Get a dose of nature

Venture to the Union Bay Natural Area, a 74-acre public wildlife area along Lake Washington. It’s one of the best bird-watching sites in the city! 0.5 miles away = 10 minute walk

Explore Warren G. Magnuson Park, which offers a variety of activities: swimming, boating, trails, sports fields, natural areas, and more! 2.4 miles away = 25 minute walk

Get a break

Need a breath of fresh air? A respite from your day? Take a short walk around Seattle Children’s main campus. 1.1 mile loop = 25 minute walk

Hit the trail

Go for a quick walk, spin or chalk up some miles on the Burke Gilman Trail, a 27-mile multi-use recreational trail. 0.3 miles away = 7 minute walk

Shop ‘til you drop

Stroll through University Village, an open air shopping center featuring a unique blend of local boutiques, national retailers, restaurants and cafes. 1 mile away = 20 minute walk

Suggested walks from Children’s main campus

Please see the map to the left and on the reverse for specific route directions.

Try these walking routes

Get to know the neighborhood while walking your way to wellness!

Just 30 minutes of walking, five times a week is enough to improve your overall health and wellbeing!

A regular walking program can help you lose body fat, maintain a healthy weight and improve your fitness. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and even some cancers.

It’s easy to fit a walk into your day

Walk to work or an appointment

Keep yourself and the environment in shape while saving money. If you ride the bus, get off a few blocks early and walk the rest of the way.

Walk to take a break

Waking is a great way to relieve stress, help you relax, clear your head, and benefit your body and mind. For that afternoon pick-me-up, take a break – replace your coffee break with a brisk walk.

Walk to run errands

Fit a walk in while checking off items on your to do list. Mail a letter, pick up a library book, or shop ‘til you drop at a nearby store.

Seattle Public Library: Northeast Branch
1.4 miles away = 30 minute walk

University Village
1 mile away = 20 minute walk

Get a Dose of Nature

Children’s main campus is surrounded by nature-filled parks and green spaces.

Remember these safety tips when walking or cycling:

Be seen. Be safe.

Be aware.

Keep moving with Feet First

Foot Health Initiative
www.feetfirst.org

About Seattle Children’s

In order to better serve the health of Seattle Children’s staff, families, and the surrounding neighborhood, we strive to get more people walking, biking, and busying in and around our facilities. Support for this map has been provided by Seattle Children’s Transportation and Sustainability Project Team, Department and the Be Well program.

www.sustainableneseattle.ning.com

www.fcaseattle.org

www.safekids.org

Be Green, Be Well, Be Seattle

www.metro.kingcounty.gov/