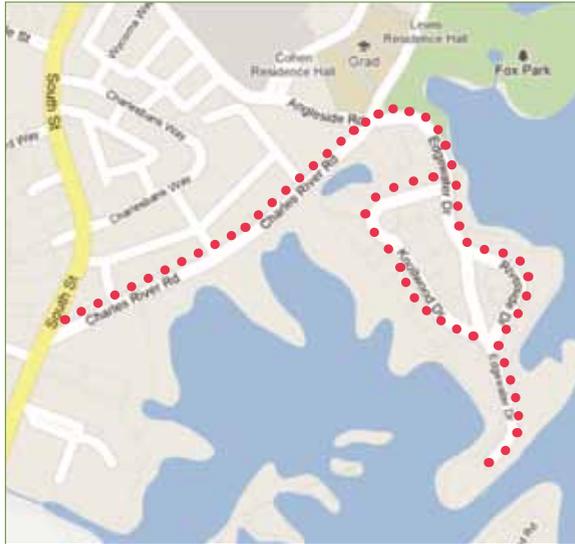


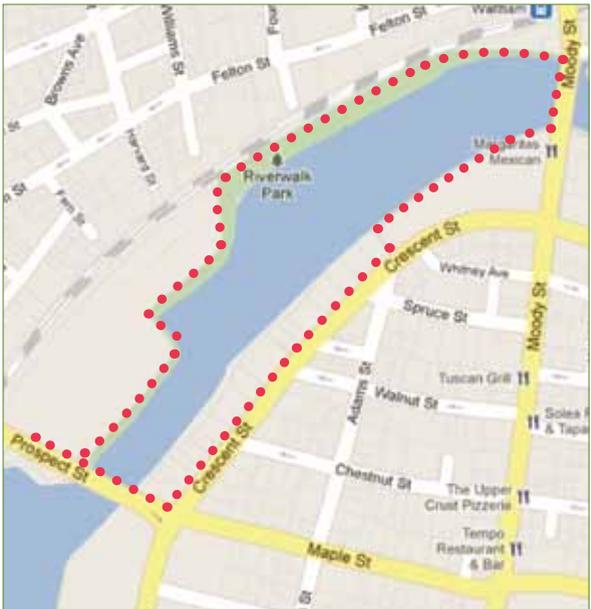
5 Charles River Road
1.48 miles 157 calories

This route along Charles River Road is one of the most beautiful areas in South Waltham. Starting on the corner of Charles River Road and South Street, this walk follows a path where you can see many types of wildlife.



6 Riverwalk Park Route
1.21 miles 128 calories

This beautiful route starts on the north side of the Moody Street Bridge where the Charles River Reservation path is marked by two granite pillars. Cross over the river using the Prospect Street Bridge. Turn left and continue on Crescent Street, heading left onto the Riverwalk along Cronin's Landing Condominiums back to Moody Street.



In an effort to promote health and wellness through physical fitness in the City of Waltham, the *Joseph M. Smith Community Health Center*, *Healthy Waltham*, and the *Waltham Land Trust* came together to create this walking route pamphlet as a part of *Let's Move Waltham*. Each organization offers programs that can help Waltham citizens improve their health status and well-being. These routes are also described at www.healthy-waltham.org. Additional routes can be found at www.walthamlandtrust.org/open-space/guide-to-open-spaces.

**LET'S
 MOVE!**
Waltham
city walks




**MOUNT AUBURN
 HOSPITAL**



Printing courtesy of Mount Auburn Hospital



Walking is a great way to start exercising and get healthy. It's easy, safe and affordable!

Walking can help lower

- blood pressure
- high cholesterol
- your risk for diabetes

Walking can also improve

- muscle strength
- heart strength
- your mood!

Each map shows the distance (in miles) and approximately how many calories

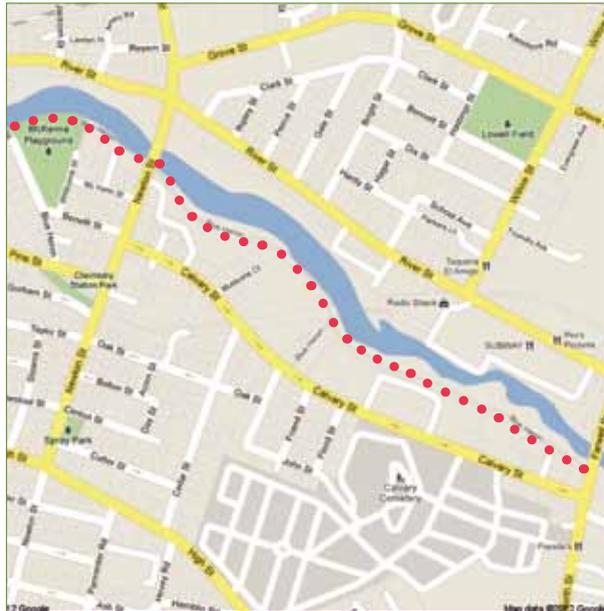


would be burned for a 200 pound person walking three miles per hour. Pick a route and start walking!

To get you started, Healthy Waltham and the Waltham Land Trust have picked six easy walking routes throughout Waltham.

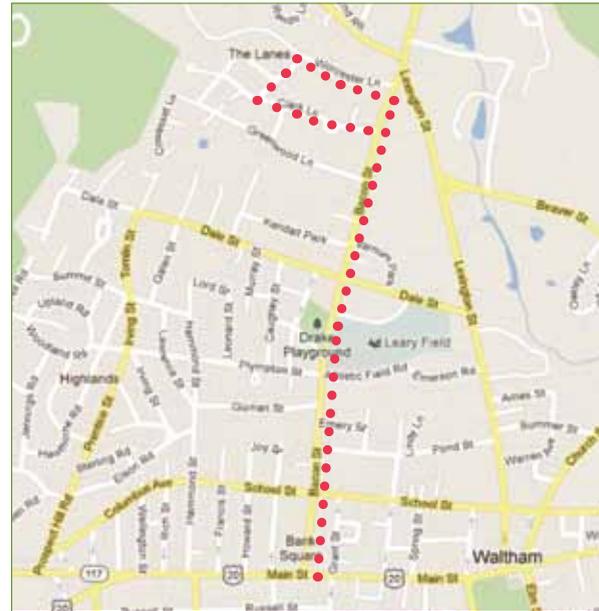
1 Riverwalk Downstream 1.86 miles 197 calories

Starting at the Elm Street Bridge near the McKenna Playground, this scenic path takes you along the Charles River, past overlooks and the Mary Early Footbridge behind Shaw's on River Street. Turn back at the Farwell Street Bridge for a walk that is almost two miles long.



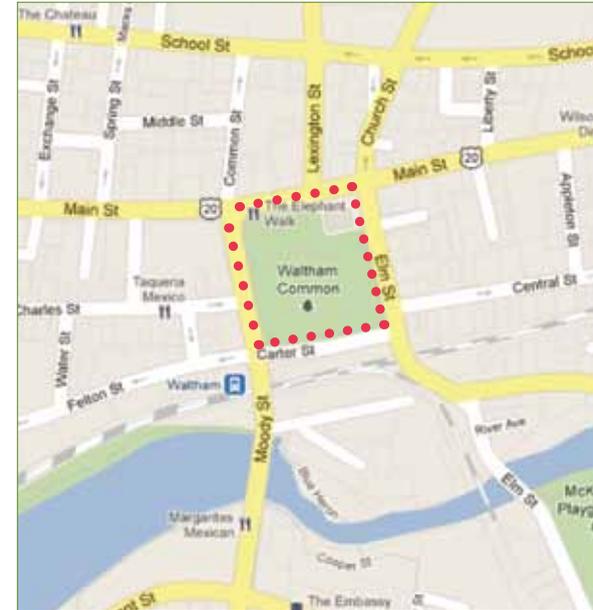
2 Bacon Street and The Lanes 2.24 miles 238 calories

This is a great neighborhood route, passing by Drake Playground and Spray Park, Leary Field and beautiful homes. Start going north on Bacon Street, turn left on Worcester Lane. Turn left on Sanders Lane then left on Clark Lane to meet Bacon Street, turn right on Bacon Street and back to Main Street.



3 Waltham Common 0.49 mi 52 calories

Just along Main Street, the Common in Waltham Center houses City Hall, a gazebo, memorials to our veterans, and green space. Great for both children and seniors, this route is beautiful but short so do it more than once!



4 Watch Factory to Moody Street 2.16 miles 229 calories

Starting at the corner of Prospect and Crescent Streets, this route goes to the historic 1859 Waltham Watch Factory, which helped mark Waltham as "the Watch City," and the Woerd Avenue Boat Launch. Walk back to Crescent Street, turn left up Moody Street, then left again at the Riverwalk entrance by the Moody Street Bridge to loop back.

