

Downtown Whitehorse

Walking Routes Map



Scale 1: 6,000
Contours 5 metres



- Route 1 - 1.50 km
- - - - - Route 2 - 1.65 km
- · - · - Route 3 - 1.58 km
- · · · · Route 4 - 1.54 km

Route 1 takes in the Municipal Services Building and the Worker's Compensation Health & Safety Board Building.

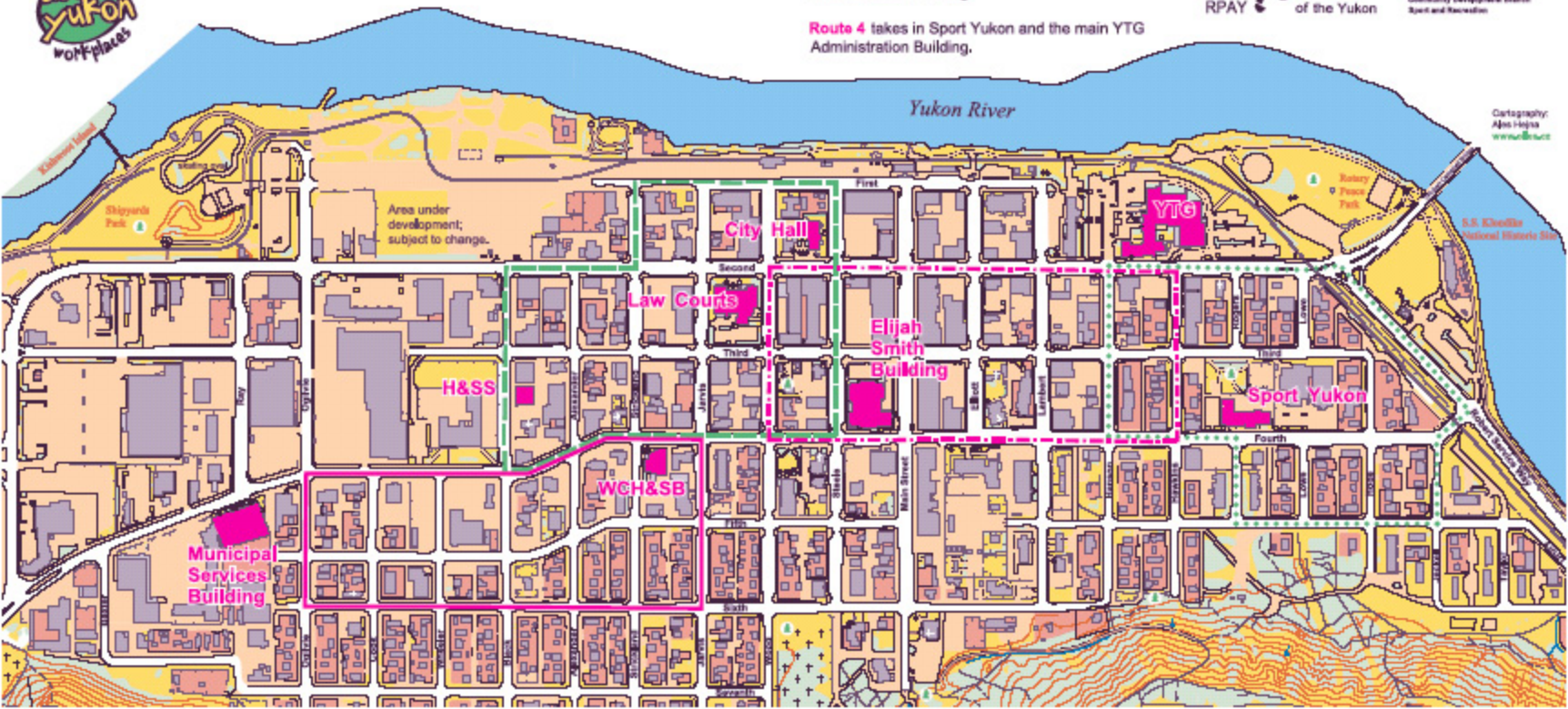
Route 2 takes in the Worker's Compensation Health & Safety Board Building, Health & Social Services, the Elijah Smith Building (back) and City Hall.

Route 3 takes in the Elijah Smith Building, the Law Courts, City Hall, and the main YTG Administration Building.

Route 4 takes in Sport Yukon and the main YTG Administration Building.

- Legend**
- paved area or plaza/building
 - fence/private area
 - memorial/cemetery church
 - open field/forest park
 - contours & stream

The assistance of the Yukon Orienteering Association is appreciated.



Cartography: Alex Hogg www.bruc.ca

Whitehorse Workplace Walking Routes Map

“Me thinks that the moment my legs begin to move, my thoughts begin to flow.”

~ Henry David Thoreau

Introduction:

Welcome to the Workplace Walking Routes Map! This map depicts four short walking routes; all about 1½ kilometres long. These routes have been designed to encourage walking from your workplace, as they go past many of the larger employers. If your workplace is not right on one of the routes then you get even more fitness benefits!

What is Active Living?

Active Living is a way of life in which physical activity is valued and integrated into one's daily life. Active Living does not have to be complicated or expensive – Active Living takes us back to the basics! Active Living is playing with the kids, walking the dog, gardening, chopping wood, cycling to work or school and generally enjoying being active - either alone or with friends. Active Living has many benefits besides personal health. For example, cycling to work or using a push mower are also good for the environment, plus they save you money!

Benefits of Active Workplaces:

Active, healthy workplaces are good for employees as well as their employers. Active workplaces can:

- ✓ Improve employees' health and fitness;
- ✓ Improve productivity and morale;
- ✓ Improve job satisfaction and team spirit;
- ✓ Reduce absenteeism and staff turnover;
- ✓ Reduce stress and back injuries;
- ✓ Reduce workplace injuries and worker's compensation costs;
- ✓ Reduce claims against group insurance/benefit plans.

Why Walk:

Walking is often cited as the most common and popular form of recreation. It is one of the most basic of all physical activities, being convenient, safe and healthy. Walking provides us with time to socialize with friends and family. It refreshes the mind, reduces fatigue and increases energy. Walking can help prevent osteoporosis, a cause of brittle bones. It can relieve stress and tension, and walking during the workday from your workplace provides perhaps the simplest way of taking an effective mental and physical break.

Descriptions of the Routes:

These routes are suggestions to get you started. The distances have been measured fairly accurately, so if keeping track is important to you, you can stick with these routes. If not, you can easily alter them by adding in an extra block or two. Each of these routes will take you about 15-20 minutes to do, depending on your pace.

Route 1 is 1.5 kilometres long and takes in the City of Whitehorse's Municipal Services Building and a number of businesses and offices on 4th Avenue between Ogilvie and Jarvis streets. It is shown on the map as a solid purple line.

Route 2 is 1.65 kilometres long. It passes City Hall, the back of the Elijah Smith Building as well as business and offices on Fourth Ave. and Black Street. It is shown on the map as a dashed green line.

Route 3 is 1.58 kilometres long. It takes in numerous offices on Second and Fourth avenues, and Wood and Hawkins streets. It is shown on the map as a dotted/dashed purple line.

Route 4 is 1.54 kilometres long. It takes in numerous offices at the south end of downtown, including the YTG Administration Building and Sport Yukon. It is shown on the map as a dotted green line.

Safety Tips:

- ✓ Walk in pairs or small groups;
- ✓ Use sidewalks where provided;
- ✓ Where no sidewalks are provided, it is usually safer to walk facing traffic;
- ✓ Cross streets using crosswalks, or at corners;
- ✓ Watch out for traffic. Don't count on drivers paying attention. Make eye contact to be sure they see you!
- ✓ Make it easy for drivers to see you - dress in light colors and wear reflective material. Carry a flashlight at night, during winter and in very dark areas.

Winter Walking Tips:

You don't have to stop walking just because it's a little bit cold! These tips will help you enjoy walking 12 months of the year:

- ✓ Bundle up and dress in layers, including a windproof outer garment;
- ✓ Don't forget your mittens and a hat that covers your ears;
- ✓ Snow conditions permitting, it's good to lighten the load by wearing training shoes with cotton-wool blend socks instead of heavy boots;
- ✓ Wear reflective material and carry a flashlight (or wear a headlamp – many small models are available);
- ✓ Consider using a ski pole (or two) to help with balance and support;
- ✓ Consider buying a pair of traction/safety soles, which can be attached to your shoes. A number of models are available locally.

on the right path:

Does having a goal help you stay motivated? How about walking the distance of the Silver Trail or the Overland Trail? Participants in this RPAY walking program receive use of a pedometer and incentive prizes along the way. Call RPAY's Healthy Living Coordinator at 668-3012 for information.

Other Places to Walk:

- ✓ The Millennium Trail Loop, (4.6 km.) crossing the river on the Robert Campbell and Rotary Centennial bridges is a logical place to start.
- ✓ There is also a paved trail along most of the downtown waterfront, from the SS Klondike to the Quartz Road wetlands (near Chilkoot Centre). The northern part of this route includes a number of interpretive panels.
- ✓ Have you ever walked at Bert Law Park? This gem of a small island in the Yukon River is accessed from the Millennium Trail at Robert Service Campground.
- ✓ The free booklet Enjoying Whitehorse Trails describes the trails adjacent to the Yukon River, from Schwatka Lake to Canyon City.
- ✓ Drop by RPAY for other ideas!

Walking Resources:

- ✓ Start by dropping by RPAY's office to pick up our "Push Start" brochures about walking and stretching;
- ✓ RPAY also has catalogues and samples of different traction/safety soles;
- ✓ Search the internet for the phrase "walking resources".

Active/Healthy Workplace Resources:

- ✓ Start by dropping by RPAY's office to find out how we can help (and get a free workplace stress star);
- ✓ Check out these web resources for information and ideas:
 - www.activelivingatwork.com
 - www.healthyworkplaceweek.ca
 - www.commuterchallenge.ca