

## Why Walk?

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. Walking can reduce the risk of many diseases - from heart attack and stroke to hip fracture and glaucoma. And of course, walking has significant positive implications for strength, mood, and weight loss.

## Calories Burned per Hour\*

	110 lbs	125 lbs	150 lbs	175 lbs	200 lbs
Strolling <2 mph	100 cal	114	136	159	182
Moderate 3 mph	175	199	239	278	318
Brisk 3.5 mph	200	227	273	318	364
Very Brisk 4.5 mph	225	256	307	358	409
Moderate Uphill 3mph	300	341	409	477	545

\*Source: [http://www.cdc.gov/healthyweight/physical\\_activity/index.html](http://www.cdc.gov/healthyweight/physical_activity/index.html)

## Why Walk Tacoma?

Getting out of your office, hotel room, home, or car means you get to see Tacoma up close and personal - and there is so much to see. Check out historic sites, public art, parks, and cultural icons of Tacoma, while also envisioning the future. On each of the five routes, you are guaranteed to learn something new about the City, and build a greater appreciation of the assets that Tacoma has to offer!

## THE WRIGHT PARK to STADIUM DISTRICT WALK



Lawn Bowling at Wright Park, ca. 1946 - see site #1\*

Filled with historic places and buildings, the Wright Park walk takes you through the tranquility of this more than century old park and on into the Stadium District (the densest residential area in Pierce County). The walk returns to Wright Park for one last look at its most important building, the W.W. Seymour Botanical Conservatory. Enjoy this relatively easy walk as you learn more about Tacoma's unique past and exciting present.

## Walk Info

easy average difficult

Distance **1.49**  
 Average Time **40 minutes**  
 Terrain **flat-grade, slight hills, stairs**

For more information and copies of the maps, visit [www.downtownonwego.org](http://www.downtownonwego.org).

\*Courtesy: Tacoma Public Library



**DOWNTOWN:**  
*On the go!*



253 682 1739  
[Downtownonwego.org](http://Downtownonwego.org)

## Sponsor

† **Franciscan Health System**

## Collaborators

American Heart Association

## Thank You

To students in the Pacific Lutheran University Art & Design program for their work designing the original maps.

## Contributors



**DOWNTOWN:**  
*On the go!*



Brewery District to South Downtown



Downtown to Hilltop



Wright Park to Stadium District



North Waterfront to Theater District



South Waterfront to Tacoma Dome Station



### 1 Wright Park

■ **Lawn Bowling Area.** The establishment of the Tacoma Lawn Bowling Club in July of 1929 instigated the installation of a regulation size bowling green in the park. While the green has been rebuilt since that time, it continues on in the same tradition. The hours of access to the bowling green are 1pm Saturdays during fall/winter, and 1pm Mondays, Wednesdays, Fridays during spring/summer, with additional hours during June.

■ **Trilogy Statue.** Created by artist Larry Anderson in 1978, the statue depicts a childhood moment – three carefree, young people running hand in hand. The statue attains additional significance, as it is said to include the first statue in Tacoma of an African American person.

■ **Wright Park Trees.** There are 28 State Champion trees in Wright Park (the largest known of their type), including the Teddy Roosevelt Oak, planted in 1903 to honor Roosevelt's visit to Tacoma. The oak stands in front of the Conservatory on G Street, and is one example of the many beautiful trees in Wright Park. A self-guided tour of 13 of the state champion trees can be found inside the Conservatory.

### 2 Tacoma Little Theater

Founded in 1918, the Tacoma Little Theater is among the oldest community theaters in existence in the United States, and has occupied its current home for over fifty years. Through a volunteer community, this non-profit theater produces five plays during its season and offers year-round educational programs for adults and youth.



1938\*



### 3 Washington State Historical Society

Founded in 1891 and now into its second century of service, the Washington State Historical Society is "dedicated to collecting, preserving, and vividly presenting Washington's rich and varied history." The Society is comprised of a family of museums and research centers, including the building you see before you – the WSHS Research Center, built between 1911-1915. Originally the site of the Washington State History Museum, the relocation of the Museum to downtown Tacoma changed the use of this building to the storage of permanent collections and ongoing research activities.



1937\*

### 4 Stadium High School

Over 100 years old, the site was originally developed as a grand hotel by the Northern Pacific Railroad, but later used to store lumber before being gutted by a fire. The Tacoma School District bought the destroyed building in 1904, and opened it as a high school in 1906. It and its neighboring Stadium Bowl are now icons of Tacoma, and have hosted many a well-known speaker/performer, including Louis Armstrong, Babe Ruth, and presidents Theodore Roosevelt, Woodrow Wilson and Warren Harding.



1909\*

### 5 W.W. Seymour Botanical Conservatory

Voted the *Best Place to Relax* in Tacoma by readers of the Tacoma Weekly, this 1908 Victorian building contains over 700 mature trees and more than 550 plant species both native and exotic. The conservatory is listed on the City of Tacoma, Washington State and National historic registers, and includes 3,000 panes of glass on its twelve-sided dome and wings. Visits to the conservatory and its gift shop are free, though a donation is suggested.



### 6 Karpeles Manuscript Library Museum

Begun in 1983 by California real estate magnates David and Marsha Karpeles, the Karpeles Manuscript Library Museums are the world's largest private collection of manuscripts and documents, including such documents as the original draft of the Bill of Rights of the United States and Einstein's description of his "Theory of Relativity". Tacoma's Karpeles Museum is one of nine located throughout the country, between which documents are rotated quarterly. Admission is free.

### 7 The Hob Nob Building

Built in 1925 by builder and developer Wm. Virges, this single story commercial property was originally developed as an investment property, most likely due to its close proximity to a trolley line along 6th avenue. Over the years, a variety of different tenants have called this building home, including a confectioner and dry cleaner. The Hob Nob Food Shop, as it was once called, took over the building soon after W.W.II, and included the restaurant you see before you today.