



# City of Peterborough

## Media Release

### FOR IMMEDIATE RELEASE

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Peterborough, ON --

## Peterborough Walking in the Winner's Circle

Just a week after Peterborough City and County were identified as having the highest physical activity level of all the health unit regions in Ontario, the city has been ranked 5<sup>th</sup> in a Canada-wide contest to be the most walkable city in Canada. The City will be featured in the December issue of West Jet's airline magazine Up! Peterborough was beat out only by the larger centres of Vancouver, Toronto, Victoria and Halifax.

Peterborough is being recognized as a great place to get around on foot. With new sidewalks and trails in 2009, the City is expecting to see a continued trend of increased walking and cycling. Surveys indicate that trails encourage local residents to leave their vehicle at home. New trails are encouraging more people to get out walking and cycling.

The contest entry was submitted by Active and Safe Community Routes, a partnership of local walking advocates. The group is excited about Peterborough's 5<sup>th</sup> place finish.

"It is great to see the efforts that Peterborough has made to improve local walking routes, making it easier for all people to walk, on foot or with a wheelchair or walker," stated Jan Ali, a member of both the Council for Persons with Disabilities and Active and Safe Community Routes.

"Our community and its leaders should be very proud of this national distinction. Peterborough's recognition as one of Canada's most walkable cities shows that residents are making good use of our excellent network of sidewalks and trails to stay healthy. It should be no surprise that Peterborough's citizens are reporting the highest levels of physical activity in Ontario in a report released this month," said Dr. Rosana Pellizzari, Medical Officer of Health for the Peterborough County-City Health Unit. "This proves that strategic investments in our built environment strongly benefits public health, and I hope our local leaders continue this very positive trend."

The contest looks at factors such as the percentage of people that walk to work, walking distances to services, length of trails and winter maintenance of walkways.

Peterborough walking trivia:

- ✓ 62 km of trails within the City, 37 km are multi-use trails and 25 km are walking paths in natural areas
- ✓ 8% of people walk to work
- ✓ 39% of students walk to school (of all students, 61% are designated walkers and 39% are designated to take the bus)
- ✓ 84 cm of precipitation per year
- ✓ average of 1.4 vehicles per residence
- ✓ sidewalks and paved trails are plowed in winter
- ✓ population density is 1,118 people per square kilometer
- ✓ Car Free Day is celebrated in Peterborough
- ✓ 37% of people walk downtown, 33% drive (2007 survey on Charlotte Street)

Active and Safe Community Routes has representatives from the City of Peterborough, Peterborough Green-Up, the Peterborough County-City Health Unit, Ganaraska Hiking Group, Community Care and the Council for Persons with Disabilities and works to increase walking and cycling through infrastructure and promotion.

This information is also available on the City of Peterborough website at [www.peterborough.ca](http://www.peterborough.ca).

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