

Killarney Community Centre Walking Routes

A total of 30 minutes of walking on most days of the week can deliver the following benefits:

* 50% reduction in the risk of developing coronary heart disease, adult diabetes and obesity

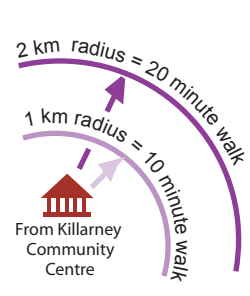
* 30% reduction in the risk of developing hypertension

* NO gym fees or parking costs!

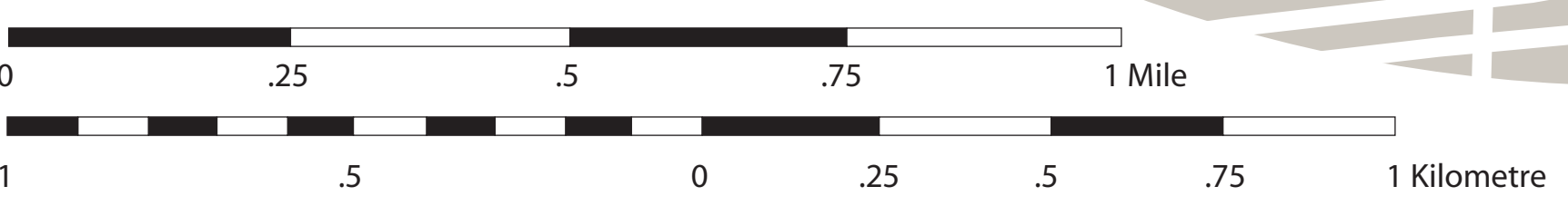
The average walker can travel one kilometre in 10 minutes. Think of all the places that are within 2 km from where you live - that's just a 20 minute walk away!



- Pedestrian Activated Crosswalk
- School/Public Grounds
- Park



- SkyTrain
- GREAT Walking Route
- OK Walking Route
- NOT A Good Walking Route



Walking as a form of travel is a great way to get to local places you need to go while getting exercise along the way!

Bikeway
Good Trails!

