



**YOUR FEET
ARE LIKE A
COMPASS.**

**JUST WITH
REALLY
CUTE TOES.**

**JANE'S
WALK TOOLKIT**

**Turn an ordinary
walk into your
own Jane's Walk!**



TURN YOUR WALK INTO A JANE'S WALK!

Traditional Jane's Walks are designed and led by volunteer guides with stories and insights to share in a walking tour format. Jane's Walks can be serious or funny, informative or exploratory; they can look at the history of a place or the here and now.

This toolkit can help you enhance your ordinary walk so that it's like a Jane's Walk.

Here are some helpful tips for planning your Jane's Walk:

- **Make a point to get out of your usual quadrant.**
- **Visit a neighbourhood of a different age, design, or demographic than your own.**
- **Walk in a park you've never walked in before.**



BEFORE YOU START PLANNING YOUR ROUTE, DO A LITTLE RESEARCH.

- Look at online local history resources for old maps and stories.
- Consult the literary map of Calgary to explore writerly history in the neighbourhood.
- Learn something about the neighbourhood's basic demographics.
- Learn more about accessible design so you can notice more when you walk.
- Check this map of City of Calgary public art.

WHEREVER YOU WALK, SLOW DOWN!



Use these prompts to consider topics that are often discussed on traditional Jane's Walks:

- The land you walk on: Acknowledge the traditional territory of the Treaty 7 Nations. [Learn how here.](#)
- The people around you: How are they using the space?
- The transportation around you: Are there buses, bikes, cars? How do they interact? Do you feel safe as a pedestrian on these particular roads and sidewalks?
- Accessibility: Notice curb cuts, ramps, frequent benches, and other features that might make it easier to get around. Notice their absence.
- Urban wildlife: Notice trees and nests, listen for birdsong, catch sight of a rabbit.
- Buildings: Are they a mixture of older and newer? Do any designs catch your eye? Do they make this particular road more interesting to walk down or less so?
- Public Art: Spend time with the statues and murals. Who made them? What do they add to this particular spot? Whose stories do they tell?
- Sharing infrastructure: Look out for little libraries, food pantries, community fridges and gardens, and other things people build to encourage a neighbourly feeling.
- Local Economy: What kind of businesses are there? How are they doing?

THREE WAYS TO PLAN YOUR WALK:



1 STICK WITH YOUR USUAL ROUTE

Take one of your usual routes, but use this toolkit to make it a new experience. Some of the best Jane's Walks are when people spend relaxed and intentional time in their own neighbourhoods.

OR

Choose a neighbourhood you've never walked in before or not in a long time. Jane's Walks can be invitations to walk someplace you've been curious about or never thought there might be something interesting to see.

2 DESIGN YOUR OWN ROUTE

Anchor your Jane's Walk with a destination drawn from your interests. For example:

- Make a point to get out of your usual quadrant.
- Visit a neighbourhood of a different age, design, or demographic than your own.
- Walk in a park you've never walked in before.
- Google a local coffee shop in a neighbourhood you've never been to and build a route around a visit if public health measures allow.
- Identify a building on the skyline that's always interested you and finally go see it and explore its neighbourhood.

3 FOLLOW IN OTHERS' FOOTSTEPS

Visit [our website](#) for self-guided walking tour maps, websites, videos, and other creative offerings to inspire your walk in Calgary.

@janeswalkcalgary





GET SOCIAL WITH US!

  @janeswalkcalgary

Post your walk on social media between now and throughout Jane's Walk Weekend (May 5-6-7, 2023) to be re-posted by @janeswalkcalgary by either:

- Mapping your walk and stops using the Story City app, Google Maps, or Google VR Tour Creator and share the link on social media.
- Posting a photo or video of your walk using #janeswalkyyc and tagging @janeswalkcalgary on Facebook/Instagram.