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Harvard walks

The *CommuterChoice* Program is Harvard's commitment to give the best commuting information and services to its employees. Healthful and convenient walking is part of your everyday commute, and can be part of your other trips too.

Walking is an important part of every commute.

Whether you use a bike, a car, or transit, you still walk to the final destination. It's also good for your health.

A 30-minute daily walk:

- Reduces heart disease risk, improves blood circulation
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss, increases muscle strength.

Walking is the one exercise that people stick with. It has the lowest dropout rate of any physical activity. Walking is the simplest positive change Americans can make to improve their heart health. Try to walk 30 minutes a day, even if you break it into chunks of 15 or even 10 minutes.

Cambridge is the Best Walking City in America, according to reports by the American Podiatric Medical Association and Prevention Magazine in 2008. It abounds in history and destinations—you should take advantage of it.

Getting started

Walking distances are shorter than you imagine. Harvard is centrally located – a 20-minute walk leads to lunch, exploration, relaxation, and services for your errands.

This map indicates 5-minute walking increments. It helps you plan your route to work, a meeting, or lunch and lets you estimate how long the walk will be.

Combine walking with the MBTA. Use transit one-way, walk the other way. Get off a stop early and walk the rest of the way.

Discover your surroundings & community. The Harvard campus and its Cambridge setting are complex and interesting. Find a destination where you see new things, and walk there.

Take your Harvard ID—some facilities require it.

Food and errands

Restaurants and shopping areas flourish both on campus and off. Explore a new area for each walk. Map out routes to each location using this map to estimate walking time.

Off-campus retail dining and errands

Restaurants and shopping areas abound in Inman, Central, Harvard and Porter Squares. Walk along tree-lined streets and check them out.

Campus retail dining

- Cronkhite Dining Room - 6 Ash Street
- Dudley Café - Harvard Yard, Lehman Hall 1st floor
- Greenhouse Café - Science Center

Libraries

- Baker Library - Business School
- Littauer Library - Kennedy School of Government
- Widener, Pusey, Houghton and Lamont - Harvard Yard

Post offices

- Central Square - 770 Massachusetts Avenue
- Harvard Square - 125 Mount Auburn Street

Culture and attractions

Harvard has great places and events to walk to. Day or evening you can walk to some of the best museums in the country, good theatre and exciting athletic events.

Museums

- Museum of Natural History, 26 Oxford Street [includes Ware Collection of Glass Flowers]
- Peabody Museum of Archaeology & Ethnology - 11 Divinity Avenue
- Sackler Museum - 485 Broadway
- Semitic Museum - 6 Divinity Avenue

Theatres/Galleries

- American Repertory Theatre [ART] - 64 Brattle Street
- Carpenter Center for the Visual Arts - 24 Quincy Street
- Harvard Film Archives - 24 Quincy Street
- New College Theatre - 12 Holyoke Street
- Sanders Theatre - Memorial Hall, 45 Quincy Street

Athletic centers

- Hemenway Gymnasium - Law School, 1515 Mass. Ave.
- Malkin Athletic Center - 39 Holyoke Street
- Blodgett Pool, Bright Hockey Center and Harvard Stadium - North Harvard Street, Allston

Charles River and bridges

Enjoy the paths on both sides of the river for relaxing walks. Plan a picnic on the riverbank. Use these approximate times and distances for roundtrip walks.

Roundtrip River Walks—Harvard Square over bridges

Follow JFK Street from the Square to the Anderson Bridge, then pick a path along the river to one of the four other bridges. Return via JFK Street to Harvard Square.

- River Street Bridge: 44 minutes/2.3 miles
- Western Avenue Bridge: 36 minutes/1.9 miles
- Weeks Footbridge: 25 minutes/1.3 miles
- Eliot Bridge: 44 minutes/2.3 miles

More information

Campus retail dining: www.dining.harvard.edu

Libraries: www.hcl.harvard.edu/libraries

Museums: www.harvard.edu/arts-museums

Outings & Innings: www.harvie.harvard.edu

Cultural event tickets: www.boxoffice.harvard.edu

Harvard Box Office: Holyoke Center Arcade,
1350 Massachusetts Avenue, 617.496.2222

Athletic event tickets: www.gocrimson.com or Murr Center, 65 North Harvard Street, Allston, Office hours: Mon-Fri, 9am-5pm, 617.495.2211, 877.GO.HARVARD

Harvard *CommuterChoice* Program

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Spring and Fall Walk to Work events: see our website.

Let us know about your walks. We encourage you to report your walking accomplishments and your ideas about future walks. Together, we can spread the word.



MAKING OUR COMMUNITIES MORE WALKABLE

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