

CAPITOL SQUARE

COLUMBUS ART WALKS



COLUMBUS
PUBLIC HEALTH

Visit us online... <http://publichealth.columbus.gov/artwalk.aspx>

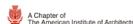
Map Design by:



Capitol Square Art Walk Sponsored by:



Map Developed in Partnership with:



AIA Columbus



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 life 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>

MAP LEGEND

 SITE LOCATION

 START/END LOCATION

 DOWNTOWN ROUTE:
2.59 miles (approx. 2 hr 15 min)

 STATEHOUSE ROUTE:
1.2 miles (approx. 1 hr)

