

change

JANE'S WALK

May 7-8-9, 2021

perspective

JANE'S WALK TOOLKIT

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

Walking has become the perfect pandemic activity for many.

Whether you walk for the health benefits, to complete a “fake commute” before you begin your at-home workday, or simply to leave your house or essential workplace and be in nature – this year for Jane’s Walk, we invite you to turn your walk* into a Jane’s Walk.

***or cycle, scoot, roll – any way of human-powered getting around that allows you to experience your surroundings closely.**

We won't be offering in-person Jane's Walk walking tours this year, but we want to encourage everyone to celebrate the power of taking a walk.

Please be sure to follow all current public health guidelines.



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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, one you can walk on your own or with the people allowed by public health guidelines.

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.
- Bring your face mask with you so you can use it when required by public health measures.

Use this toolkit to...

- Choose or design your walking route
- Share your walk on social media leading up to and including Jane's Walk weekend (May 7-8-9, 2021)



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Before you start planning your route, do a little pre-walk 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!



Jane's Walks are about slowing down to notice what ordinary might pass you by.

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.

We'll also be sharing stay-at-home virtual walks – some local and some from across the globe.

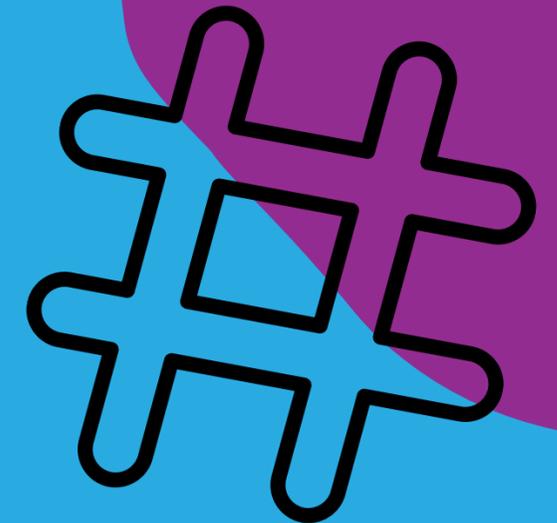
We'll keep adding resources all spring and we'll keep lots posted all year so that people can walk whenever it's appropriate for them to do so, depending on public health measures and their own situation. There will be walk content too to enjoy from home.

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Share your Jane's Walk on social media

Post your walk on social media between now and throughout Jane's Walk Weekend (May 7-8-9, 2021) to be re-posted by @janeswalkcalgary.



How to share:

1. **Map your walk and stops** using [Google Maps](#), or [Google VR Tour Creator](#) and share the link on social media.
2. **Post a photo or video of your walk** using one of these guiding captions, using the below hashtags and tagging @janeswalkcalgary on Facebook and Instagram.

When I walk, I think about _____

When I walk, I notice _____

When I walk, I appreciate _____

#WhenIWalk

#JanesWalkYYC

@janeswalkcalgary





See you in 2022!

We hope you will enjoy some dedicated Jane's Walk time this year in a pandemic-safe way.

We look forward to spring 2022, when we hope the public health situation will be resolved and we can offer some in-person walking tours again on the first full weekend of May.

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