



WHY WALKING IS AWESOME

Walking is one of life's simple pleasures, and it's good for you, too. Small everyday trips to the grocery store, to school or work, or to a restaurant add up to a healthier and happier lifestyle. Replacing a trip you would normally take by car will not only help you reach your recommended 60 minutes a day of exercise, it's also better for the environment.

Vernon is an ideal city for walking, whether you're strolling through the shops downtown or enjoying the valley views on your way to work. This map is made up of routes recommended by Vernon residents as their favourite places to walk. Try it, and you may just discover something new in your neighbourhood.

VERNON REGIONAL TRANSIT



Combine your walk with transit to help cover longer distances with ease.
For local transit information call **250-545-7221** or visit www.bctransit.com/vernon.

SAFE WALKING TIPS

Be Lit! Wear or carry a light at dusk, in low light, or poor weather. Wear white, bright, or reflective clothing.

Cross with care. Make eye contact with drivers and wait until traffic has stopped before you cross.

Pay attention. Avoid distractions like texting.

Be predictable. Use crosswalks and intersections. Never jaywalk.

Look both ways. Don't start to cross on a flashing hand. Countdown timers tell you how long you have left to cross.

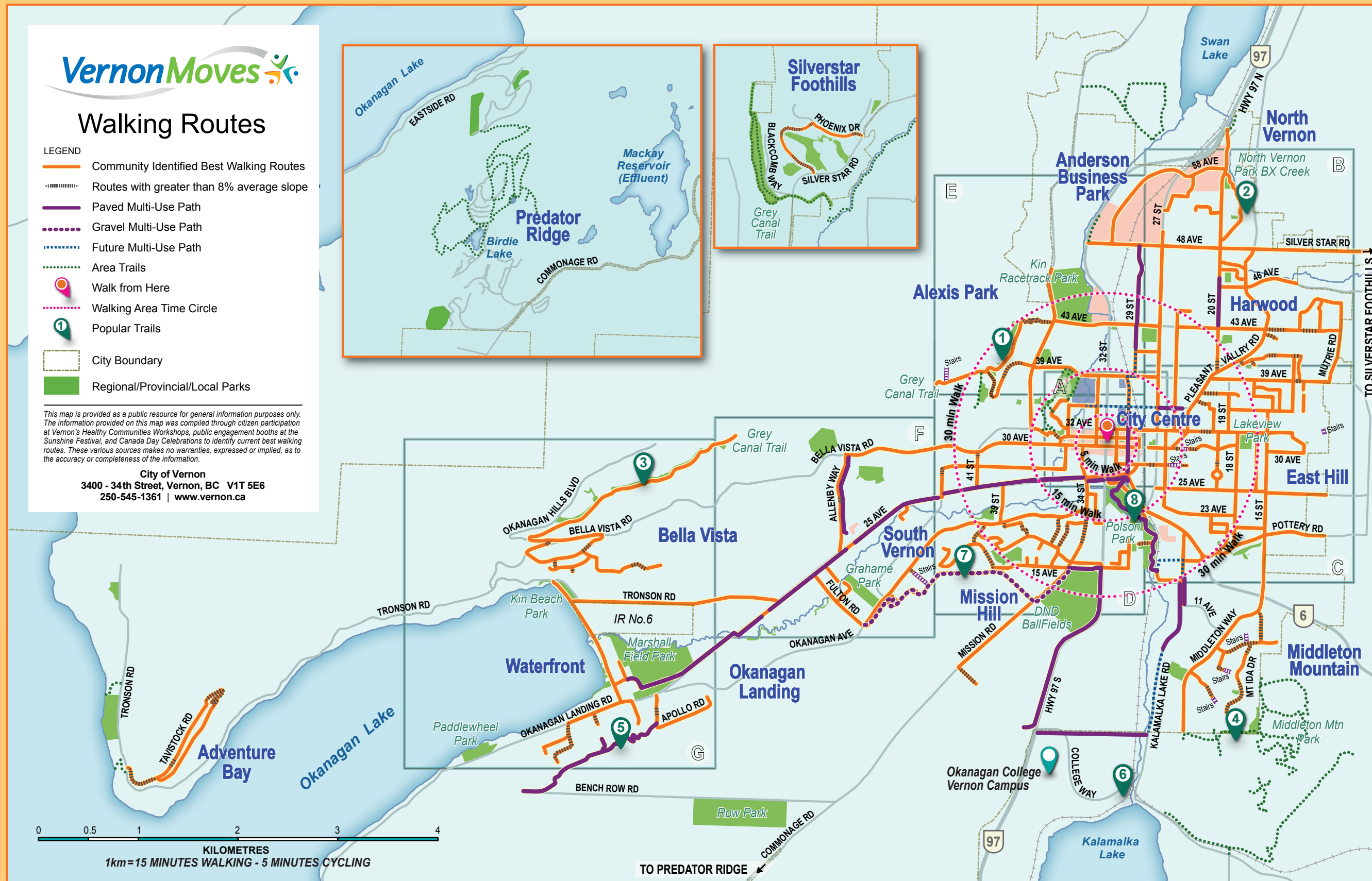
Dress for the weather. Walking is a year-round activity. Take care in cold, slippery, or hot conditions.

Multi-use paths. Cyclists and other users share multi-use paths with pedestrians. Pay attention, and listen for cyclists' bells when they want to pass you.

POPULAR TRAILS IN VERNON

World class trails can be found right outside your door. Here are just a few of the spectacular trails in and around Vernon:

1. Turtle Mountain
2. BX Creek Delta
3. Bella Vista Trail
4. Middleton Mountain
5. Longacre Trail
6. Okanagan Rail Trail
7. Commonage Trail
8. Polson Park Trail





- LEGEND
- Community Identified Best Walking Routes
 - Routes with greater than 8% average slope
 - Paved Multi-Use Path
 - Gravel Multi-Use Path
 - Future Multi-Use Path
 - Area Trails
 - Walk from Here
 - Walking Area Time Circle
 - Popular Trails
 - Point of Interest
 - City Boundary
 - Regional/Provincial/Local Parks
 - Dog Parks
 - On-Leash (Park/Trail)
 - Off-Leash (fenced)
 - School
 - Grocery
 - Transit Exchange
 - Airport
 - Hospital
 - Police
 - Fire

