THE ART OF WALKING
Walking is a great way to keep your body at a healthy weight! Obesity and chronic disease has risen in the United States. We may be raising the first generation of children to live a shorter live span than their parents, in part due to obesity and obesity-related conditions.

Physical activity is important for good health. Physical activity can prevent or reduce obesity, heart disease, hypertension, diabetes, and some cancers. The US Surgeon General recommends 60 minutes of physical activity for children and 30 minutes for adults each day.

The Columbus Art Walks Map is a unique way to get active while seeing great art, architecture and historical sites around Columbus.

WALK SAFE
• Pedestrians (people walking) should walk on sidewalks or walk facing traffic.
• Pedestrians should cross the street at traffic signals, crosswalks or at an intersection.
• At an intersection with a pedestrian signal, cross the street when the signal shows “WALK” or a symbol of a walking person. Wait to walk if the sign shows or is flashing “DON’T WALK” or a symbol of an open hand.
• You are less visible in the dark and when wearing dark clothing, so be extra careful!
• The majority of the route is accessible and flat.

DISCOVER MORE...
Columbus Art Walks is an audio tour of Columbus. Use the map to find the sites and, if you like, use a phone or media device to listen to site descriptions.
• PHONE: To hear site descriptions over the phone, call the main number (614) 645-2646 and enter the site’s 3-digit extension number to hear specific site information.
• PODCASTS: To download podcasts and listen to them on a media device (i.e. MP3 player or smart phone), find them online: http://publichealth.columbus.gov/artwalk.aspx
• MOBILE APPLICATION: You can access all of the Art Walks on your iphone or Android smartphone through the MyColumbus Mobile Application (visit the Get Active section and select the Art Walks feature). Download the App here: http://mayor.columbus.gov/MyColumbus/

IMPORTANT NUMBERS
For assistance during the walk, please call the Clean and Safe Team at (614) 228-5718. If you have an emergency, please call 911.

To include more sites on the map, share feedback about your Columbus Art Walk experience, or download additional art walks, please visit the Art Walk web site: http://publichealth.columbus.gov/artwalk.aspx
Please call (614) 645-2646 followed by the 3-digit number to hear location descriptions:

**OHIO STATEHOUSE ROUTE**
172. 8 E Broad St - 8 on the Square
173. 30 E Broad St - Rhodes Tower
174. 77 S High St - Ohio Statehouse & Senate Building
175. 34 S 3rd St - Columbus Dispatch Building
176. 125 E Broad St - Trinity Episcopal Church
177. 180 E Broad St - Continental Plaza, Borden Building & Columbus Club
178. 212 E Broad St - Saint Joseph Cathedral
179. 250 E Broad St - Midland Plaza
180. 5th & E Broad St - Discovery Park
181. 280 E Broad St - Franklin County Memorial Hall
184. 229 E State St - Schoederer State Street Chapel
183. 100 S 3rd St - Bricker & Eckler LLP; Former Post Office & Federal Courthouse
185. 132 S 3rd St - Central Presbyterian Church
186. 75 E State St - Hyatt on Capitol Square
187. 141 S High St - Ohio Theater
188. 21 E State St - Fifth Third Center
189. 77 S High St - Vern Riffe Center for Government & the Arts
190. 141 S High St - Lazarus Building
191. 50 W Town St - OSU Urban Art Space
192. 25 S Front St - Ohio Dept of Education & Quest
193. 55 E State St - Ohio Theater
194. 220 E Broad St - Ohio State University
195. 250 E Broad St - Celebration of Life & Veterans Memorial
196. 333 W Broad St - COSI & Central High School
197. 50 W State St - Leveque Plaza
198. 21 W Broad St - Wyandot Building
199. 46 N High St - The Peanut Shoppe

**STATEHOUSE ROUTE** (1.2 MILES)
182. 229 E State St - Schoederer State Street Chapel
183. 100 S 3rd St - Bricker & Eckler LLP; Former Post Office & Federal Courthouse
184. 132 S 3rd St - Central Presbyterian Church
185. 140 E Town St - Ohio Police & Fire Memorial Park
186. 75 E State St - Hyatt on Capitol Square
187. 55 E State St - Ohio Theater
188. 21 E State St - Fifth Third Center
189. 77 S High St - Vern Riffe Center for Government & the Arts
190. 141 S High St - Lazarus Building
191. 50 W Town St - OSU Urban Art Space
192. 25 S Front St - Ohio Dept of Education & Quest
193. 55 E State St - Ohio Theater
194. 220 E Broad St - Ohio State University
195. 250 E Broad St - Celebration of Life & Veterans Memorial
196. 333 W Broad St - COSI & Central High School
197. 50 W State St - Leveque Plaza
198. 21 W Broad St - Wyandot Building
199. 46 N High St - The Peanut Shoppe

**DOWNTOWN ROUTE** (2.59 MILES)
180. 280 E Broad St - Franklin County Memorial Hall
181. 270 E State St - Columbus Board of Education
182. 229 E State St - Schoederer State Street Chapel
183. 100 S 3rd St - Bricker & Eckler LLP; Former Post Office & Federal Courthouse
184. 132 S 3rd St - Central Presbyterian Church
185. 140 E Town St - Ohio Police & Fire Memorial Park
186. 75 E State St - Hyatt on Capitol Square
187. 55 E State St - Ohio Theater
188. 21 E State St - Fifth Third Center
189. 77 S High St - Vern Riffe Center for Government & the Arts
190. 141 S High St - Lazarus Building
191. 50 W Town St - OSU Urban Art Space
192. 25 S Front St - Ohio Dept of Education & Quest
193. 55 E State St - Ohio Theater
194. 220 E Broad St - Ohio State University
195. 250 E Broad St - Celebration of Life & Veterans Memorial
196. 333 W Broad St - COSI & Central High School
197. 50 W State St - Leveque Plaza
198. 21 W Broad St - Wyandot Building
199. 46 N High St - The Peanut Shoppe

**SITE LOCATION**

**START/END LOCATION**

**MAP LEGEND**
- SITE LOCATION
- START/END LOCATION
- DOWNTOWN ROUTE (2.59 MILES)
- STATEHOUSE ROUTE (1.2 MILES)