

WALKING SAFETY TIPS

- Choose proper footwear.
- Take time to warm up and cool down. Stretch before and after walking to prevent injury
- Exercise smart – set realistic goals.
- Wear layered clothing – be prepared for rain, wind and sun – clothes should allow freedom of movement.
- Carry a few essentials. If you have one, carry a cell phone and identification that includes your name, phone number and pertinent medical information. You should also include pocket change, first aid essentials and water.
- Be aware of poisonous plants. Look, but don't touch. Native plants can include poison hemlock and poison oak.
- Be visible – wear bright clothes during the day and reflective clothing at dusk and dawn.
- Be alert to traffic and other walkers – obey all traffic signs and signals.
- Keep the sound low on headphones, so you can hear what's going on around you.
- Let someone know where you're walking and when you'll return or walk with a friend.

"The object of walking is to relax the mind. You should therefore not permit yourself even to think while you walk; but divert yourself by the objects surrounding you. Walking is the best possible exercise. Habituate yourself to walk very far"
- Thomas Jefferson

COMMUNITY-WIDE EVENTS

March – Shamrock Walk
March/April – Easter Egg Hunt
May – Cherry Blossom Tea
June – City-Wide Garage Sale



Photo Courtesy of Shannon Wilcox

July 4th – Parade & Celebration
August – Operation We Love Our Military
August – Fort Nisqually Picnic
August/September – Golf Show & Sale
September – City-Wide Garage Sale
November – Holiday Bazaar
December – Holiday Tree Lighting
December – Santa Breakfast

DuPONT WELCOMES YOU

to come explore and play!

With more than 5,000 years of history, the past is everywhere. Discover the home of two original Fort Nisqually sites, the craftsman-style DuPont company town, or our history. Plus with two publicly accessible golf courses and many local museums in the area, dozens of parks, miles of walking trails, and lots of fun community events, DuPont is always a great place to stay and play. **Welcome!**

Photo Courtesy of John R. Johnson



DuPONT PARKS Something for Everyone

- **DuPont Powderworks Park** (1775 Bob's Hollow Lane)
- **Clocktower Park** (1400 Palisades Blvd.)
- **Sellers Park** (600 Barksdale Avenue)
- **Iafrazi Park** (120 Barksdale Avenue)
- **Robinson Park** (205 Barksdale Avenue)
- **Ross Plaza** (1500 Ross Loop)
- **Garry Oaks Park** (2000 McNeil Street)
- **Chief Leschi Park** (1755 Ridgeview Drive)
- **Edmond Village Park** (1395 Griggs Street)
- **Ethel Lumsdon Park** (601 Louviers Avenue)
- **Tract "I" Park** (1895 Ridgeview Drive)
- **Village II, Division 5** (2850 McNeil Street)



A Comprehensive Trail Guide

DUPONT CITY TRAILS

Sponsored By:
City of DuPont
(www.ci.dupont.wa.us)



Photo Courtesy of Kate Lynch

Puget Sound & Olympic Mountain Range from DuPont

Views of the surrounding landscape exist on over 12 miles of DuPont walking trails.

Visitor Information:
web: www.visitDuPont.com
email: visitorinfo@ci.dupont.wa.us
phone: 253-576-0696

06-09

TRAIL ETIQUETTE

Trails are shared by all users, and a few simple rules of trail courtesy can enhance everyone's experience:

- Be considerate and aware of your impact on trail – pack out litter. Minimize trail erosion by avoiding muddy areas of trails and shortcuts.
- If you smoke, dispose of ashes and cigarette butts responsibly. Respect "No Smoking" signs when and where posted.
- Park in designated parking areas. Don't leave valuables in vehicle and lock your vehicle.

Physical activity is one of the best ways to prevent disease and walking is one of the best ways to implement activity into your day and stay healthy.

- Watch out for other trail users. If the trail is crowded, stay to the right and form a single line if walking with a friend or group.
- Stay on the trail. Please respect private property, historical structures and artifacts found throughout the area.
- Follow the adage, "Leave No Trace."

TRAIL RULES

- Respect trail and park hours (dawn until dusk).
- Leash dogs and all other domesticated animals.
- Owners must clean up after their pet(s).
- Use available trash bins or pack out litter.
- Do not remove vegetation or sea life.
- All weapons are prohibited.
- Alcoholic beverages are prohibited.
- Motorized vehicles are not allowed on trails.

Interested in DuPont history?



Visit the DuPont Museum

207 Barksdale Avenue
www.dupontmuseum.com • (253) 964-2399

DuPONT'S TRAILS

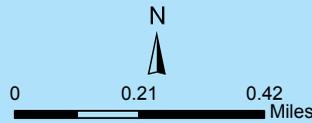
The City of DuPont strives to provide and maintain a walkable, accessible, and historically rich system of parks and trails across and in conjunction with sidewalks throughout community. Many paved trails interconnect with parks and historical sites throughout the city. Dirt and gravel trails provide scenic hikes that lead to majestic views or weave through serene areas full of towering evergreens and native landscape. Trails range from simple flat paths to sloping terrain.

The City currently owns and maintains:

- 50 acres of developed parks
- Over 12 miles of designated trails and bike lanes
- Nearly 500 acres of open space and natural areas



Take A Walk Through DuPont



DUPONT • WASHINGTON CITY TRAILS

LEGEND:

■ Historic Site	 Minor Streets
— Paved Trails	 City Park, Neighborhood Green
- - - Unpaved Trails	 Open Space, Sensitive Areas, Buffer
- - - - - Future Extension	 DuPont City Limits
 Major Streets	 Wetlands and Lakes



DUPONT'S HISTORICAL FIRSTS:

- Puget Sound's first European settlement
- First "named" location in the Oregon territory
- First steamboat on the Northwest Coast
- First American overland road in the Pacific Northwest Territory
- First Independence Day celebration west of the Missouri river (1841)
- First American settlement in Puget Sound with first school teacher (Chloe Clark)
- First wedding of U.S. Citizens
- First American-born child in Puget Sound
- First industrial plant in the Northwest

★ Historic Village Trail Map

Get a DuPont Historic Village Trail Map and discover more of the city's history.

★ DuPONT STATION
Restaurants, shops and the DuPont Library line the streets. Paved sidewalks lead through this part of town, which provides a great place to take a break.