

# Take a Walk in Baltimore

Location	Details	One-way (miles)	Roundtrip (miles)
Basketball court	Walk around the perimeter		228 feet
1 Baltimore City Block	Walk 15 blocks for 1 mile		~350 feet
Football field	Walk around the perimeter		0.2
Patterson Park Lake	Walk around the perimeter		0.4
Mile of football field	Walk around the football field 5 times		1
Harbor to Harbor	National Aquarium at Inner Harbor to Harbor East roundabout	0.5	1
Towson Mall	One end of the mall to the other (Macy's to PF Chang's)	~0.5	1
Druid Lake	In Druid Hill Park, walk around the perimeter		1.4
Lake Montebello	Hillen Road and 32 <sup>nd</sup> Street, walk perimeter		1.4
JHU Homewood	Baltimore Art Museum to Lacrosse Field	0.9	1.8
St. Paul Walk #1	Washington Monument to Inner Harbor (can also take Charm City Circulator back)	0.9	1.8
Inner Harbor	Barnes & Noble to Federal Hill Park	1	2
Harbor to Point	National Aquarium at Inner Harbor to Fell's Point (Maggie Moo's ice cream shop) (can also take Charm City Circulator back)	1.1	2.2
Herring Run Trail	Starting at Harford Rd, to Hwy 1 (free parking)	1.25	2.5
St. Paul Walk #2	Penn Station to Inner Harbor (can also take Charm City Circulator back)	1.6	3.2

## Other ideas:

- Try a different walk each week
- Use an app to track your walking distance
- Use a map of Baltimore (or Google maps) to highlight streets you've walked

For the pedometer...

Mile	Feet
1	5280
0.5	2640

Other great places to take a walk...

### Outdoor

Druid Park  
Patterson Park  
Oregon Ridge  
Cromwell Park  
Around your neighborhood  
School track or football field

### Indoor

Baltimore Art Museum (free)  
Walters Art Museum (free)  
Any other museum  
A local mall  
School gym

### Resources

Baltimore City Parks  
<http://www.baltimorecity.gov/Government/AgenciesDepartments/RecreationandParks/Parks.aspx>

Baltimore County Parks  
<http://www.baltimorecountymd.gov/agencies/recreation/countyparks/>