

For more healthy living ideas and additional walking routes, please see www.healthy-waltham.org and www.walthamlandtrust.org/open-space/guide-to-open-spaces.

4 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. Walk upstream along the paved pathway then 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.

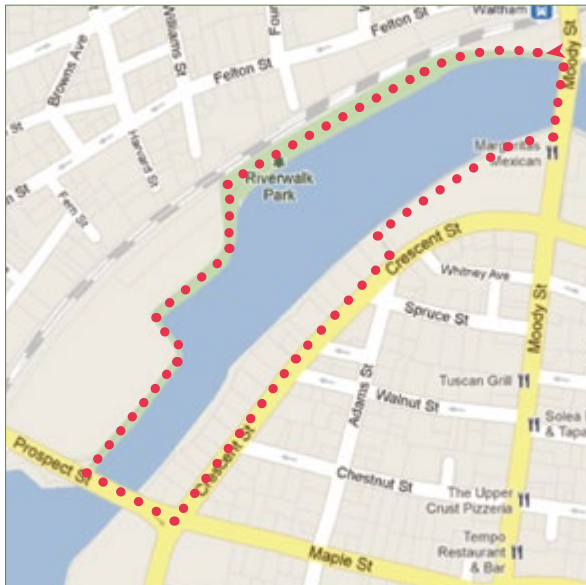


Photo: Riverwalk Park Courtesy of Nicola Ferralis
Design: Regina Ashodian, radesignstudio.net

Waltham City Walks

Healthy Waltham & the Waltham Land Trust are pleased to provide you with this City Walks pamphlet with maps of four easy walking routes in Waltham.

Printing courtesy of



Get outside and start walking today!

Walking can help lower

- blood pressure
- high cholesterol
- your risk for diabetes

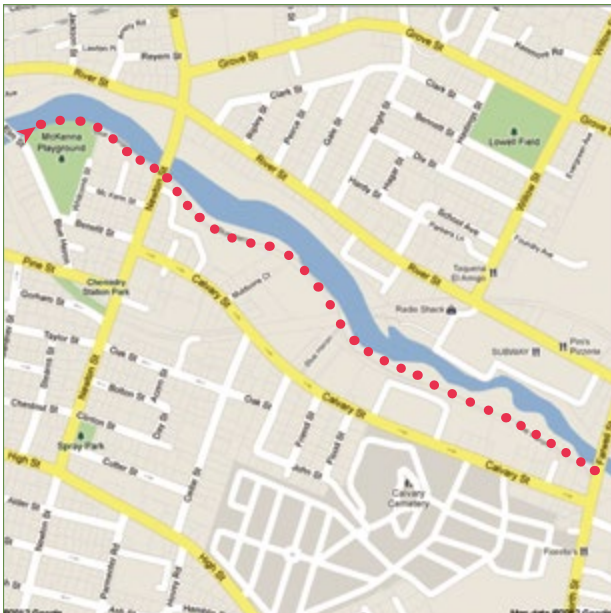
Walking can also improve

- muscle strength
- heart strength
- your mood!

To get you started, Healthy Waltham and the Waltham Land Trust have picked four easy walking routes in Waltham. 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!

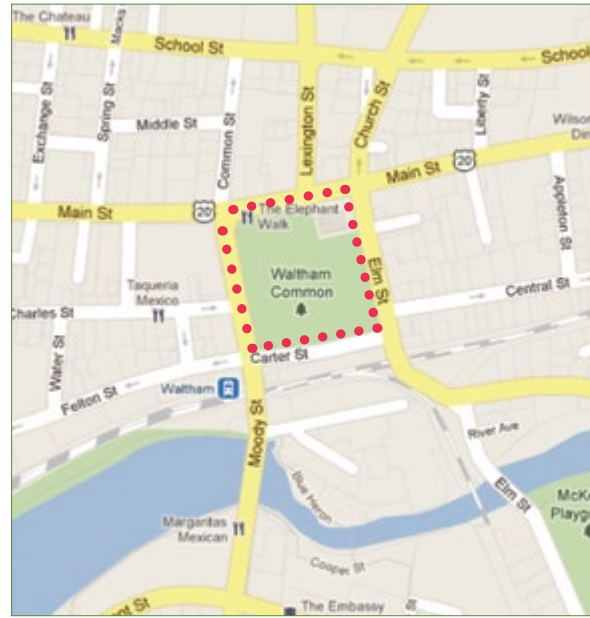
1 Riverwalk Downstream 1.86 miles 197 calories

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 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!



3 Watch Factory to Moody Street 2.16 miles 229 calories

Starting at the corner of Prospect and Crescent Streets, this route goes past 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.

