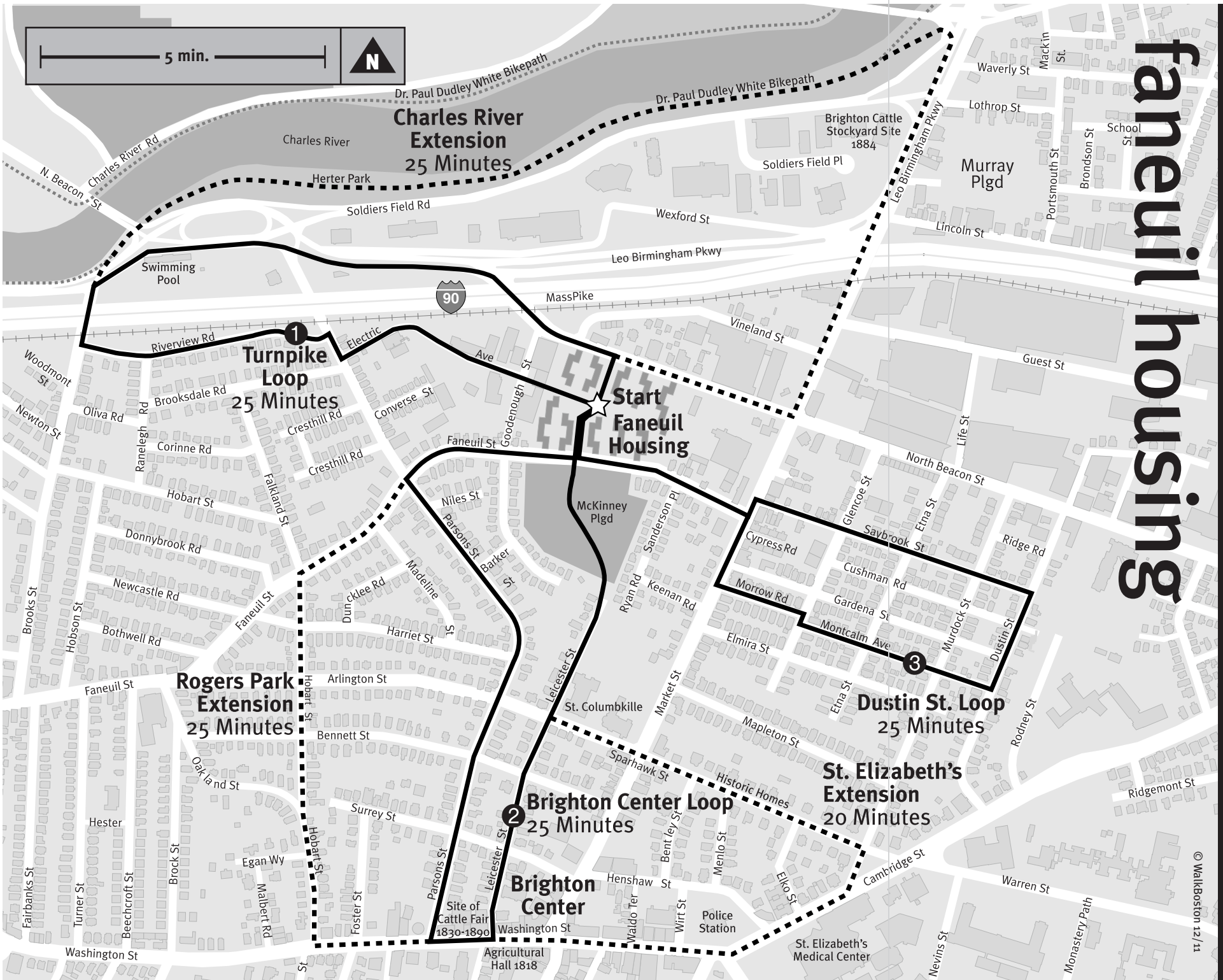


faneuil housing



Why walk

- People were built to walk.
- It's easy and almost everyone can do it.
- The more you walk the better it is for you.
- It's fun to include family and friends.
- Walking is a safe, easy way to get fit and stay fit.

Physical activity guidelines

The US Centers for Disease Control and Prevention recommends 2 hours and 30 minutes [150 minutes] of moderate-intensity aerobic activity [e.g., brisk walking] every week for adults.

How many calories are burned walking one mile?

On average an individual burns 100 calories per mile (20 minutes of walking). This will vary depending on the individual's weight, speed walked, length of time walked, terrain, etc.

Start with a short walk

Walk [10 -15 minutes] and build up slowly. Add 5 minutes to your walk each week. Keep building up until you can walk 30 minutes or longer 5 or more days a week.

Build stronger families and communities

- Get to know your neighborhood and get healthy.
- Walk at lunchtime, or after dinner.
- Doing your errands by foot supports local businesses.
- Walkers make neighborhoods friendly and safe.

Have a problem on your street?

Call the Mayor's 24 Hour Hotline: 617.635.4500, or go to www.cityofboston.gov/online_services and click on 'Transportation, Streets & Sidewalks' to report unsafe sidewalks, traffic and parking problems.

Faneuil Housing neighborhood

Faneuil Housing is located in one of Boston's liveliest neighborhoods. In Brighton, you can cover a lot of distance by walking just a few minutes. During a round trip of 20-30 minutes, you'll get the health benefits of walking one full mile while enjoying the area!



The streets of Brighton are mostly flat and good for walking. Streets were not laid out in a grid pattern, making it interesting to travel through the neighborhood.

The walks in this brochure lead to the Charles River and the Riverpath network, Brighton Center, and Rogers Park

① Turnpike Loop

25 minutes

Follow North Beacon St. to the swimming pool; L on Brooks St.; L on Riverview Rd.; R on Parsons St.; L on Electric Ave.; R on Goodenough St.; L on Faneuil St.

What to look for:

- Brighton/Allston Swimming Pool, North Beacon Street
- Children's Spray Pool - Artesani Playground, Soldiers Field Road
- Dr. Paul Dudley White running/biking path - Charles River
- Commuter railroad - now managed by MBTA on the first railroad in Mass - built in 1834
- Mass Turnpike - built in 1962

Charles river extension

30 minutes

Follow North Beacon St. to the swimming pool; Cross Soldiers Field Rd; R along the Charles River; R on Leo Birmingham Pkwy.[becomes market]; R on North Beacon St.

What to look for:

- Leo Birmingham Parkway
- Dr. Paul Dudley White Bicycle path
- Brighton cattle stockyards site

② Brighton Center Loop

25 minutes

Cross McKinney Playground to Leicester St.; R on Washington St.; R on Parsons St.; R on Faneuil St.

What to look for:

- McKinney Playground - local center of athletic activities
- Brighton Ctr. Shopping District - traditional center of Brighton
- Cattle Fair Hotel Site [1830] - where visitors stayed when attending annual Cattle Fair.
- Agricultural Hall [1818] - SE corner of Washington/ Chestnut Hill, built when Brighton was an important farming and cattle trading center, a major producer of vegetables, fruit and meat for Boston's burgeoning population.

Rogers park extension

20 minutes

Cross McKinney Playground to Leicester St.; R on Washington St.; R on Hobart St.; R on Faneuil St.

What to look for:

- McKinney Playground - local center of athletic activities
- Rogers Park
- Oak Square

St. Elizabeth extension

20 minutes

Cross McKinney Playground to Leicester St.; L on Washington St.; Continue on Cambridge St.; L on Murdock St.; L on Sparhawk St., R on Leicester St., Go through McKinney Playground to Faneuil St..

What to look for:

- St. Elizabeth's Medical Center
- Police Station
- Sparhawk St. historical homes
- St. Columbkille Catholic Church

③ Dustin Street Loop

25 minutes

Follow Faneuil St.; R on Market St.; L on Morrow Rd.; R on Glencoe St.; L on Montcalm Ave.; L on Dustin St.; L on Saybrook St.; L on Market St.; R on Faneuil St.

What to look for:

- Pleasant residential neighborhood

WalkBoston

WalkBoston makes walking safer and easier in Massachusetts and encourages people to walk more for better health, a cleaner environment and vibrant communities. **Join today!**

