

Why Walk?

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. Walking can reduce the risk of many diseases – from heart attack and stroke to hip fracture and glaucoma. And of course, walking has significant positive implications for strength, mood, and weight loss.

Calories Burned per Hour*

	110 lbs	125 lbs	150 lbs	175 lbs	200 lbs
Strolling <2 mph	100 cal	114	136	159	182
Moderate 3 mph	175	199	239	278	318
Brisk 3.5 mph	200	227	273	318	364
Very Brisk 4.5 mph	225	256	307	358	409
Moderate Uphill 3mph	300	341	409	477	545

*Source: http://www.cdc.gov/healthyweight/physical_activity/index.html

Why Walk Tacoma?

Getting out of your office, hotel room, home, or car means you get to see Tacoma up close and personal – and there is so much to see. Check out historic sites, public art, parks, and cultural icons of Tacoma, while also envisioning the future. On each of the six routes, you are guaranteed to learn something new about the City, and build a greater appreciation of the assets that Tacoma has to offer!

THE NORTH WATERFRONT to THEATER DISTRICT WALK



Downtown: On the Go's 2017 Waterfront Walk

Walk Tacoma's north waterfront and learn more about the reconstruction and rehabilitation of Tacoma's waterway and historic seaport. Enjoy a rigorous lunchtime stroll while viewing marine life, freight ships and Tacoma's busy port, the 7th largest in North America. Continue on to Tacoma's downtown, where you'll come to know more about Tacoma's urban environment of past and present.

Walk Info

easy average **difficult**

Distance **1.58 mi**
 Average Time **50 min**
 Terrain **flat-grade, steep hills, stairs**

For more information, copies of the maps, and information about our guided walks visit downtownthego.org.



DOWNTOWN:
On the *go!*



253 682 1734
downtownthego.org



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Downtown On the Go is a partnership of:
 Tacoma-Pierce County Chamber • City of Tacoma • Pierce Transit

Sponsors



Walk Them All!



Brewery District to South Downtown



Downtown to Hilltop



Wright Park to Stadium District



North Waterfront to Theater District

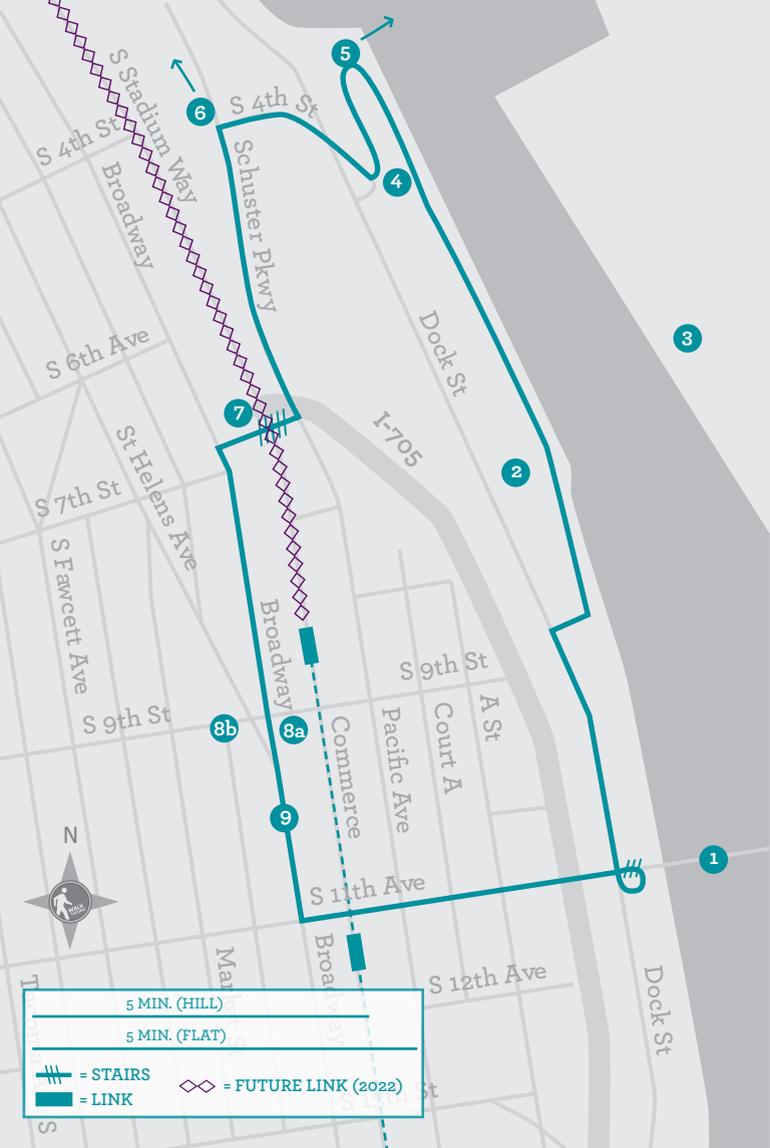


South Waterfront to Tacoma Dome Station



Museum Walk





1 Murray Morgan Bridge

On February 15, 1913, a crowd of 10,000 gathered to celebrate the opening of the Eleventh Street Bridge, unique for its at-grade build, high vertical lift deck, and overhead span carrying a critical waterpipe to the tideflats. The bridge was renamed in 1997 after Murray Morgan, a preeminent Puget Sound historian who wrote much of his renowned work Skid Road while a bridge tender. In March of 2010, the State officially returned ownership of the bridge to the City. The rehabilitated bridge was reopened in 2013.

2 Foss Waterway Seaport

Originally a mile long complex of wooden warehouse built in 1900 to accommodate cargo carrying ships, what stands today are two warehouses. Falling into disrepair after the 1970s, the Foss Waterway Seaport and Foss Waterway Development Authority partnered in a massive renovation effort. With a mission to celebrate Tacoma's rich maritime heritage, the Seaport now holds classic recreational boats, an active wooden boat building shop, and Discovery Wharf, a children's exhibit full of hands-on activities.



3 Center for Urban Waters

Look directly across from the Foss Waterway Seaport to the bright color of the Center for Urban Waters. Completed in April 2010, the City of Tacoma facility houses the City's Environmental Services Division labs and offices, UWT research labs, and office space for the Puget Sound Partnership. The building highlights the City's dedication not only to urban water quality, but also to sustainable building practices and conservation through its pursuit of a LEED platinum certification.



4 Thea's Park

The park is named after the entrepreneurial Thea Foss, a Norwegian immigrant who in the late 1800s went from running a rowboat rental service of one, to running a fleet of 200, to overseeing the fleet of tugboats of the Foss Launch and Tug Company. Take note of the Harbor Flag and 8' Memorial Globe. Both extend a message of peace and unity to the global community following the 9-11 terrorist attacks. The globe shows the positions of Tacoma's 10 sister port cities.

5 Port of Tacoma Cranes

Tacoma's newest landmarks, the giant container cranes at the Port of Tacoma's Pier 4 stand 295 feet tall at their apex and more than 430 feet tall with their booms raised. They are among the tallest cranes on the West Coast. While the crane structures were produced in China, the components of the cranes - including the spreaders, operator cabs, electronics and brakes - were made in Europe. The project is managed by both NWSA and Port of Tacoma employees. Throughout the year, staff traveled to China to inspect and learn about the construction of these cranes.



6 Schuster Parkway

The Schuster Parkway corridor will be a public promenade that will provide a safe and desirable multi-modal link between downtown and Ruston Way for commuters and recreational users alike, providing users with views of Commencement Bay and natural trails through a healthy urban forest.

7 Elks Temple Building



Built in 1915 by architect Edouard Frere Champney, the building has been largely unoccupied since 1967 when the Elks moved to a building southwest of downtown. Plans for historic rehabilitation of the building and development of the adjacent lot are underway, and the building will become a McMenamins property comprised of a spa, rooftop restaurant, and hotel.

The Theater District: 8a Pantages Theater 8b The Rialto

The Pantages Theater (1918) and the Rialto (1918) are each a cornerstone of Tacoma's historic entertainment district, which in its early years included live theater and film. The 1980s and 1990s saw significant renovations of these buildings and turnover to public ownership, and each are now managed by the Broadway Center for Performing Arts. This non-profit organization presents world-class performing artists, provides one of the largest performing arts education programs in Washington State, and preserves Tacoma's historic theater district.



9 Broadway Farmers Market



Begun in the 1990s, Marcia Moe and Norma Honeysett hosted 30 booths and convinced 100 of their friends to attend and spend on opening day so that farmers would return the following week. Today, the Broadway Market is run by a volunteer board of directors and small staff, features more than 80 booths, and hosts 4,000-6,000 patrons every Thursdays between 10 a.m.-3 p.m. from May until October.