

How to Use This Map

Use this map to plan your walks and explore The Corktown and Mexicantown neighborhoods. You can start anywhere on the route and finish at the place you started. The walking routes on this map are between 0.6 miles and 4 miles long. Below you will find descriptions of the routes as well as places of interest, marked by a number in parentheses. Choose a route and start walking!

Corktown-Mexicantown Route: This route connects the Mexicantown and Corktown neighborhoods. It is 4 miles long and takes you through commercial areas on W. Vernor and Bagley streets, the Mercado and Welcome Center (6), the Matrix Theater (7), Roberto Clemente Recreation Center (8), the original Detroit Tiger Stadium (11) and old Central Depot train station (10).

Clark Park Route: This route is 1.5 miles long. Along this route you will find Maybury Elementary School (1), Western International High (2) and Earhart Middle School (3). You may choose to walk only around Clark Park for a walk of 1.2 miles.

Historic Hubbard Farms Route: This route is 1.2 miles long. It is a pleasant, pedestrian friendly route. Along this route you will find Webster Elementary School (4) and the commercial area on Vernor and Bagley, which is the heart of the Latino neighborhood.

Hubbard-Richard Route: This route is 0.6 miles long. It is located on the Hubbard-Richard neighborhood, one of the oldest villages of 19th century Detroit. While on this route you can visit the Bowen Branch Library (5).

St. Anne's Route: This route is 1 mile long and is a very pleasant walk around Roberto Clemente Recreation Center (8), local grocery stores, restaurants and the second longest operating church in the US, St. Anne's Church (9).

Roosevelt Park Route: This route is 0.75 miles long. On this route you will walk near the old Central Depot train station (10) and Roosevelt Park. While enjoying your walk, you can visit the various restaurants on Michigan Ave.

Rosa Parks Route: This route is 1 mile long. It is a pleasant, shady walk near the residential areas of Corktown neighborhood.

Historic Corktown Route: This route is 0.7 miles long. It is a pleasant walk around the Corktown neighborhood. Some of the points of interest along the way include Most Holy Trinity Church (12), the Historic Corktown Row Houses, and Murphy Playlot.

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

SOUTHWEST 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

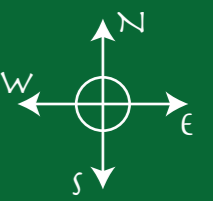
Detroit Hispanic Development Corporation

Friends of Parkside

Henry Ford Health System

Rebuilding Communities Inc.

University of Michigan School of Public Health



- Corktown-Mexicantown (Primary Route)
- Clark Park Route
- Historic Hubbard Farms Route
- Hubbard-Richard Route
- St. Annes Route
- Roosevelt Park Route
- Rosa Parks Route
- Historic Corktown Route
- Future Bagley Pedestrian Bridge
- Commercial Area

