue East by Van Lierop Bulb Farm.

FEATURES First “Rails-With-Trail” paralleling an active track. (Wave to the little red Meeker shortline locomotive!)

FEES None.

HOURS Dawn to dusk.

MORE INFORMATION
piercecountywa.org/parks
discoverparks.org
piercecountytrails.org

urban trail

McMillin to Orting



This 2.3-mile section of trail runs parallel to State Route 162 for most of its length, connecting McMillin to downtown Orting. The trail opened in 1998, just as Orting was expanding to the north. While in town you can visit picturesque shops or dine at a variety of small, delightful restaurants.



looking back

This was the original “Model Mile” of the Foothills Trail, and many consider it the most scenic part of the trail as it runs through Orting.



ACCESS POINTS Trailhead is just south of the Puyallup River bridge on Highway 162.

FEATURES Large parking lot, restrooms, drinking fountain, information board.

FEES None.

HOURS Dawn to dusk.

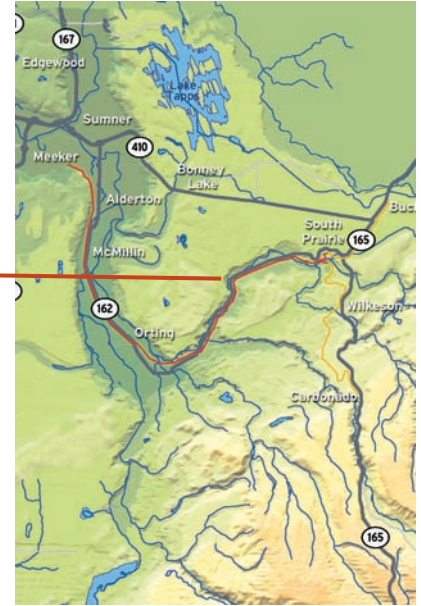
MORE INFORMATION
piercecountywa.org/parks
discoverparks.org
piercecountytails.org

rivers and bridges

Orting to South Prairie



Almost seven miles in length, this is the longest section of the Foothills Trail and is very picturesque. Along the way, you pass a cattle farm, buffalo ranch, the Carbon River, South Prairie Creek and the railroad trestles crossing the two. The trail also crosses Voights Creek and Roush Creek which are salmon-bearing streams. There are eight bridges on this section, four of which are former railroad trestles converted for trail use.



Fishermen flock to the Carbon River during the annual salmon migrations. The river originates at the Carbon Glacier on Mt. Rainier. South Prairie Creek, a tributary, is described as Pierce County's most productive salmon-spawning creek.



bernie's place

Take a break at "Bernie's Place" on the Carbon River. A bench and a picnic table are named for the late Bernie Dixon, a longtime "Rails-to-Trails" member.

ACCESS POINTS Trailhead at Orting City Park.

FEATURES Information kiosk, play area, parking, restrooms.

FEES None.

HOURS Dawn to dusk.

MORE INFORMATION
piercecountywa.org/parks
discoverparks.org
piercecountytrails.org
railtrails.org

sole searching

by Alan O'Hara, Certified Pedorthist

When beginning a walking program, proper footwear is essential in preventing potential injuries. The first step is to find a full service shoe store that can determine what will work best for each individual foot type. Wear the type of socks you will use for your walking and have your feet measured. Feet tend to swell later in the day so consider this when trying on shoes. When walking, toes need room to fan out and flex. Shoes that pinch or bind will restrict this natural motion and may cause injuries.



The American Podiatric Medical Association reports that one in four people will have some type of foot ailment in their lifetime. Maintaining a consistent walking program is difficult if your feet hurt. The good news is most common foot problems can be prevented or alleviated when special care is taken in selecting footwear. A good shoe is step one.

Athletic shoes vary greatly and what may be good for one person could harm another. Some feet will require a soft flexible shoe while others

need a more firm supportive model. The field of Pedorthics specializes in selecting, fitting, and modifying shoes and inserts to best match the needs of each person. A Pedorthist can also work with your doctor to alleviate nagging foot problems. Ask for a properly trained staff person to steer you towards the most appropriate footwear for your specific needs.

“I think that I cannot preserve my health and spirits, unless I spend four hours a day at least – and it is commonly more than that – sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements.”

— Henry David Thoreau in his essay, “Walking”



when the shoe fits

The Pedorthic Footwear Association's 10 tips to a great shoe fit:

- 1) **Shoe sizes are not standard** Sizes vary from brand to brand and style to style. A 9 medium may fit like a 9 narrow in another shoe.



- 2) **Have both feet measured each time you purchase shoes.** Feet change in size and shape over a lifetime. Most people have one foot that is longer and/or wider than the other.

- 3) **Select shoes that match the shape of your foot.** If your foot shape matches your shoe shape you're on the right track to a good shoe fit.

- 4) **When you shop for shoes, try on various types and styles.** Don't select any style that feels too tight or irritates parts of your foot.

- 5) **Shoes should be as wide as your feet, and longer.**

When feet hit the ground during walking they elongate. Allow adequate space for this to happen.

- 6) **Make sure the widest part of your foot fits into the widest part of the shoe.** This match permits shoes to bend where your feet flex.



- 7) **Heels should fit comfortably in the shoes.** Don't buy shoes too small to avoid heel slippage. If heel slip is excessive, try a different shoe or your shoe fitter can make adjustments.

- 8) **Inserts or orthotics affect the way a shoe fits.** If you require special inserts or foot orthotics, you'll need a roomier shoe or they won't function properly.

- 9) **Choose shoes appropriate for the activity and the time of day you do the activity.** Feet change shape and size during the day and under different conditions, such as after exercise or warm/cold weather. Buy shoes accordingly.

- 10) **Walk in the shoes to make sure they feel comfortable.**

No need to do a marathon test while trying shoes on but make sure to give the shoes a good walk around the store to get a feel for how they respond to your feet.

recommended viewing

Local Information:

City of Puyallup www.cityofpuyallup.org

Visit this site to obtain more information about parks and trails in Puyallup.

DiscoverParks www.discoverparks.org

Pierce County park maps, driving directions, and facilities information are available through this website.

Forever Green Council www.forevergreencouncil.org

Building a coordinated, regional trail system connecting all of Pierce County's communities.

Metro Parks Tacoma www.metroparkstacoma.org

Use this site to find information on Tacoma trails, parks and recreation programs.

MultiCare Health System Center For Healthy Living www.multicare.org and www.piercecountygetsfit.org

Visit our website for important health and wellness information and programs in your area.

Pierce County Parks and Recreation www.piercecountywa.org/parks

View all the activities available in Pierce County including walking trails, family parks, facilities and recreation information through this website.

Pierce County Physical Activity and Healthy Eating Coalition www.tpchd.org/walkingguide

View an electronic version of the Tacoma-Pierce County Walking Guide.

Tacoma-Pierce County Health Department www.tpchd.org

(search "physical activity") Learn how you can support efforts to enhance opportunities for physical activity and healthy eating in Pierce County.

YMCA of Tacoma-Pierce County www.tacomaymca.org

Learn how to lead a healthier lifestyle and find local programs that fit your needs.

National Sites:

About: Health & Fitness www.walking.about.com

Gain detailed information to help you develop and stick to a walking program.

Active For Life www.activeforlife.info

Get special physical activity guidance for adults age 50 and over.

Active Living Resource Center www.activelivingresources.org

Learn how to make your community more active and enjoyable.

Active Transportation www.activetransportation.org

Learn how to choose active transportation like biking and walking to improve health.

Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dnpa/

Find out how to increase your physical activity and to improve your food choices.

Contact Names and Phone Numbers

City of Puyallup, Parks and Recreation

808 Valley Avenue NW, Puyallup, WA 98371
253.841.5457 www.cityofpuyallup.org

Metro Parks Tacoma

4702 S 19th Street, Tacoma, WA 98405
253.305.1000 www.metroparkstacoma.org

MultiCare Health System

409 South J Street, Tacoma WA 98415
253.403.1000 www.multicare.org and www.piercecountygetsfit.org

Pierce County Parks and Recreation

9112 Lakewood Drive SW, Lakewood, WA 98499
253.798.4176 www.piercecountywa.org/parks

Pierce County Physical Activity & Healthy Eating Coalition

3629 South D Street, Tacoma, WA 98418
253.798.6500 www.tpchd.org/walkingguide

Tacoma-Pierce County Health Department

3629 South D Street, Tacoma, WA 98418
253.798.6500 www.tpchd.org (search "physical activity")

YMCA of Tacoma-Pierce County

Association Office 1614 Mildred, Suite 1, Tacoma, WA 98465
253.534.7800 www.tacomaymca.org

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“At a Glance for Decision Makers”

Ideas to Increase Active Living Environments.

Participate in Partnerships, Coalitions and Advisory Boards to Address Access to Physical Activity.

Identify and Create Funding Sources for Active Living Initiatives.

Support Active Living by Promoting:

. . . Active Transportation

- Implement “Complete Streets” policies to enable safe and convenient travel for all users of the roadway. (www.safeststreets.org)
- Connect trails, bike paths and public transit to provide safe places to walk and bike.
- Encourage the adoption of pedestrian and bicycle master plans and develop and implement funding strategies.
- Support infrastructure improvements including sidewalks, bike paths, trails and street crossings.
- Encourage Safe Routes to School programs to ensure that children can walk and bicycle to school safely. (www.saferoutesinfo.org)

. . . Activity-Friendly Recreation Environments

- Provide local parks, playgrounds and recreation facilities in underserved residential areas.
- Require that new housing developments incorporate recreation and open space for activity.



- Establish joint use agreements that allow use of public schools and facilities for recreation by the public.
- Ensure schools have adequate indoor and outdoor facilities for recreation.

. . . Land-Use Planning & Development (“Smart Growth”)

- Support mixed-income housing to provide affordable options in convenient locations. (www.smartgrowth.org)
- Revitalize communities by providing a mix of retail, housing and transit in underserved communities.

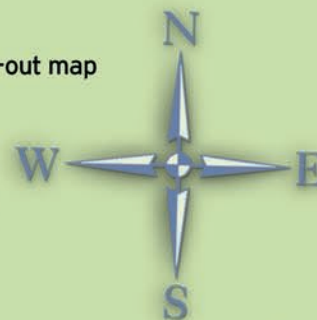
For more information on physical activity related policies contact the Tacoma-Pierce County Health Department at 253.798.6500.

Tacoma-Pierce County, WA

Includes a Pierce County fold-out map

Walking Guide

25 great walks in our community



*"We invite you to explore Metro Parks Tacoma's miles of trails and pathways where the scenery offers as much benefit to your mental well-being, as the physical activity provides for your body. Whether you enjoy walking along the water's edge, exploring urban forests or listening to the laughter of children, we have just the place for you to **Get Active. Your Way.**"*

— Jack C. Wilson, Executive Director, Metro Parks Tacoma



Center For
Healthy Living

