

Pou ide pou viv plis an sante,
ak wout mache adisyonèl,
tanpri al gade

www.healthy-waltham.org and
[www.walthamlandtrust.org/
open-space/guide-to-open-spaces](http://www.walthamlandtrust.org/open-space/guide-to-open-spaces).

4 Riverwalk Park Route

1.21 mil 128 kalori

Bèl wout sa a kòmanse nan bò nò nan Pont Moody Street kote Charles River Reservation chemen an make pa de gwo poto granit. Mache sou chemen a pave an apre , janbe lòt bò rivyè a sèvi avèk Pon Prospect Street la. Vire agoch epi kontinye sou Crescent Street, ale goch sou Riverwalk ansanm Cronin's Landing Condominiums tounen nan Moody Street.

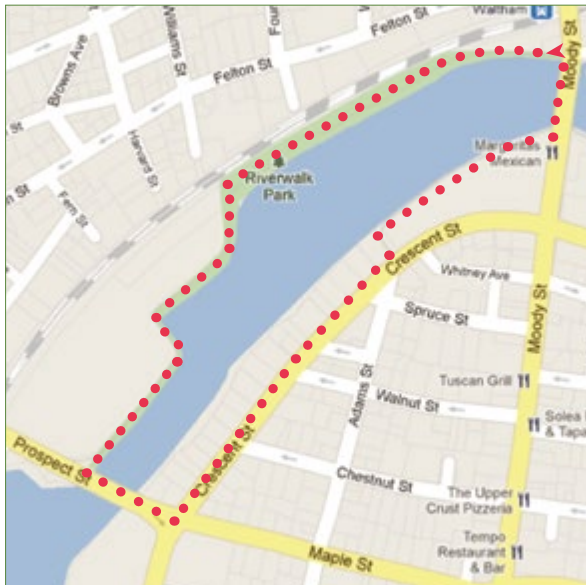


Foto: Riverwalk Park Koutwazi de Nicola Ferralis
Conception: Regina Ashodian, radesignstudio.net

Enprime Koutwazi a

 cimpress

Waltham City Walks

Waltham Ansante & Tè
Trust la Waltham kontan
ba bwochi Vil sa a avèk kat
(4) wout fasil pou mache
nan Waltham.

 healthy
waltham



Ale Deyò epi Kòmanse Mache!

Mache ka ede w desann

- Tansyon
- Kolestewòl
- Risk ou pou dyabèt

Mache ka ede w amelyore

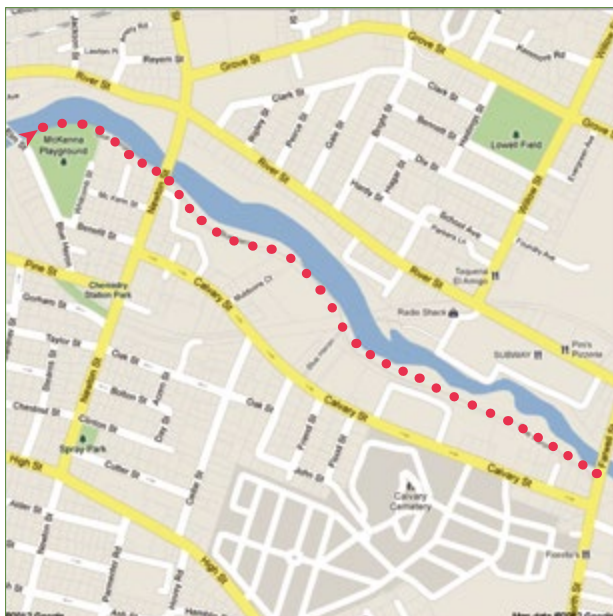
- fòs misk
- fòs kè
- atitud ou!

Pou te kòmanse, Waltham Ansante ak Fè Trust Waltham a pran kat wout fasil pou mache nan Waltham. Chak kat jeyografik montre distans la (an mil) ak apeprè konbyen kalori ki ta dwe boule pou yon moun 200 liv ki mache twa mil pa lò. Chwazi yon wout epi kòmanse mache!

1 Riverwalk Downstream

1.86 mil 197 kalori

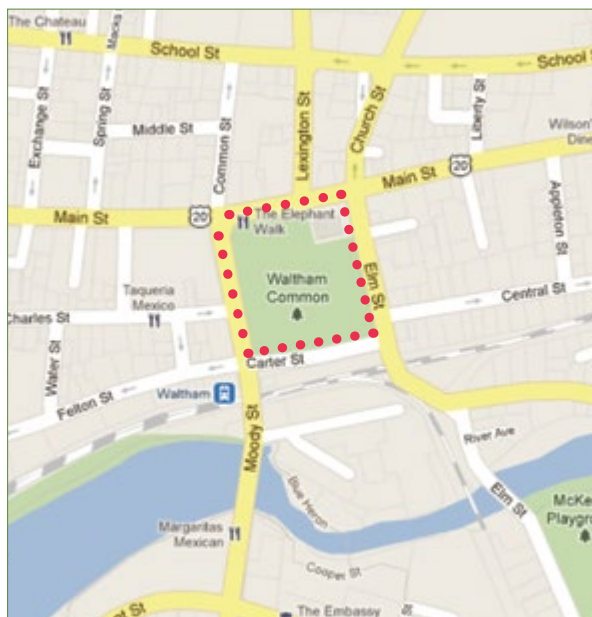
Kòmanse sou Pon Elm Street la tou pre Lakou rekreyasyon McKenna an, chemen Scenic sa a pran ou nan Charles River, pase sou-epi gaade ak Mary Early Foodbridge dèyè Shaw nan sou River Street. Vire tounen sou Pon Farwell Street la pou yon ti mache ki ka prèske de mil nan longè.



2 Waltham Common

0.49 mil 52 kalori

Jis olon Main Street, Common nan nan Sant Waltham City Hall, yon Gazebo, memoryal pou veteran nou yo, ak espas vèt. Gran pou timoun yo ak granmoun Tou de, wout Sa a se bèl, men kout se konsa fè li plis pase yon fwa!



3 Faktori Mont ale Moody Street

2.16 mil 229 kalori

Kòmanse nan kwen an nan Prospect ak Kwasan Streets, Wout sa a ale sot pase istorik Waltham 1859 faktori mont a, ki te ede make Waltham kòm "Watch City," ak bato lonch nan Woerd Avenue. Mache tounen nan Crescent Street, vire a goch moute Moody Street, ep goch ankò nan antre pon Riverwalk Moody Street nan bouk tounen.

