

We want to make it easier for people to walk to where they need to go. We know that it can be hard to walk to work, to shop or to visit friends because things are so far apart. Towns, cities and rural hamlets do not always design streets and sidewalks to make it easy for people to walk. We also know that communities can do many simple things to support walking. Together we can make a difference!



### Walkable Communities

Walkable communities are an important part of a healthy and vibrant community. Communities can encourage citizens to rely on their cars less and choose walking more often. They can make sure that the places people live, work, learn and play are close together so that people can choose walking as a form of everyday transportation. Well-designed, compact communities allow people to walk to school and work, to stores, parks and restaurants. When people can walk, they don't need to drive as much. This is good for people, the environment and the economy. For more information go to [www.iCANwalk.ca](http://www.iCANwalk.ca)

### What Makes a Community Walkable?

#### 1. You can get to places you often go

People can easily walk to where they need to go. Their workplaces, shops, schools and restaurants are a short walk from home.

#### 2. You are safe along the route

Safe walking routes pay attention to the things that make it easy for people to walk. They are well-lit and separated from the road. They have well-designed sidewalks that are clear of ice and snow, slower traffic, crossing signals and street signs that are easy to read.

#### 3. You can walk from home

In a walkable community, people live close to each other in different kinds of homes. Their neighbourhood includes a variety of businesses, schools, stores and restaurants.

#### 4. You can get from one place to the next

Sidewalks, trails and pathways in the neighbourhood connect one area to another. They make it possible for people to get where they need to go.



#### 5. You enjoy what you see

A walkable neighbourhood is attractive, so people want to explore it. Walkers can enjoy the landscaping and the different types of buildings. They can sit if they want to take a break. People can also walk any time: the route is well-lit at night, has shade on hot days and shelter in case of rain and snow.

#### 6. Everyone can get from one place to the next

In a walkable community, people with wheelchairs and other mobility devices can travel as easily as other people. When utility poles and newspaper boxes block sidewalks, people using mobility devices cannot get to where they need to go. The things that block their path also make walking unpleasant or unsafe for everyone else.

**We will use the information you send us to tell local officials how they can support walking in your community. Call your mayor's office if you find problems that need to be fixed right away.**

If you're interested in making your community more walkable, visit: [www.iCANwalk.ca](http://www.iCANwalk.ca)



**Win an iPod Nano!**  
To qualify, enter the information from your walk into the electronic checklist at [iCANwalk.ca](http://iCANwalk.ca)



Visit [www.iCANwalk.ca](http://www.iCANwalk.ca) to make your community more walkable



Take a walk and decide for yourself  
Visit [www.iCANwalk.ca](http://www.iCANwalk.ca) to make your community more walkable

# How walkable is your community?

Take a 15 minute walk along a road. Walk on the sidewalk or path to visit a store, business, school or person. Then fill out this checklist.



## Step 1: Write about your walk

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Where did you walk? I walked from \_\_\_\_\_

to \_\_\_\_\_

along \_\_\_\_\_

When was your walk? The date was dd/mm/yyyy  AM  PM

### What were the conditions during your walk?

Daylight  Rain  Snow  Extreme cold or heat

## Step 2: Think about your walk

Now, please think about your walk. Please put a check in each box that you agree with.

### How easy was your walk?

- I could use sidewalks, trails or paths to get where I was going
- There were sidewalks on both sides of the street
- Nothing blocked the sidewalks, like bushes or garbage
- The sidewalks were wide enough so I could walk beside another person
- I could easily use the sidewalks if I was in a wheelchair or pushing a stroller
- The sidewalks were well maintained

If the sidewalks need to be fixed, please tell us what is wrong, and where to find the problem:

\_\_\_\_\_  
\_\_\_\_\_

If you did not check any of these boxes, please explain why:

\_\_\_\_\_  
\_\_\_\_\_

### What people and places did you see?

- I saw a mix of homes, businesses, stores and schools
- I passed a mix of apartments, attached houses and single detached houses
- I passed windows, not just walls and fences
- I met people on the street

If you did not check any of these boxes, please explain why:

\_\_\_\_\_  
\_\_\_\_\_

### Was your walk enjoyable?

- The route I took was pleasant and inviting
- I saw plants, trees and gardens on my walk
- If I needed to stop, there were benches or other places to rest
- I enjoyed the walk because there were interesting things to see
- It was easy to get to the shops and businesses
- The shops and businesses were neat and tidy, and worth a visit

If you did not check any of these boxes, please explain why:

\_\_\_\_\_  
\_\_\_\_\_

### How safe did you feel?

- It was very clear where I could walk and where cars or bikes were supposed to be
- It was easy to read the signs
- Crosswalks were well marked
- At crosswalks, I had enough time to cross the street
- Cars stopped at crosswalks and signal lights
- Cars were driving at a safe speed
- At night, the sidewalks, trails and paths were well lit  Not Applicable

If you did not check any of these boxes, please explain why:

\_\_\_\_\_  
\_\_\_\_\_



## Step 3: Rate your walk

How many boxes did you mark with a check?

\_\_\_\_\_

What the number of check marks represents:

**19 or more** Celebrate! Your community makes it easy to walk for all your daily needs.

**16-18** Your community is doing well!

**11-15** Your community could do more.

**10 or less** Let's work hard to make your community more walkable.

Do you have any other ideas about what could make your community more walkable?

Please share them here:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

