Healthy Walking Tips

- **Choose proper footgear.**

  Invest in a good pair of walking shoes. Treat your feet well!

- **Ease into and out of the stretch and hold for 20 seconds.**
- **Exercise smart.**

  Set appropriate and realistic goals. Pace yourself, and increase your exercise program gradually. Drink fluids on hot days to avoid dehydration or heat exhaustion. Bringing water with you can be a great idea.

- **Wear layered clothing.**

  Loose-fitting and durable, weather resistant clothes are best.

- **Carry a few essentials.**

  A fanny pack with identification and "pocket change" along with a few first aid essentials work great.

- **Protect yourself from the sun.**

  Wear sunglasses, hat and sunscreen.

The nearest Public Health-Seattle & King County site:

White Center Public Health Center
10821 8th Ave. S.W.
Seattle, WA 98146

206-296-4646

This brochure is available in alternate formats.

Special thanks to the City of Kirkland for sharing their map design for this project.
40620sm.indd

Good Neighbor Tips

Please do not litter. Please do obey park rules, and pick up after your dog.

Safety Tips

Be visible!

At dusk, dawn and/or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

Carry Identification

Be sure to carry some identification and an emergency contact number just in case it is needed.

Be careful

Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you

Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert

Be aware of all traffic, particularly vehicles making a "right on red."

Walk with a friend

Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

Normandy Park Walking Trails

Physical activity is one of the best ways to prevent disease, and walking is one of the easiest ways to get started and stay healthy. This walking map of Normandy Park is provided to you by the City of Normandy Park in cooperation with Public Health - Seattle & King County.

The city has some fine walking loops where you can unwind, meet friends and neighbors, and focus on your health. Many of your neighbors have already discovered this easy and inexpensive way to stay fit and have fun, and now we're encouraging you to join us. If you haven't seen how beautiful the yards and parks are in the city, come see for yourself. Get your heart pumping and stretch your legs within one of the most scenic communities on Puget Sound. Walking is also a great way to get to know your neighbors and build community strength. Walking, instead of driving, also reduces traffic congestion and pollution.

For more information about the City of Normandy Park's services and programs please visit our website at: www.ci.normandy-park.wa.us. For more information on health services or healthy living please visit the Public Health website at www.metrokc.gov/health.

John Wiltse
Mayor
City of Normandy Park

Dr. Alonzo Plough,
Director and Health Officer
Public Health -
Seattle & King County

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

City of Seattle King County

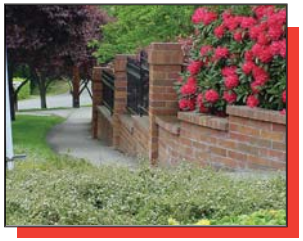
Legend

- Big Loop
- Red Loop
- Yellow Loop
- Green Loop
- Street Centerlines

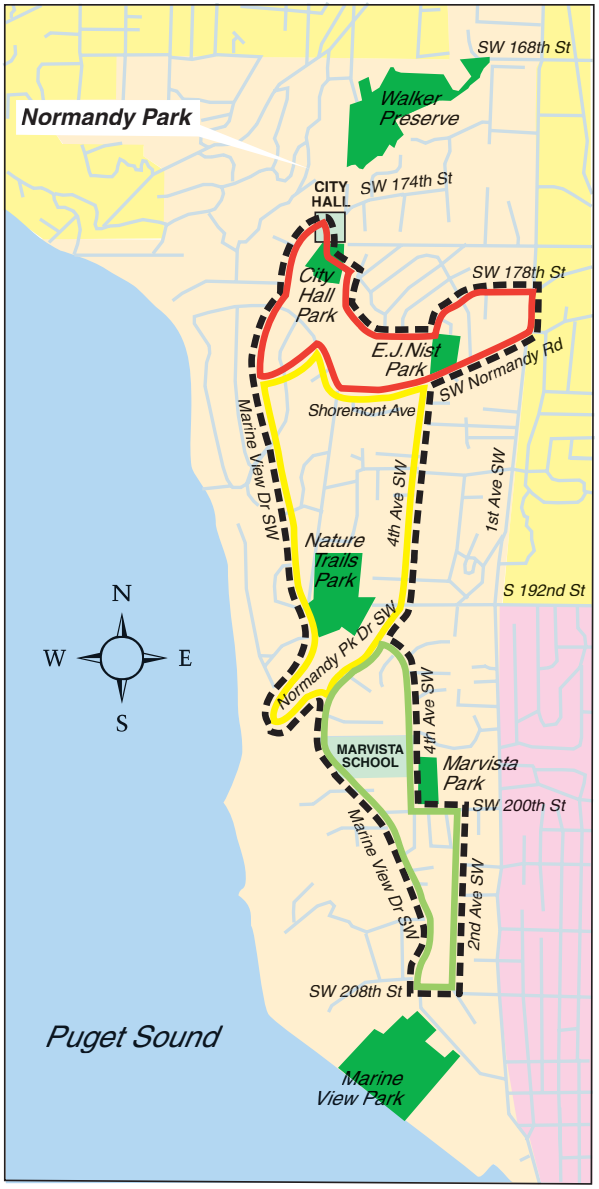
Facilities

- City Hall
- Park
- School
- City of Normandy Park
- City of Burien
- City of Des Moines

This map shows routes that are low to moderate in difficulty. Some routes follow streets that may or may not have shoulder, sidewalks, or street lighting. You may have to walk in the driving lane of the street. Walkers assume risk for their own safety when walking the routes indicated on this map.



Normandy Park Walking Trails



Route Descriptions

The Red Loop

The red loop is about 2.2 miles long and is relatively hilly. If you were to start at City Hall Park (where there is public parking, bathrooms, and water) you would turn left on to 174th Street, continue on Marine View Drive, turn left on to Shoremont Avenue, continue up the hill on Normandy Terrace, continue up the hill on Normandy Road, then turn left on First Avenue (passing by stores where snacks and drinks can be purchased), then turn left on to 178th Street, follow 178th as it curves to the left and becomes 4th Avenue, then at the Nist Park make a right turn and follow 180th Street, then cross 6th Avenue and head straight on 179th Place (which soon becomes 7th Place), then turn left on to 7th Avenue, and turn left on to the paved city right-of-way (just past the second house on the left), which takes you back to City Hall Park. If you need to avoid hills, then avoid this route!

The Yellow Loop

The yellow loop in the center of the city is about 2.6 miles long and is hilly, but not as hilly as the red loop. If you were to start at Nature Trails Park (where there is public parking, but no bathrooms or water) you would turn left on to Marine View Drive, then left on to Normandy Park Drive, then left on to 4th Avenue, then left on to Normandy Road, then continue down the hill and turn left on to Shoremont Avenue, then left on to Marine View Drive and back to Nature Trails Park.

The Green Loop

The green loop is about 2.3 miles long and is the least hilly route. If you were to start at Marvista Park (where there is public parking, bathrooms, and water) you would turn right on 4th Avenue, then turn left on Normandy Park Drive, then left on to Marine View Drive, then left on to 208th Street, then left on to 2nd Avenue, walk through a short city right-of-way and then back to 2nd Avenue, then left on to 200th Street and back to Marvista Park. Want an extra challenge on the green loop? Proceed a little further south down Marine View Drive and visit the city's only saltwater park, Marine View Park. Note: once you are in the park, the walk down the hill to the beach is very steep.

The Big Loop

Want more of a challenge than these short loops? Why not combine all three and take the outside perimeter of all three loops and complete a big loop around the city. This route is about 5.7 miles long.