

Bryn Mawr Neighborhood

Walkability 101

Walking Stories

- **Oma in Appalachia**
- **The Doubting Son**

Benefits of Walking

- **Health Benefits**
 - Physical health
 - Mental health
- **Social Benefits**
 - Increased social interaction
 - Stronger communities
 - Safety
- **Economic Benefits**
 - Cost savings
 - Reduced infrastructure cost
 - Boost neighborhood businesses
 - Reduced health care costs
- **Environmental Benefits**
 - Reduces air pollution
 - Less energy use, carbon footprint
 - Reduced carbon footprint
 - Reduced noise pollution
- **Equity Benefits**
- **Quality of Life**

Characteristics of an Excellent Pedestrian System

- **Safety**
 - Wide, separated from vehicles, safe street crossings, well maintained, good surface, reduced speeds of vehicles, raised crosswalks and curb extension, good lighting at human scale
- **Accessible**
 - Accessible to people of all ages and abilities, including wheelchairs, strollers and walkers
- **Pleasant**
 - Pleasurable visuals (homes, streetscape, nature, public art)
- **Comfortable/Convenient**
 - Seating and rest areas, reasonable distances, connect to other transportation modes
- **Encouraged**
 - Good destinations (friends, schools, businesses, nature, entertainment, etc.)

Fun Links

[Walkable Neighborhoods – Washington Post](#)

[Neighborhood Walkability Map with Service Categories](#)

[A universal framework for inclusive 15-minute cities](#)

References

**“The Life and Death of Great American Cities”, by Jane Jacobs,
First Edition, 1961**

**“Walkable City - How Downtown Can Save America, One Step at a
Time”, by Jeff Speck, First Edition, 2012**

Thank You