

How to Use This Map

Use this map to plan your walks and explore Northwest/ Brightmoor Community neighborhoods. The walking routes on this map are between 1 mile and 3 miles long. Below you will find descriptions of the routes as well as points of interest (marked by a symbol) along the route. Choose a route and start walking!

Lyndon Greenway Route: This is a 1.5 mile tree-lined street path along Lyndon. Proposed to become the Lyndon Greenway, it is an attractive pedestrian and on-street bicycle corridor linking Eliza Howell Park and Stoepel Park. To make the route 3 miles long walk back along the path and end up where you started.

Route # 1: This route is 1.7 miles long. You will pass Houghten Elementary School and Wellspring Community Outreach on Lamphere St. It will also take you around James T. Hope Playfield Park and Crowell Recreation Center. From this route you can also take Verne to Chapel St. and walk around the running track.

Route # 2: This route is 1.5 miles long. On this walk you will pass Riordan playground on Lamphere St.

Route # 3: This route is 1.5 miles long. It is a shaded and pleasant walk on Lyndon and W. Outer Drive.

Route # 4: This route is 2.5 miles long. It starts on the corner of Lamphere and Fenkell at Leland Missionary Baptist Church and goes into and around Eliza Howell Park. You may also choose to walk only around the walking track inside Eliza Howell Park which is 1.2 miles long.

Route # 5: This route is 1.6 mile long and is a good walk on W. Outer Dr. You will walk past a beautiful neighborhood park.

Route # 6: This route is 2 miles long. It will take you past Brightmoor Community Center and Harding Elementary School on Burt Rd. as well as Rockdale-Kendale Playground on W. Outer Dr.

Route # 7: This route is 2.5 miles long. It is a pleasant walk that will take you by Shuryl Learning Center, Stout Playground and Rosedale Park Baptist Church.

Route # 8: This route is 2 miles long. On this route you will walk on Fenkell St. past the Thea Bowman Community Health Center.

Route # 9: This route is 1.6 miles long. It is a lovely walk on Evergreen.

Route # 10: This route is 1.2 miles long. This pleasant loop, will take you through Stoepel Park. Vetal Elementary School is just south of the route on Westwood St.

Health, Safety and Walking Tips

WALK FOR HEALTH:

- A little walking everyday will help keep you healthy and energized.
- Walking is by far the simplest mode of transportation. Try to walk to places you would normally drive to.
- Walking can help lower your blood pressure and decrease the risk of heart disease.

SAFETY TIPS:

- Observe traffic signs and walk facing the traffic.
- Always walk with a partner, in groups or tell someone where you are going.
- Stay alert to your surroundings.
- Carry ID in case of emergency.
- Carry a cell phone or change for a public telephone.

WALKING TIPS:

- Wear comfortable shoes.
- In hot weather wear a hat to protect you from the sun.
- Take a bottle of water to keep hydrated.
- Wear bright colored or reflective clothing so that drivers can see you.
- Don't forget to use sun block!

For more information about HEP please contact

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Lean and Green In Motown

NORTHWEST WALKING MAP



The Lean and Green in Motown walking map was developed by the Healthy Environments Partnership (HEP), a community-based participatory research (CBPR) partnership working to promote heart health in Detroit.

THE HEP PARTNERSHIP INCLUDES:

Brightmoor Community Center

Detroit Department of Health and Wellness Promotion

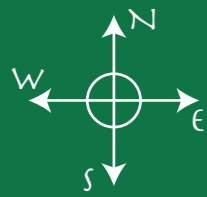
Detroit Hispanic Development Corporation

Friends of Parkside

Henry Ford Health System

Rebuilding Communities Inc.

University of Michigan School of Public Health



	Lyndon Greenway		School/Nurseries
	Route 1		Community/Recreation
	Route 2		Place of Worship
	Route 3		Parks
	Route 4		Commercial Area
	Route 5		
	Route 6		
	Route 7		
	Route 8		
	Route 9		
	Route 10		

