Get motivated!
- Walk every day—even if just for 10 minutes.
- Record your walking time every day.
- Listen to your body. If you're sore, back off for a day.
- Reward yourself for big and little achievements.
- Tell co-workers, family, and friends about your goals. Encourage them to encourage you!
- Inspire yourself with fitness magazines, new walking routes, walking partners, new workout clothes, or by referring to a “before” picture.
- Walk briskly and with a purpose.
- Measure your success.

3. Wear comfortable, supportive shoes!
When purchasing walking shoes, look for:
- A fairly low rounded or beveled heel.
- A flexible shoe that bends through the ball (NOT the arch) of the foot.
- Look for a good fit—the shoe shouldn’t slip at the heel or bind or pinch anywhere. There should be a thumbnail’s width between your toes and the end of the shoe.

Get out and walk
The most important thing is to get out and move around. The following tips are important, but don’t let them slow you down. Most of us can get out for a short walk without too much extra effort.

Wear layers
Don’t like the weather? Wait a few minutes. Vermont’s weather can change quickly, so be prepared when you go out walking or hiking. Layered clothing is essential to comfort. Wearing white or bright colors makes you more visible.

Socks
Wear socks made of fibers such as Coolmax, polypropylene, silk, wool, or a cotton synthetic blend that will wick away sweat. Cotton will hold in moisture and increase the chance of getting blisters. Look for padded socks, which cushion the bottoms of your feet, but make sure they fit well inside your shoes.

Hats
A hat keeps you warm in cold weather and shades your head and face from the sun throughout the year. In warm weather, try a hat which will let the heat escape while shading your eyes.

Walk Checklist
Check a box each time you take one of the routes. Give yourself a healthy reward/treat when you fill the boxes.

- Elm St. Triangle
- Caledonia St. and River Rd.
- Four Seasons Neighborhood
- Jenny’s Walk
- Historic St. Johnsbury
- Federal and Maple
- Rocky Ridge
- Mt. Pleasant Cemetery
- The Long Walk
- St. Johnsbury Town Forest
- Three Rivers Recreational Path
- The Kingdom Challenge

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Adapted from walking tips by Mark Fenton, author of The Complete Guide to Walking for Health, Weight Loss, and Fitness. Host of “America’s Walking” on PBS television.

Ready, set, walk!
A walker’s guide to
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 Packs
On short walks, pockets will probably suffice for carrying the minimum essentials. For longer walks and hikes however, it’s important to evenly distribute the weight of water, keys, wallet, etc. Backpacks, waist packs, or wrist/shoe wallets are great for this purpose.

Water
Drink water before, during and after walking. You need to drink every half-hour while walking at a moderate pace and more often if you are sweating.

Sun protection
Never leave home without sunscreen, even on cloudy days. Your skin needs protection against skin cancer, wrinkles and sunburn. A waterproof sunscreen with an SPF of 15 or higher is key. Don’t forget your ears and that bald spot!

Bug Protection
Enjoy getting outside but hate those pesky mosquitoes and black flies? To keep yourself comfortable while walking and safe from the West Nile Virus, use insect repellent that contains DEET, Picaridin or oil of eucalyptus. Follow directions carefully and consult your doctor when using insect repellent on children under 3 years of age.

Identification
Don’t leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in case of an emergency.

LOCAL RESOURCES FOR WALKING, HIKING, SNOWSHOEING, AND CROSS-COUNTRY SKIING
- St. Johnsbury Academy Community Recreation www.stjrec.com
- Northeastern Vermont Regional Hospital www.nvrh.org
- St. Johnsbury Country Club www.golfstjcc.com
- Kingdom Trails www.kingdomtrails.org

OTHER HELPFUL RESOURCES
- Town of St. Johnsbury www.town.st-johnsbury.vt.us
- St. Johnsbury Chamber of Commerce www.discoverstjvt.com
- Northeast Kingdom Chamber of Commerce www.nekchamber.com
A guide to walking routes in St. Johnsbury, Vermont

**Walking route**

**St. Johnsbury Walk Index**

**Walk 1—Elm Street Triangle**
Length—0.8 mile
Relatively flat walk along residential Elm Street and Concord Avenue, then follow along commercial Portland Street past the old Portland Street School. (Elm, Portland, Concord)

**Walk 2—Caledonia Street and River Road**
Length—0.9 mile
Nice slope up Caledonia Street to get your heart pumping, while River Road is flat and soothing as you stroll along the Passumpsic River. (Caledonia, Weeks Court, River, Costa)

**Walk 3—Four Seasons Neighborhood**
Length—0.94 mile
Flat “walk around the block” of the Four Seasons neighborhood. For variety, take the optional short loop through the Mt. Pleasant Cemetery. (Summer, Mt, Pleasant, Cliff, Central)

**Walk 4—Jenny’s Walk**
Length—2.2 miles
Variety of flats and steeps through less traveled neighborhoods and Main Street. Caution crossing over busy Western Avenue. (Green, Boynton, Main, Western, Forest, Cliff)

**Walk 5—Historic St. Johnsbury**
Length—1.01 miles
Stroll or power walk past some of St. Johnsbury’s most architecturally significant buildings, including the Fairbanks Museum, Emerson Hall House, the Athenaeum and several uniquely beautiful churches. The walk also works your cardiovascular system as you climb “the hill.” (Main, Eastern, Railroad, Maple, Clarks)

**Walk 6—Federal and Maple**
Length—1 mile
Walk through the downtown shopping district, past the Welcome Center and then up moderate hills on Maple Street and Federal Street, as you wind through some residential neighborhoods past the Caledonian Record, the Old Post Office/Catamount Arts and other historical buildings. (Federal, Railroad, Maple, Cherry, Eastern)

**Walk 7—Rocky Ridge**
Length—2.1 miles
Gradual ups and downs throughout this residential walk. Sidewalks on part of Pleasant Street only. (Pleasant, Rocky Ridge, Farmer, Waterman, Gilman, Concord)

**Walk 8—Mt. Pleasant Cemetery**
Length—0.32 mile
Quiet, hilly walk through this historic St. Johnsbury cemetery. You can access these trails by snowshoes or cross-country skis during the winter.

**Walk 9—The Long Walk**
Length—2.24 miles
A long walk for experienced walkers. Varied terrain with two steep sections, including the infamous “Sand Hill.” The best part—sidewalks run the entire route. (Main, Eastern, Railroad, Portland, Concord, Sand Hill)

**Walk 10—St. Johnsbury Town Forest**
Access the St. Johnsbury Town Forest by turning off of Concord Avenue onto Almshouse Road. The Town Forest offers a variety of nature hikes for all ages and abilities. Enjoy a picnic lunch or snack under cover at the Rotary Pavilion.

**Walk 11—Three Rivers Recreational Path**
Length—1 mile
Park at the Trail Head on South Main Street. Walk, run or bike over a packed surface on this easy trail. This path serves as the east end trail head for the Lamolle Valley Rail Trail that will eventually span 93 miles across Vermont to Swanton in the west.

**Walk 12—The Kingdom Challenge**
Length—5k
This certified 5k route is wheel-measured, and perfect for training or to improve your personal best time.

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**St. Johnsbury**

- St. Johnsbury, Vermont
- walking routes in
- Walking route
- Bench