

- Almost 30% of all personal trips are 1 mile or less – an easy distance to cover by walking or biking. 40% are 2 miles or less. NATIONAL HOUSEHOLD TRAVEL SURVEY, 2009
- 71% of Americans say they would like to bicycle more. AMERICA BIKES, 2008
- Walking or bicycling to work is associated with lower weight and less weight gain. ACTIVE LIVING RESEARCH, 2008
- From 2000 to 2007, the number of commuters who bike to work increased by 42%. ALLIANCE FOR BIKING AND WALKING
- While bicycling and walking levels fell 67% between 1960 and 2000, obesity levels increased by 241%. ALLIANCE FOR BIKING AND WALKING



Why Walk?

Regular walking contributes to your health and fitness in the following ways:

- Strengthens your heart, muscles and bones
- Lowers risk of high blood pressure and stroke
- Helps control weight
- Reduces depression
- Contributes to “brain fitness”
- Great way to meet people
- See your neighborhood differently
- Good for the environment

Shifting Gears

Discover Eureka when you walk, bike or ride

- Find a walking or biking buddy. A buddy can help you navigate the streets and stay motivated.
- Try walking or biking to your lunchtime errands.
- Farmer’s Markets are a great walking destination.
- Old Town Farmers Market
 - F St. between 1st & 3rd
 - Thursdays 10am-1pm (June 2-Oct 27)
 - Henderson Center Farmers Market
 - F St. between Henderson & Russ
 - Tuesdays 10:00-1:00 (June 4-Oct 29)
- Try different routes to explore your neighborhood.
- Try getting to work differently at least one day a week – walk, bike, carpool or take public transit.

SUGGESTED WALKING ROUTES

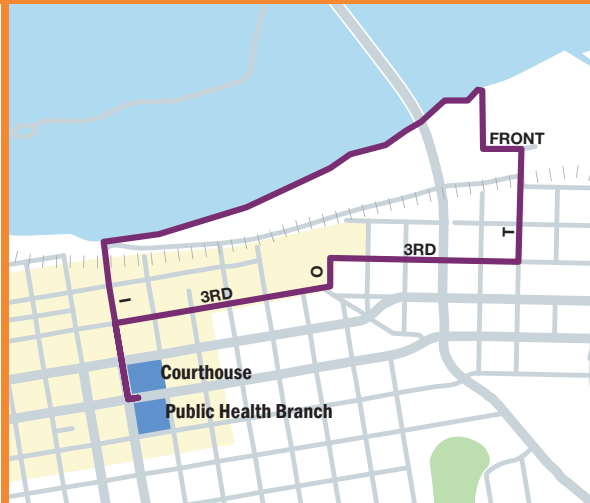
Waterfront Loop

1.95 miles

35 – 45 minutes

3900 steps

Explore your neighborhood – check out Eureka Discovery Walks at www.eureka.discoverywalks.org



Cooper Gulch Loop

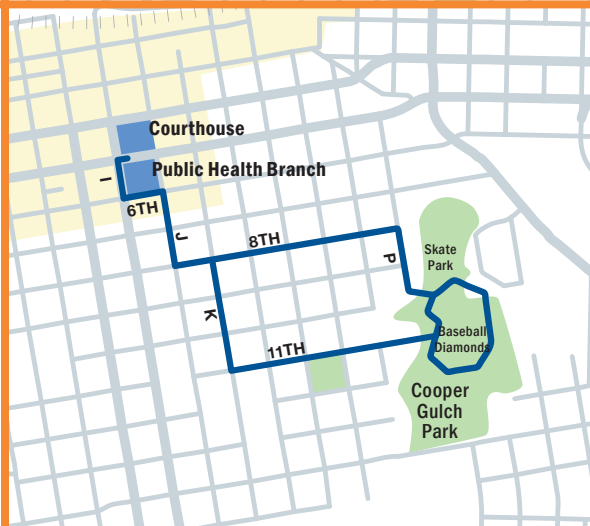
1.6 miles

without park loop

1.8 miles with park loop

30 – 40 minutes

3200 – 3600 steps



Humboldt Shifting Gears 2010

Courthouse / Public Health Branch Neighborhood Walking Map

Quick guide to walks and places near your worksite



The County does not discriminate on the basis of disability in services, programs, activities or employment. Persons with disabilities requiring special assistance or accommodation should call 707-268-2132.

























Humboldt Bay

STATE HWY 255
10 MINUTE WALK

20 MINUTE WALK

5 MINUTE WALK

-  Grocery Store
 -  Farmer's Market
 -  Post Office
 -  Dept of Motor Vehicles
 -  Pharmacy
 -  Sporting Goods
 -  Library
 -  Hospital
 -  School
 -  Bike Lanes
-  1 Eureka Wharfinger Building
 -  2 Boardwalk
 -  3 Humboldt Bay Maritime Museum
 -  4 Gazebo
 -  5 Roman Gabriel Wood Sculpture
 -  6 Clarke Historical Museum
 -  7 Discovery Museum
 -  8 Morris Graves Museum of Art
 -  9 Eureka City Hall
 -  10 Humboldt Bay Aquatic Center
 -  11 Adorni Center
 -  12 Carson Mansion

Target 

North Coast Co-op 

Cloney's Pharmacy 

Picky, Picky, Picky 

Courthouse

Public Health

Pro Sport Center 

RCAA Demonstration Gardens

Social Services Branch

Walgreens 

Eureka Natural Foods 

Sport and Cycle 

Unity Garden

Wabash St. Garden


Pat's Market 

Eureka Women's Club

Eureka High School

Henderson Community Garden

Redwood Pharmacies 

Henderson Center Bicycle 

Mental Health Branch/
Clark Complex

Handee Market 

Washington School

Sequoia Park

Sequoia Park Zoo