



# Walking Toolkit

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# Walking

During transit disruptions, customers typically look to other common ways of commuting to keep moving, such as carpooling, cycling and other forms of transit. Often overlooked, and totally free is another option for those who live and work in Metro Vancouver... walking. That's right! During a transit disruption, walking is one of the easiest, most cost effective, and eco-friendly ways to get around. It also takes less time than you might think! Make sure to 'get your daily steps in'.

## Tips for walking to work:

- Plan your route ahead of time
- Calculate your walk time & distances (google maps) 1km=10 minute walk
- Wear the right footwear
- Bring a comfortable bag/backpack
- Stay visible, "be seen"
- Speak to your employer about flexible work times
- Be prepared for changes in weather conditions i.e. umbrellas, windbreakers.

## Walkers think in distance not time.

Distance	Walking Time*
1.6km = 1 mile	15-20 minutes
1km (SkyTrain riders walk on average 1 km to get to the train and in and out of the station)	10-12 minutes
400 meters (average bus riders walk to the closest stop)	5-6 minutes

*\*Approximate times based on a moderate pace*

More and more people are choosing to live closer to work or combine walking with another form of transit. As an employer a walking program can help encourage creative thinking and social interaction. Consider the following:

- Promote a walking program to provide structure and encouragement; consider a walking buddy program or walking group or club (e.g. "Lunchtime walkers")
- Incorporate walking into meetings and daily routines in the office
- Encourage employees who live within 1.5km of work to get their steps in. Eager joggers can cover up to 10-15km on their commute

**Did you know?** During the 2001 transit strike 29% of people who previously took the bus adjusted their travel patterns and walked.





## Resources

[Map My Walk \(Free\)](#)

[Walkscore](#)

[Fitbit](#)

[Google Maps](#)

[Strava](#)

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