



Become a NorWALKer!

EXPLORE DOWNTOWN NORWALK

Tour Norwalk's diverse and energetic urban core.

Loop 1

Exit the Yankee Doodle Parking Garage and turn left onto River St. Left onto Burnell Blvd. Cross Belden Ave. and turn right. Left on Byington Pl. Left onto Mott Ave. Right onto West Ave. Right onto Berkeley St. and continue around the 90 degree curve. Left onto Maple St. Left onto West Ave. Right onto Wall St. Left onto River St.

Loop 2

Exit the Yankee Doodle Parking Garage and turn left onto River St. Right onto Burnell Blvd. Right onto Main St. Right onto Wall St. Cross West Ave. and continue straight to Mott Ave. Right on Byington Pl. Right onto Belden Ave. Left onto Burnell Blvd. Right onto River St.

Loop 3

Exit the Yankee Doodle Parking Garage and turn left onto River St. Right onto Burnell Blvd. Right onto Main St. Left onto Wall St. Continue on sidewalk, crossing Hubbells Ln. Cross East Ave. at the crosswalk and turn left toward the Norwalk Green on East Ave. Left onto St. Paul's Place. Left onto Park St. Right onto Lewis St. At the end of Lewis St., turn left and go down Lewis Way (pedestrian alley). Right onto Wall St. Right onto River St.

Reap the Benefits of Pokémon GO!



There is more to Pokémon GO than just catching and battling all those Pokémon. The game can actually be good for your health! In order to hatch those eggs, you have to walk - OUTSIDE! Since the game doesn't register steps but rather movement, you have to get out in the fresh air and walk (or run) to hatch a 2k, 5k or 10k egg.

You are also more likely to catch 'em all by spreading your wings and enjoying a change of scenery. Different types of Pokémon spawn in different locations:

- Water Pokémon spawn near ponds and rivers
- Grass types spawn near parks and natural areas
- Electric types spawn in city areas that are largely concrete
- Poison types spawn near wetlands and industrial areas, and so on

Extra benefits of Pokémon GO:

- Visit the PokeStop at the Norwalk Public Library to stock up on Pokeballs and Revives, as well as a new stack of books to read!
- Meet new people while out playing!
- Families can play together, while being outside and getting in some exercise.

Next time you want to hatch just one more egg, grab some supplies, or a train at a Gym, grab one of these walking maps and you are on your way!

Pokémon GO Helps You Stay Physically Active!

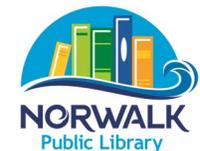
Playing Pokémon GO is a great way to stay physically active! It's recommended that children participate in at least 60 minutes of physical activity per day and that adults participate in 150 minutes of physical activity per week, and playing Pokémon GO is a great activity for the whole family! Walking around town to search for rare Pokémon or to hatch your eggs can be beneficial to your health in the following ways:

- Improves strength and endurance
- Helps you maintain a healthy weight
- Improves mood and attitude
- Strengthens muscles and bones
- Improves coordination and balance
- Improves blood flow

So, grab your phone/tablet and this handy Pokémon GO NorWALKer Map and get outside! There are so many Pokémon waiting to be caught right here in Norwalk; will you *catch 'em all?*



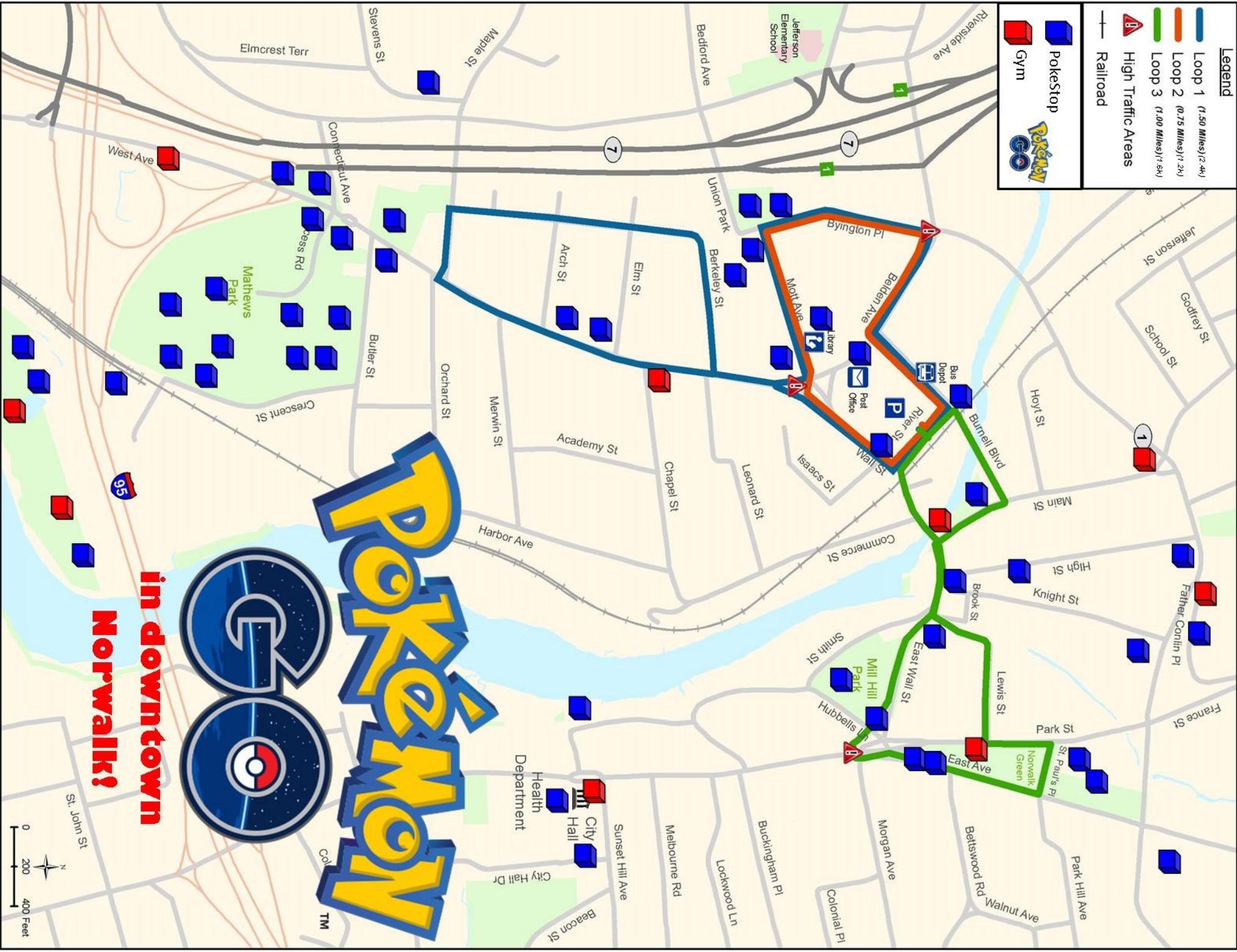
Tell us what Pokémon you're catching around town! Use the hashtag **#PokemonGoNorwalk** and show us what you've found right here in Norwalk!



Legend

- Loop 1 (1.50 Miles/2.4h)
- Loop 2 (0.75 Miles/1.2h)
- Loop 3 (1.00 Miles/1.5h)
- High Traffic Areas
- Railroad

Pokestop
Gym



in downtown Norwalk!

Pokémon GO

