



Walking Woburn is a map of the City of Woburn that we have labeled out in quarter mile (.25) increments. Based on the typical walking speed of the average adult (3 mph) each .25 mile is about a 5-minute walk, or a 20-minute mile walk. The purpose of this map is to get you out and walking. By labeling the map in increments you may find out that some of your favorite spots are closer than you may think. Instead of driving there take a nice walk!

Walking provides many benefits for you heart, lungs, and muscles and provides you with energy. Some other benefits of walking are:

- It improves the quality of your life
- Strengthens your heart and circulation
- Decreases hypertension and stress
- Improves your overall energy levels
- Decreases negative health risks such as heart disease, diabetes, obesity, high cholesterol, cardiovascular disease

Tips for safe walking:

- Use the Sidewalks
- Be prepared with proper exercise attire
- Stretch before every walk
- Walk at a comfortable pace (talking pace)
- Remember to breathe regularly

Places of Interest in Woburn:

1. **Battle Road Woodland Area**, entrance on Briscoe Street – Hiking Trail (See Map)
2. **Benjamin Thompson House**, 90 Elm Street – A museum of Count Rumford's (Benjamin Thompson) science experiments and inventions.
3. **First Burial Ground**, Located on Park Street
4. **First Congressional Church**, 322 Main Street
5. **Forest Park (Entrance Top Field at Weafer Park)**, 40 Forest Park Road – Hiking Trails (See Map)
6. **Shaker Glen Conservation Area**, Summit Street – Hiking Trails (See Map)
7. **Woburn Public Library**, 45 Pleasant Street
8. **1790 House**, 827 Main Street – Located near the Middlesex Canal

Playgrounds:

1. **Altavesta School**, 990 Main Street
2. **Ferullo Field**, 875 Main Street
3. **Reeves Elementary**, 240 Lexington Street
4. **Malcolm White Elementary**, 36 Bow Street
5. **Leland Park**, 87 Central Street
6. **Ryan Field**, Russell Street
7. **Shamrock Elementary**, 60 Green Street
8. **Weafer Park**, 40 Forest Park Road
9. **Woburn Police Station**, 25 Harrison Ave