

You're on the Road

Walk safely.

Although walking is a vehicle-less form of transportation, pedestrians still need to obey traffic laws. Observe traffic signals and be on the alert for cars and bicycles. Be visible and predictable. Avoid crossing the street between parked cars and other forms of jaywalking. If you listen to music when you walk, make sure you can still hear honking cars, fire engines, and police sirens.

Vary your route and enjoy the scenery.

Walking puts you on intimate terms with your surroundings and helps you discover unexpected nooks and crannies of your environment. Take advantage of this freedom to explore, and vary your route to work. Happy walking!

Want to walk with others?

Check out these opportunities:

Monterey County has many walking tours for tourists and residents. Most are free or ask for a donation. For more information check out www.mty.com/outdoors.html.

Parks and trails abound in Monterey County. For County park locations and information, visit www.co.monterey.ca.us/parks/.

For City of Monterey Parks and Recreation Department, visit www.monterey.org/citypark.html.



Walking



Need more information?



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Of all the ways to get to work, there is a convenient and reliable form of transportation that is often overlooked—your own two feet.

This brochure was adapted from materials by RIDES for Bay Area Commuters.

 Printed on recycled paper



422-POOL



Walking can be a great commute choice for short distances, or as part of a longer commute. Whether you walk to work once a week or every day, it's a relaxing, easy, and an inexpensive choice.

Is Walking to Work Right for You?

How long is your commute?

If you live up to two miles from work, or can walk a similar distance to or from transit, walking to work might be right for you.

Can you afford the extra time to walk to work?

Walking, whether all or part of the way to work, will definitely take longer. Most people can comfortably walk a mile in less than 20 minutes. However, the time you spend walking will probably be relaxing and rewarding.

Are you in shape for walking to work?

Walking is suitable for people of all ages and fitness levels. Even if your most recent stroll took you only as far as your car door, when you start walking on a regular basis you'll feel more fit in no time. Walking, on average, burns about 350 calories per hour, so you can commute and stay fit at the same time.

Choose a route.

Study a street map and pick a route that will take you through safe neighborhoods on well-paved sidewalks. Try it on the way home from work or on a weekend.

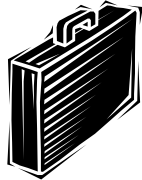
Pick a route that includes transit stops, in case you're running late or it starts to rain. Allow enough time for a leisurely walk so you can arrive at work relaxed. Try to imagine what the route will look like after dark, or drive by in the evening to see if the area feels safe.

If your worksite is more than a comfortable walking distance from your home, a combination of walking and public transit may be the ideal commuting option.

You'll need good shoes.

Sturdy, comfortable shoes—either athletic shoes or specially designed walking shoes—are essential. If you buy new shoes, break them in by walking around the neighborhood before you walk all the way to work. Some people keep dress shoes in their office, while others carry a change of shoes.

Backpacks and briefcases are handy.



Daypacks and briefcases with adjustable shoulder straps are useful for carrying footwear, work gear, and other essentials.

Prepare for bad weather.

Collapsible umbrellas and foldable raincoats are easy to pack into the corner of your backpack or briefcase during the rainy season. Check the weather before leaving for work or home.



Issues and Answers

Walking to work will make my commute even longer.

You can combine walking and transit to get to your job at a faster pace. Decide how much time you have for your entire commute and allocate a portion of that time to walking.

My briefcase and other items are too heavy to carry.

Take home only what you need. Backpacks and lightweight briefcases with shoulder straps make it easier to carry work supplies when you walk.



I'm afraid of walking through unsafe areas.

Plan an alternate route, or ride transit through unsafe or deserted areas. Walk with a friend, or coworker when possible.

My clothes will be wrinkled when I get to work.

When you walk at a moderate pace on a relatively flat route, you'll arrive in good shape. You can shorten your walk or take the bus when you have special meetings that require dress clothes.