

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 five 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 BREWERY DISTRICT through SOUTH DOWNTOWN WALK



Tacoma's Historic Bicycle Bridge, ca. 1900* - see site #4

Walk Tacoma's south downtown, an area brimming with historical significance and potential for its future. View the brewery district as it once was, as well as the plans for what it may one day become. An easy though slightly gritty walk, spending time here will encourage you to dream of Tacoma's possibilities while viewing the renaissance that has already begun.

Walk Info

easy average difficult

Distance **1.79 mi**
 Average Time **40 min**
 Terrain **flat-grade, some hills, stairs**

For more information and copies of the maps, visit www.downtownonwego.org.

*Courtesy: Tacoma Public Library



DOWNTOWN:
On the go!



253 682 1739
Downtownonwego.org

Sponsor

† **Franciscan Health System**

Collaborators

American Heart Association

Thank You

To students in the Pacific Lutheran University Art & Design program for their work designing the original maps.

Contributors



DOWNTOWN:
On the go!



Brewery District to South Downtown



Downtown to Hilltop



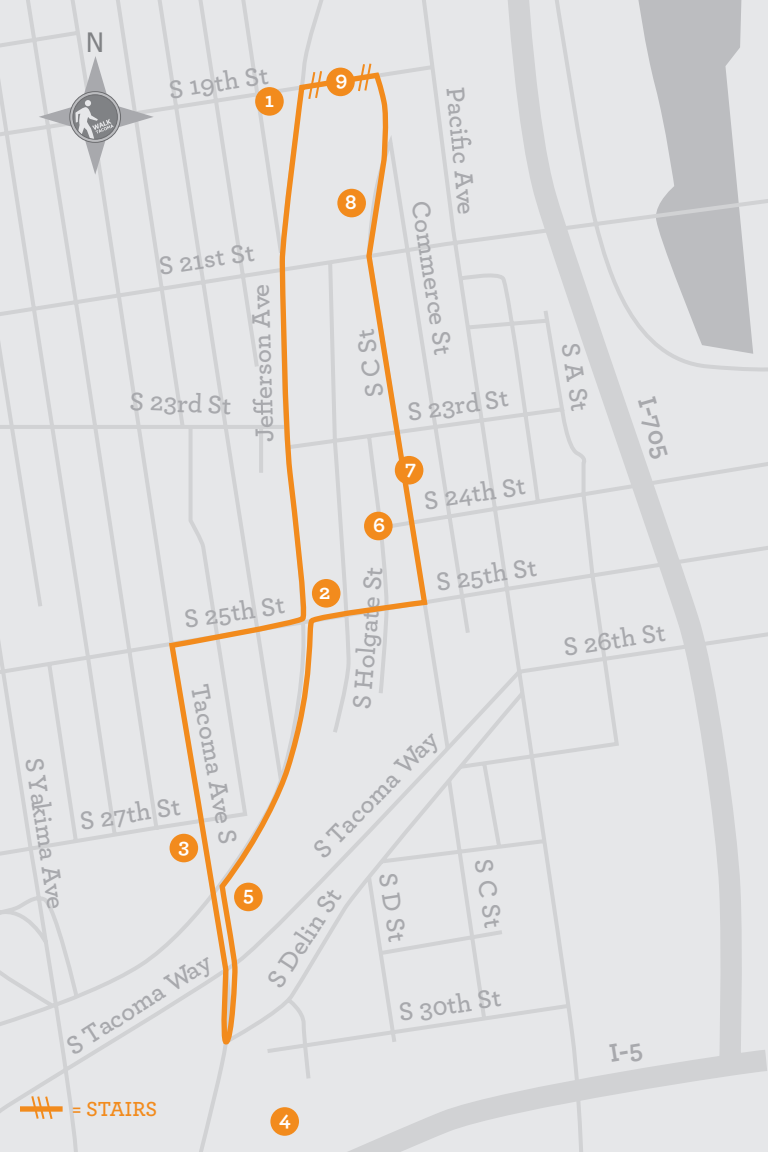
Wright Park to Stadium District



North Waterfront to Theater District



South Waterfront to Tacoma Dome Station



1 The Swiss Building

The Swiss Society built this hall in 1913 for its convenient location to the warehouse district, the ethnic neighborhoods above Market St, Tacoma's open air markets, and the northern edge of the brewery district. It was a meeting place for Swiss immigrants to conduct business, socialize, and enjoy the company of their fellow Swiss.

2 Natural Springs

In 1909, the Union Pacific Railroad attempted construction of a railroad tunnel, but abandoned this effort due to the significant amount of ground water in the area. In 1915 the shaft was filled with cordwood, sand and gravel, and the tunnel was closed and all but forgotten. The natural spring is all that remains to bear witness to the failed effort, and is today used to rinse City of Tacoma Streets & Grounds equipment.

3 Goodwill Living Wall

Tucked near the entrance of Goodwill's Milgard Work Opportunity Center is a masterpiece of living art created by artist/botanist Patrick Blanc of Paris. The 20x40-foot wall has 96 species totaling about 2,200 individual plants, supported by a combination of felt, PVC piping, and a drip irrigation system. The art itself enhances the sustainable design and construction of the building, which achieved LEED (Leadership in Energy and Environmental Design) gold status in 2009.



4 Historic Bicycle Bridge

Look just beyond Holy Rosary Church while crossing the Tacoma Ave. bridge to see the location of the world's "longest, highest, and only exclusive" bicycle bridge, now a portion of Interstate 5. The bridge, built in 1896 by the Tacoma Wheelmen's Bicycle Club, was constructed with funds from the sale of bicycle licenses.

5 Tacoma Streetcar Disaster

Look to the east as you cross back over the Tacoma Ave. bridge and into the gulch below. On Wednesday morning, July 4, 1900, 43 passengers were killed and many others injured when an overcrowded trolley car carrying more than 100 passengers to downtown Tacoma for the Independence Day Parade, lost traction on the Delin Street grade, jumped the tracks on the "C" Street trestle, and plunged 100 feet into a ravine below.

6 Brewery District Conceptual Plans

Adjacent to the warehouse district that is now UWT's campus, the Brewery District was home to the Columbia Brewing Co. (renamed the Heidelberg Brewing Co. in 1949), the Pacific Brewing & Malting Co., and more. Despite its abandoned appearance, the district is considered to be the "lynch pin" of Tacoma's continued downtown revitalization. For that reason, the City along with community partners have developed district improvement objectives that include transit-oriented development and the encouragement of companies that produce goods, artistic craft, green technology and active work and living spaces.



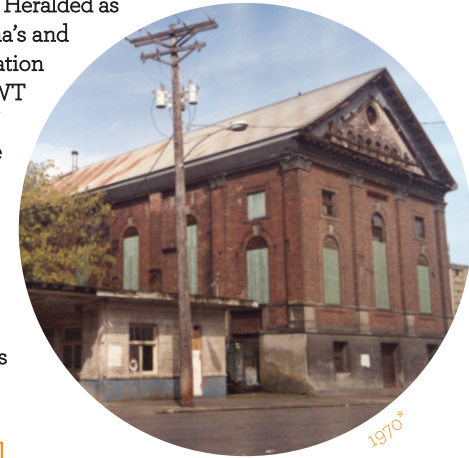
7 City of Tacoma Streets & Grounds Building

Opened in 1910, the Streets and Grounds Maintenance Division's Barn was originally known as the City Shops and Stable, and looks much the same today as it did at its beginning. City of Tacoma Streets and Grounds contin-

ues to occupy the building, as they have for the past century, dealing daily with the challenges of an outdated structure built for both men and horses.

8 UWT Library (Snoqualmie Falls Power Co. Transfer House)

Formerly the Snoqualmie Falls Power Company transformer house, it provided power to most of Tacoma and its vital streetcar lines until it closed its doors in 1958. Heralded as a masterpiece of Tacoma's and UWT's historic preservation efforts, it became the UWT Library and the hub of the campus in 1997. The renovation included artwork by Tacoma native Dale Chihuly, the 23 x 7 foot 900-piece Chinook Red Chandelier, which hangs in the rotunda and glows in the Library's windows at night.



9 Prairie Line Trail

Look to your left and right as you cross through the old tracks at the mid-section of UWT's campus. In the coming years, this historic railroad will be transformed into a pedestrian and bicycle trail that activates and enlivens this downtown corridor. As the future spine of Tacoma's non-motorized network, it will provide vital access to the Foss Esplanade.

