Parks and recreation agencies are creating Safe Routes to Parks to facilitate safe access to parks for all people.

**Walking Offers Big Benefits**

Walking is the most popular aerobic activity.

Safety elements (e.g., lighting, traffic) must be included for pedestrian routes.

Proper design, signage, ADA compliance, and multiple entry points benefit all users.

Walking routes to parks should be no longer than a 10-minute walk.

Safety elements, such as sidewalks and trails, should be inviting, comfortable, and safe for all users.

Properly designed sidewalks and trails encourage more walking for leisure and transportation.

**Five Essential Elements to Safe Routes to Parks**

When people can safely walk to parks, it provides more opportunity for physical activity and greater access to open space.

Traffic calming and presence of playgrounds and recreation areas were consistently associated with more walking and less pedestrian injury.

When people can safely walk to parks, it provides more opportunity for physical activity and greater access to open space.

Walking is the most popular aerobic activity.

People living within a 10-minute walking distance of a park have higher levels of physical activity and lower rates of obesity.

**Five Essential Elements to**

- **Safety**
- **Convenience**
- **Access & Design**
- **Conditions**
- **The Park**

Walking routes to parks should be no longer than a 10-minute walk.

Safety elements (e.g., lighting, traffic) must be included for pedestrian routes.

Proper design, signage, ADA compliance, and multiple entry points benefit all users.

Facilities, amenities, and programs at the park should reflect the needs of the community.

**Addressing Walkability in Your Community**

- **Assess Park Usage**
  - Conduct observation studies or local needs assessments to determine if residents are using the park.
  - Identify walking routes that are well-maintained and those that require improvement.

- **Conduct a Walkability Audit**
  - Gather feedback from residents on what improvements are needed for them to feel safe walking to parks.

- **Engage the Community**
  - Facilitate feedback from residents on vital improvements are needed for them to feel safe walking to parks.

**Safe Routes to Parks**

- Is a vital component in creating more walkable communities and a sustainable future.

- www.nrpa.org/Walking

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**Physical activity can reduce risk of conditions such as**

- heart disease
- stroke
- type 2 diabetes
- some cancers

- physical activity can reduce risk of conditions such as**

- along with some cancers

- as stroke, Type 2 Diabetes and some cancers

- of adults reported walking at least 10 minutes a week for leisure or transportation.

- includes people living within a 10-minute walking distance of a park

- are more likely to meet physical activity recommendations than non-walkers.

- of adults reported walking at least 10 minutes a week for leisure or transportation.

- as well as stroke, Type 2 Diabetes and some cancers

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