

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!

MUSEUM WALK



Walk Tacoma's museum route and visit six of Tacoma's outstanding museums all in one walk. Start at the newly relocated Children's Museum of Tacoma and continue south along Tacoma's "Main St", Pacific Avenue, as you pass both the Tacoma Art Museum and the Washington State History Museum. Enjoy the beautiful glass art work along the Chihuly Bridge of Glass, a 500 foot pedestrian bridge linking downtown Tacoma to the city's waterfront and the Museum of Glass. Head along the waterfront, either north to the Foss Waterway Seaport for an additional .9 miles each way or south to Tacoma's newest museum, the LeMay America's Car Museum located in the Dome District. Hop on the free Tacoma Link (service every 12 minutes) to return to the start of the walk.

Walk Info

easy average difficult

Distance **1 start: 1.6 mi 4b adds .9 mi each way**
 Average Time **1 start: 50 min 4b adds 20 min each way**
 Terrain **flat-grade, stairs or ramp**

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



DOWNTOWN:
On the go!



253 682 1739
Downtownonthego.org



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On the go!

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 Children’s Museum of Tacoma (1501 Pacific Ave.)

At the Children’s Museum of Tacoma we believe play in the power of play. The museum serves young children and their adults through self-directed play that celebrates imagination and encourages creativity. The museum’s playscapes include five main areas: Woods, Water, Voyager, Invention, and Becka’s Studio.

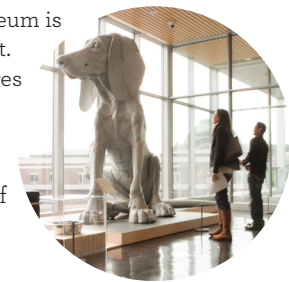


playtacoma.org

Third Thursday Art Mingle
Free admission for most museums from 5 to 8pm
tacomaartgroup.org
click on Art Mingle

2 Tacoma Art Museum (1701 Pacific Ave.)

Tacoma Art Museum was founded by a group of volunteers in 1935 and has since grown to become a national model for regional, mid-sized museums. The museum is dedicated to connecting people through art. The museum’s permanent collection features over 4,100 works primarily by Northwest artists, including the premier collection of Dale Chihuly’s glass artwork. Tacoma Art Museum serves the diverse communities of the Northwest through its collection, exhibitions, and learning programs.



tacomaartmuseum.org

3 Washington State History Museum (1911 Pacific Ave.)

The Washington State History Museum is where fascination and FUN come together! People of all ages can explore and be entertained as characters from Washington’s past speak about their lives. Through interactive exhibits, theatrical storytelling, high-tech displays and dramatic artifacts, learn about our state’s unique people and places, as well as their impact on the country and the world.



washingtonhistory.org

4 Museum of Glass (1801 Dock St.)

Museum of Glass is a truly unique place. Ten years ago, Museum of Glass opened its doors as an architectural icon, and a one-of-a-kind Museum dedicated to glass art. The Museum’s cutting-edge public programs, original exhibitions and enthralling glassmaking demonstrations have inspired and engaged nearly two million visitors from all fifty states and more than 75 countries.



museumofglass.org

4b Foss Waterway Seaport (705 Dock St.)

The Foss Waterway Seaport is a Maritime Museum offering maritime exhibits suitable to a wide range of ages, land- and boat-based education programs, event rental space, and a heritage boat shop. Located on Tacoma’s waterfront in the historic Balfour Dock Building, the Seaport is the last remaining intact section of a continuous heavy timber frame warehouse that defined Tacoma’s waterfront for almost a century. The Seaport reopened its doors in May 2013 with new exhibits about the building’s history and steamers on the Sound.



fosswaterwayseaport.org

5 LeMay America’s Car Museum (2702 East D St.)

LeMay – America’s Car Museum spotlights America’s love affair with the automobile. The museum rests on a nine-acre campus and features rotating galleries, a 3.5-acre show field, theatre, café, banquet halls, meeting facilities, racing simulators and slot car racing. Exhibits feature automobiles from Ferraris and Corvettes to Model Ts and The LaSalle 303 Roadster. ACM hosts annual events, concerts, weddings, annual meetings and even drive-in movies.



lemaymuseum.org

LeMay photos courtesy of David Imanaka.

