

Walpole Center

3 Downtown Stroll – Walpole’s downtown is unusually active and vibrant with diverse ethnic food and cultural events. Look for:

- Old Town Hall & 1740 Walpole-Boston Mile Marker - 980 Main St.
- 1912 Blessed Sacrament Catholic Church
- 1886 Michael Higgins House - 159 Diamond St.
- 1923 Memorial Park & 1930 Harriet Nevins Memorial Fountain - 144 School St.
- 1932 Blackburn Memorial Hall - 30 Stone St.

4 Peach Street/Pond Stride – Four ponds line this route: Memorial Pond, Diamond Pond, Clark’s Pond, and Rainbow Pond. Look for historical houses.

- 1795 Daniel Allen House - 663 East St.
- 1890 Warrant Smith House - 1 High Plain St.
- 1740 Robert Allen House - 2 High Plain St.
- 1865 Samuel Allen House, 2 Peach St.
- 1825 L. Allen House - 136 Peach St.
- Old railroad right-of-way - find it if you can!

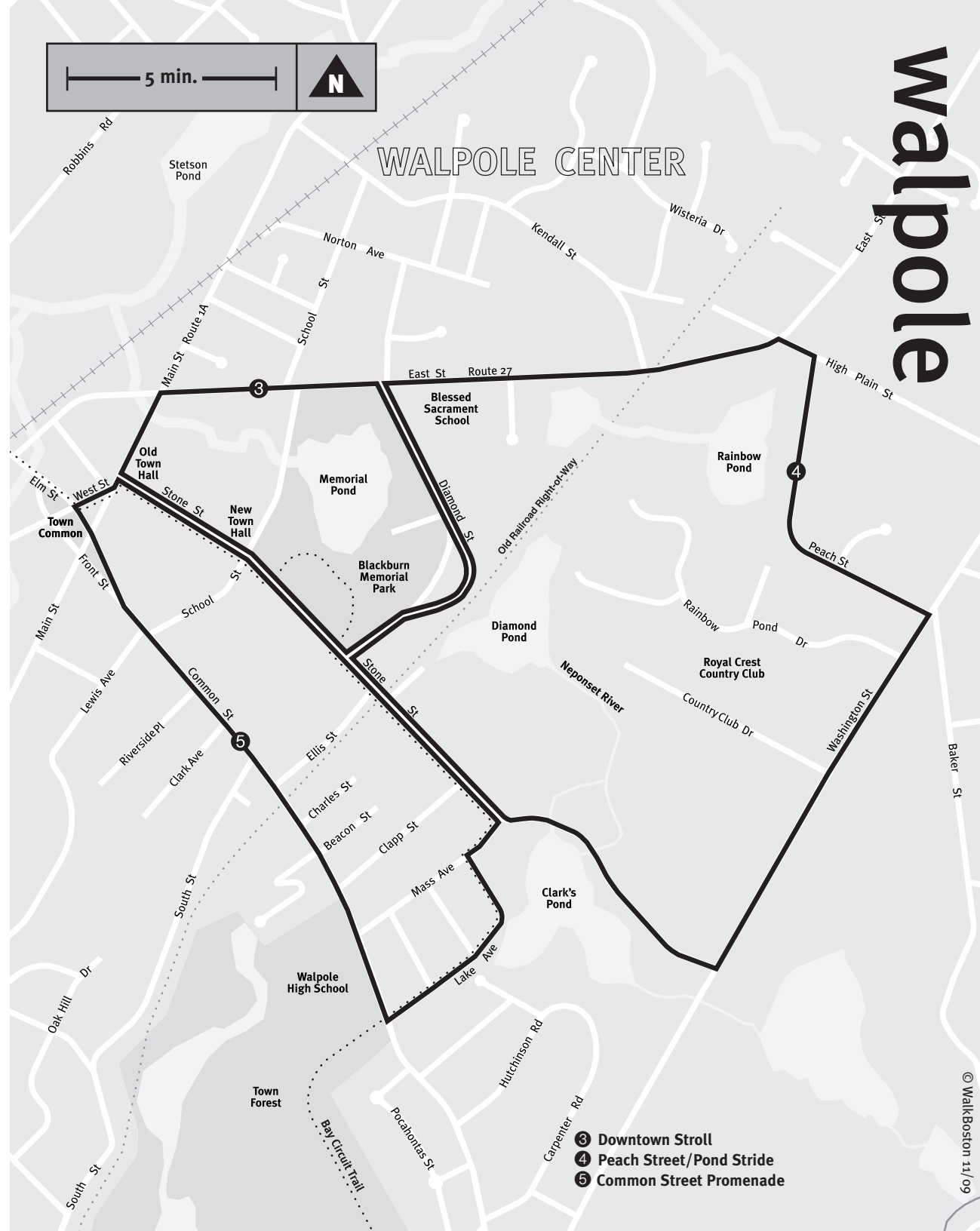
5 Common Street Promenade – From the Town Common, a parade of distinctive and historical houses line Common Street.

- 1739 Town Common at Main & West Sts. - includes: the Walpole Civil War Memorial; the Walpole Firefighters Memorial; the French & Indian War Memorial Fountain; Bird Fountain and the Walpole Bandstand
- 1875 Col. William Moore House - 45 Common St.
- 1830 Washington Glover House - 64 Common St.
- 1825 Clapp-Cobb House - 103 Common St.
- 1827 Calvin G. Hartshorn House - 118 Common St.
- The Bay Circuit Trail passes through on Stone St. with a detour through Blackburn Memorial Park, to Lake Ave. and through the Town Forest. www.baycircuit.org
- 1826 Deacon Willard Lewis House - 33 West St.



www.walpole-ma.gov

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- 3** Downtown Stroll
- 4** Peach Street/Pond Stride
- 5** Common Street Promenade

Walks in Walpole

Walpole is a great community for walking, with fantastic attributes including many routes and historical sites. Here are some walking routes you might like to try.

Getting started

Being active. Decide to be physically active – walking is one of the best ways to do it. Determine how much you can do – start slowly and increase your walking gradually. Set achievable goals – try 30 minutes a day of moderate walking – divide the time into 10- or 15-minute segments.

Start anywhere along the route. Each route is a loop that brings you back to the place where you started. Look for interesting things along each route.

Find other walks and activities sponsored by the Walpole Recreation Department at www.walpolerec.com. Photos of historic homes along these routes can be found at www.walpole-ma.gov/HistComm.htm.

The Walpole Walking Map is a collaborative effort to promote walking as part of a healthy lifestyle sponsored by Walpole Schools, Recreation, Planning, Engineering, Community Development and Health Departments.

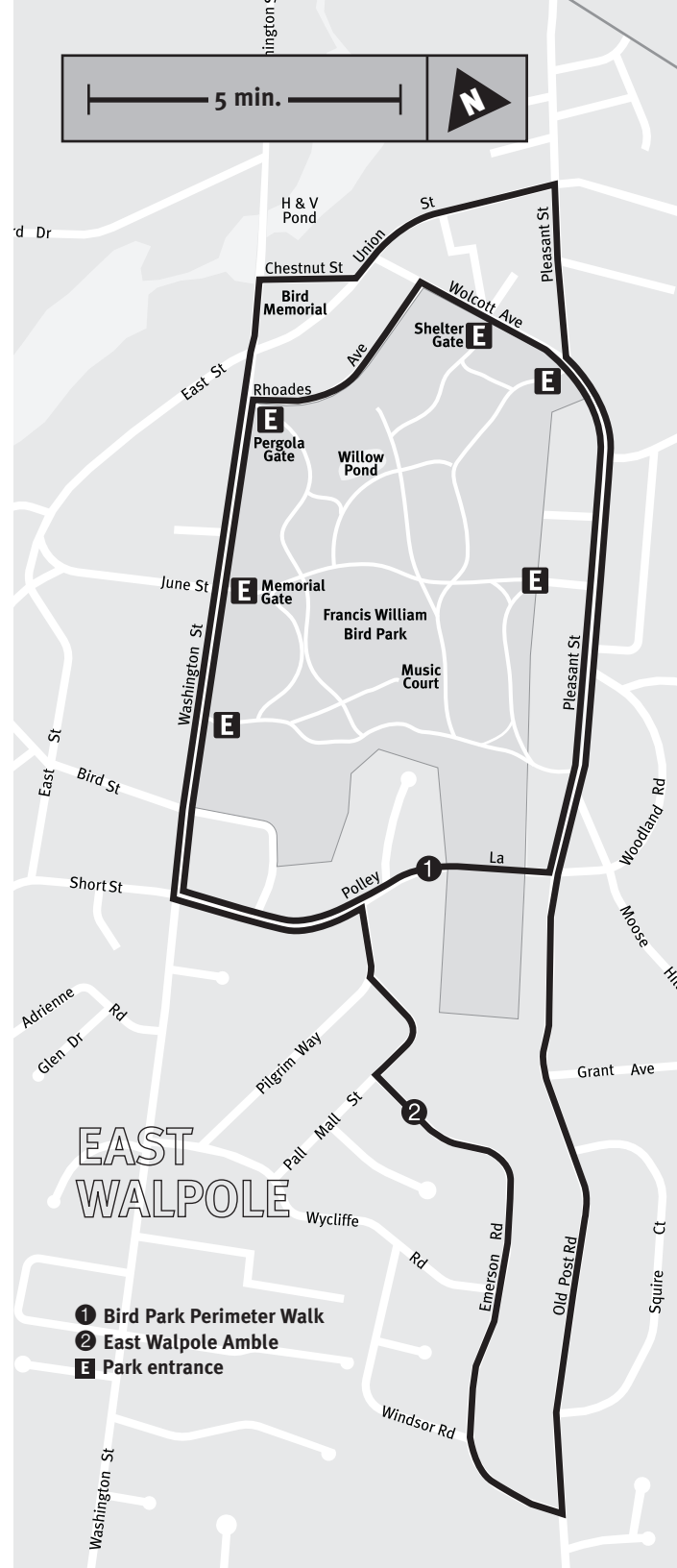
East Walpole

1 Bird Park Perimeter Walk – Francis William Bird Park is an 89-acre landscaped park created and endowed in 1925 by Charles Sumner Bird, Sr. and his wife Anna in memory of their eldest son. Over three miles of trails in the park cross streams via old granite bridges and pass rolling, grassy meadows. Designed by John Nolen, architect and maintained by the Trustees of Reservations. www.thetrustees.org. Look for:

- 1883 East Walpole Branch Library, 5 Wolcott Ave.

2 East Walpole Amble – Explore this area focused on Chestnut Street and the neighborhood around Bird Park.

- Chapel of St. Mary, 176 Washington St.
- 1895 Mary Bird Memorial Fountain, Chestnut St.
- 1894 Bird Memorial Clock and Tower, 57 Chestnut St.
- 1840 Deacon William Rhoades House, 62 Union St.
- 1851 Horatio Godbold House, 96 Union St.



About walking

Takes you everywhere. Many destinations in Walpole are no more than a 10-minute walk apart. You'll be surprised how short the walks are – from homes, schools and bus stops to all parts of town.

Builds stronger communities. Pedestrian activity makes residential areas more neighborly and commercial areas more vibrant.

Makes exercise easy and fun. A walk can be social – bring a spouse, friend or co-worker along. It can be long or short, spontaneous or planned.

Extends your life. The more you walk the better it is for you. Every hour of brisk walking can add two hours to your life. [Harvard Alumni Study, 1986]

Just 30 minutes a day:

- Reduces risk of heart disease, stroke and diabetes
- Improves blood circulation and cholesterol levels
- Prevents and manages high blood pressure
- Helps control weight
- Strengthens bones and prevents bone density loss
- Boosts energy levels
- Increases muscle strength
- Releases tension and manages stress
- Improves ability to fall asleep quickly and sleep well

New research suggests that better cardiovascular health gained by regular exercise might benefit your brain as well. The Journal of the American Medical Association reports that walking regularly may help preserve mental sharpness.

Throughout Massachusetts WalkBoston encourages walking for transportation, health and vibrant communities. Our education and advocacy programs give voice to citizens to make their communities walkable. Our members represent over 60 communities – become a member today!



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