

Hamilton  Walks

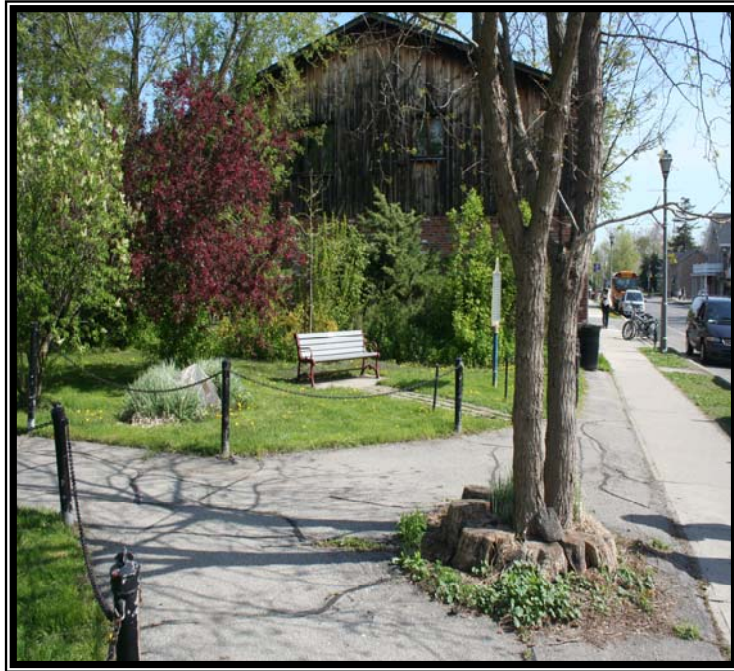


Photo courtesy of Suzanne Brown

WALKABILITY TOOLKIT: A Resource for Citizens

www.doitwell.ca
(click on Hamilton Walks)



Photo courtesy of Suzanne Brown



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This toolkit was initially inspired by the Ainslie Wood Westdale Walkability Committee, who provided invaluable input into looking at walkability at the neighbourhood level. As of March 2007, committee members included:

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The following groups contributed to the development of this toolkit:

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- Chronic Disease Prevention, Child & Youth staff
- Chronic Disease Prevention, Adult staff

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INTRODUCTION

A walkable community is a desirable community. It offers pedestrians an easy, safe and pleasant walking experience to various goods and services, and for leisure. There are destinations to walk to and amenities to make the experience comfortable and aesthetically pleasing.

There are many reasons to audit a neighbourhood for walkability – walkable communities offer health, environmental, community, social, and economic benefits. Parents, older adults, youth, neighbourhood associations and community advocates are encouraged to audit their community's walkability.

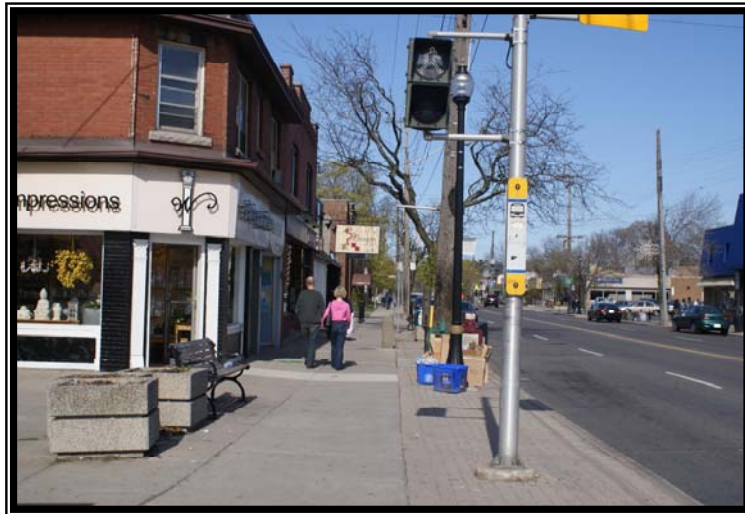


Photo courtesy of Sharon Mackinnon

The five step process identified in this walkability toolkit can help citizens enhance their community by identifying and addressing walkability issues. The toolkit is based on leading research on walkability. It is designed to facilitate a community-driven approach.

See Note 1 below ¹

CITY OF HAMILTON'S COMMITMENT TO WALKABILITY

In the last three years, the City has shown commitment to walkability. Mayor Eisenberger signed and Council endorsed the *International Charter for Walking* in 2008. This Charter identifies the needs of pedestrians. It provides a framework for policies to create healthy sustainable communities where people choose to walk (www.walk21.com/charter/default.asp).

The City has also completed the Canadian Walking Master Class project, in 2009, where 34 recommendations ([The Canadian Walking Master Class Project report 2009](#)) were made to enhance walkability in Hamilton. Many of the recommendations are in progress, on-going or well established.

¹ Although cycling is not directly addressed, walking, along with cycling, can be examined and improved in your neighbourhood.

The City continues this commitment through several guiding/planning documents:

- The Hamilton Transportation Master Plan includes requirements for pedestrians and cyclists.
- The Official Plan (both urban and rural components) includes provisions for pedestrians and cyclists.
- Putting People First (2001, downtown secondary plan) has a vision to include human scale buildings and streetscapes offering comfort, access, and safety for pedestrians.
- Transit Oriented Development Guidelines that promotes and facilitates increased access and use of transit through mixed-use development, clustering of higher densities, and providing a high level of amenities in a pleasant, walkable environment.
- York Blvd reconstruction and Public Art implementation integrate pedestrian amenities and create places for people.
- The Hamilton Cycling Master Plan – Shifting Gears 2009 will guide development and operations of cycling infrastructure for the next 20 years.
- The Hamilton Recreational Trails Master Plan makes provisions for trail walkers/hikers.

- Streetscape Master Plans and Secondary Plans take into consideration the needs of pedestrians.
- The City is creating a Walkability/Pedestrian Master Plan to be completed in 2011.



Photo courtesy of Ann Marie Busch



Photo courtesy of Suzanne Brown

STEP 1 - GETTING INFORMED

A. Understanding the Basic Terms of a Walkable Community

Walkability refers to the measure of overall walking conditions in an area. Certain characteristics such as wide sidewalks, benches, streetlights, shade, safe places to cross the street, and public spaces to enjoy contribute to making a community walkable.

Research has shown that individuals will choose active transportation (e.g., walking) if there are destinations close by and if the environment is safe and enjoyable for walking (CDPAC, 2006).

According to the literature, elements of a walkable community include:

- Human scale design (e.g., use of human proportioned design elements, like a courtyard or a patio for pedestrians)
- High density mixed-use neighbourhoods (e.g., residential, commercial, office, industrial, institutional in the same neighbourhood)
- Distinct town centre
- Connected transportation options (e.g., transit, pedestrian, and cyclists)
- Public Spaces (e.g., Bayfront Park, Gore Park)

- Streets with lower speeds (e.g., school zones)
- Universal and accessible design (e.g., safe, pleasant, comfortable for all)
- Connected grid street pattern (e.g., streets running at right angles to each other forming a grid pattern)

(Washington State Department of Transportation, 2010)

For further information on components of walkability see *Appendix C—Additional Resources*.



Photo courtesy of Sharon Mackinnon

B. Consider the International Charter for Walking

The International Charter for Walking identifies the needs of people on foot. It provides a common framework to help authorities refocus their existing policies, activities, and relationships to create a culture where people choose to walk.



Photo courtesy of Ann Marie Busch

The eight principles of the *International Charter for Walking* are:

1. Increased inclusive mobility
2. Well designed and managed spaces and places for people
3. Improved integration of networks
4. Supportive land-use and spatial planning
5. Reduced road danger
6. Less crime and fear of crime
7. More supportive authorities
8. A culture of walking

A brief explanation of each of the eight strategic principles is provided in the Charter document (www.walk21.com/charter/default.asp).

These principles provide a valuable framework for the walkability audit when identifying existing conditions throughout the community and when making recommendations.

C. Know the Benefits of a Walkable Community

A community that is walkable can provide citizens the option of walking for transportation and/or recreation. There are health, environmental, community, social and economic benefits associated with walking. Having knowledge about the benefits of a walkable community will help with advocacy efforts.

Health Benefits

Individual health can be enhanced through walking for transportation and/or recreation.

- People living in compact/high-walkable communities walked an average of 63 minutes more a month than people living in sprawling/low-walkable communities (McCann & Ewing, 2003).
- People living in very walkable neighbourhoods engage in about 70 minutes more moderate to vigorous physical activity per week than people living in low-walkability neighbourhoods (Saelens et al., 2003).
- Every additional kilometer walked translates into a 4.8% reduction in the likelihood of being obese (Frank et al., 2004).

- A 5% increase in walkability of a neighbourhood is associated with a 0.23 point reduction in body mass index (BMI) and 6.5% reduction in vehicle miles traveled (Frank et al., 2006).

Walking has been described as “near perfect exercise” (Morris & Hardman, 1997). It is ideal for people of all ages. Walking is safe for most people; easy on the joints; convenient; free except for the price of a comfortable pair of shoes; and something almost everyone can do.



Photo courtesy of Sharon Mackinnon

According to “Hamilton Walks, A Practical Guide to Starting a Walking Group” there are several health benefits of walking that are outlined below.

Short-term benefits of walking:

- reduced stress
- increased energy levels
- allows for a better night’s sleep
- improved mood

Long-term benefits of regular walking:

- reduced aches and pains
- improved health of the heart and lungs
- improved posture and balance
- can help maintain a healthy weight when combined with healthy eating
- builds stronger bones and muscles

Walking can also reduce the risk of some chronic diseases and other conditions:

- type 2 diabetes
- heart disease and high blood pressure
- obesity
- depression
- osteoporosis
- falls and injury



Photo courtesy of Ann Marie Busch

Environmental Benefits

Walkable communities offer people the option of travel by foot and other forms of active transportation. Having more people choose active modes of transportation translates into fewer cars on the road, less air pollution and a cleaner environment for everyone.

Community Benefits

With more people walking, neighbourhoods are safer because there are more “eyes on the street”. Regular walkers also become role models for alternative modes of transportation. In addition, increasing the number of physically active Hamiltonians reduces risks of chronic diseases and saves health care costs.



Photo courtesy of Ann Marie Busch

Social Benefits

Walkable communities offer increased mobility for those without access to a car (e.g., under 16 years old, older adults, people with disabilities). When more people are out walking in their neighbourhood/ community, this translates into an increased sense of community from more personal interactions. Walkers become familiar with their surroundings and the people in their community. The neighbourhood then appears more livable – safe, pleasant, and comfortable with less traffic (Campbell, 2004).

Economic Benefits

Walking is affordable compared to other alternatives such as owning and operating an automobile. Walkability affects economic development in many different ways. One study reported higher weekly expenditures by consumers traveling on foot compared to consumers traveling by bus, car, or train (Litman, 2010).

According to the Center for Community Economic Development, University of Wisconsin-Extension, walkable communities provide the following economic benefits:

- Higher housing values in walkable areas
- “New Economy” workers are attracted to walkable communities
- Walkable communities are becoming an option for business relocation
- Commuting costs are lower in walkable communities
- Public services cost more in non-walkable communities
- Tourists are attracted to walkable communities

This is not an exhaustive list of the benefits of a walkable community, but provides many good reasons to proceed with this effort.

For further information see *Appendix C - Additional Resources*.



Photo courtesy of Sharon Mackinnon

STEP 2 – GETTING STARTED

After becoming informed about the basic concepts of walkability, the *International Charter for Walking* and the benefits of a walkable community, it's time to identify the next steps in making the neighbourhood/ community more walkable. Collecting existing data and speaking to others are good next steps.

A. Start a Group

- Identify key players in the area who might be interested in walkability
- Have an informal meeting to generate awareness
- Get commitment for the group to move forward on walkability

B. Determine What Data Has Already Been Collected

- Information gathered through Public Forums related to neighbourhood issues
- Survey data
- Grants or projects that have been implemented in the neighbourhood
- Review the practical list of improvements under the 8 strategic principles of the *International Charter for Walking* (<http://www.walk21.com/charter/default.asp>) and identify which one(s) apply to your group

- Review the 34 recommendations from the Canadian Walking Master Class project to identify any gaps, issues and directions specific to your neighbourhood
[The Canada Walks Master Class: Case Study, Hamilton 2009 report](#)

C. Getting Feedback from Others

- Speak with your Councilor, MP, MPP, and/or the Police to find out any ongoing or recent issues related to the neighbourhood
- Speak with members of the neighbourhood association
- Speak with other associations that operate in your community (e.g., soccer leagues, neighbourhood-watch groups, Business Improvement Areas)

D. Pilot Test the Walkability Audit Tools

- If you are not sure the direction or focus of your audit, several people can complete pilot walkability audits with several tools
- These walkability audits may help you better understand what is realistic to focus on

There are many audit tools available. Although the list found in Appendix B is not exhaustive, these tools are recommended. Based on collected data and ideas, select one or more walkability audit tools to meet your needs.

STEP 3 - ESTABLISH A PLAN OF ACTION

Mapping out a detailed plan of action will help with the organization for the walkability audit. Deciding on the purpose of the audit and who needs to be involved will help maintain the focus of the group.

Making sure that everyone is informed by sharing basic information on walkability, including walkability tools, can make for more informed decisions along the way.

A. Determine the Purpose of the Walking Audit

Sorting out the purpose or goal of the walking audit will set the stage for the rest of the process.

B. Identify Key Players

Identifying key players interested in advocating for walkability will give more credibility to the cause and will likely generate a broader range of ideas. Different skill sets will be brought to the table which can be invaluable to moving the walkability agenda forward and maintaining enthusiasm for the cause.

For a successful walkability audit, consider inviting the following individuals to participate:

- Residents of the area; older adults; youth; parents with strollers; parents of school aged children; people who use walkers, scooters or wheel chairs; dog owners, etc.
- Local City Councilor
- Planners
- Traffic engineers
- Health professionals from local health department
- Police
- Local school representatives (e.g., principal, vice-principal, teacher, students, school trustee, representative from the school board)
- Neighbourhood associations
- Local Business Improvement Areas
- Media
- Local business owners
- Local NGO's, ENGO's (e.g. environmental organizations, safety coalitions, cycling associations)
- Local interest groups; walking clubs; social clubs; parent groups; church groups; student groups

C. Share Knowledge About Walkability with Dedicated Key Players

Sharing information with the group helps to get all participants on the 'same page'. Sharing current information on the principles and benefits of walkability, the benefits of walking, and the strategies to improve the walkability of a community can help inform members before embarking on the audit. Information found under *Step 1 – Getting Informed*, may help. Informing the group about the eight strategic principles of the International Charter for Walking is key.

Finding out about the existence of any local documents and/or policies that guide pedestrian issues in the area, can be informative. For example, do the following plans exist: a Master Transportation Plan, a Cycling Master Plan, a Trail Master Plan or a Walkability/Pedestrian Master Plan?

D. Choose a Walkability Audit Tool

There are several different types of walkability audits that are available and can be found online. No two audits are exactly the same and it is important to choose a tool that will meet the needs of the group. Some examples are included in *Appendix B*.

E. Identify a Walking Route for the Audit

Identifying the walking route should be determined by the group and be informed by the purpose of the audit. It is helpful to have maps with the walking route identified. Using Google Maps or other on-line mapping tools to map your route may be useful.

F. Choose a Date, Time, and Location for the Audit

The group may consider the purpose of the audit when determining this step. The information collected on a Sunday afternoon on traffic and pedestrian patterns may be very different than information collected during the week at rush hour.

Be cognizant of the time of year. Information gathered during the winter months may look different than during spring or summer. Go with what suits your group best.

Once you have decided if the event is “rain or shine” or if you need to plan for a contingency date, prepare communication materials and promote the audit to potential stakeholders.

STEP 4 - THE WALKABILITY AUDIT

Once the group has chosen an audit tool, the actual walking audit can be conducted.

A. Collect Information Using the Chosen Audit Tool

Have hard copies of the audit tool, maps, clipboards and coloured pens available at the time of the audit. Bringing along a camera to document findings can be valuable. Keep in mind that the day of the week and the time of the audit may impact the type of data collected related to traffic and pedestrian patterns. It may be helpful for someone to take the lead during the audit to help facilitate the process.

B. Identify Recommendations from the Audit

Organize and summarize findings from the audit at a debriefing session following the audit. The group may want to brainstorm ideas, identify priorities and frame recommendations according to the eight strategic principles from the [International Charter for Walking](http://www.walk21.com/charter/default.asp) (<http://www.walk21.com/charter/default.asp>). Remember this document was signed by Mayor Eisenberger and endorsed by Council in 2008.

C. Prioritize Recommendations if Necessary

If the group comes up with a large number of recommendations from the audit, the group may want to prioritize them.



Photo courtesy of Suzanne Brown

STEP 5 – SHARE RECOMMENDATIONS

Sharing key findings and recommendations with the appropriate people may help move along the implementation of the recommendations.

A. Identify Who to Share the Recommendations With

Decide as a group who to share the recommendations with. It might include a local neighbourhood association, schools, community advocacy groups, a local councilor or local Business Improvement Area.

B. Identify When to Share the Recommendations

There may be strategic times to share your recommendations, for example at a meeting on neighbourhood issues or when City staff are reviewing secondary plans for a neighbourhood. Do some homework to find out about upcoming community meetings or other opportunities. Share your success and lessons learned along the way with others.



Photo courtesy of Ann Marie Busch



Photo courtesy of Ann Marie Busch

APPENDIX A

WALKING AUDIT CHECKLIST:

To help your group get started, consider the following:

Step 1 - Getting Informed

- Understanding the basic terms of a walkable community
- Consider the International Charter for Walking
- Know the benefits of a walkable community

Step 2 – Getting Started

- Determine what data has already been collected
- Getting feedback from others
- Pilot test the walkability audit tools

Step 3 – Establish a Plan of Action

- Determine the purpose of the walking audit
- Identify key players
- Share knowledge about walkability with dedicated key players
- Choose a walkability audit tool
- Identify a walking route for the audit
- Choose a date, time, and location for the audit
- Promote the audit

Step 4 – The Walkability Audit

- Collect information using the chosen audit tool
- Identify recommendations from the audit
- Prioritize recommendations if necessary

Step 5 – Share Recommendations

- Identify who to share the recommendations with
- Identify when to share the recommendations



Photo courtesy of Ann Marie Busch

APPENDIX B

WALKABILITY AUDIT TOOLS:

A Community Guide for Falls Prevention and Active Living

This checklist rates five different areas for walkability. There is a useful introduction on how to use the tool and what to do with the results.

www.saskatoonhealthregion.ca/pdf/fp-WalkabilityChecklist.pdf

Healthier Worksite Initiative Walkability Audit Tool

This tool helps assess the walkability of the area around a place of work. It includes directions on how to use the tool as well as an example of what a worksite walkability audit might look like. It is a more comprehensive approach to an audit and uses a numerical system for scoring the audit.

www.cdc.gov/nccdphp/dnpao/hwi/toolkits/walkability/audit_tool.htm



Photo courtesy of Suzanne Brown

Neighbourhood Walking Survey

Developed for people who live and work in a neighbourhood to assess it for walkability and let city officials know what they want/need in terms of walking. The comprehensive survey takes one to two hours to complete and is made up of three different sections. The first section looks at walking destinations; the second examines walking conditions and the final section looks at how you walk in your community and how to improve walkability.

ww4.kcmo.org/planning/walkplan/Bappendix.pdf

Safe Kids Canada Walkabout Guide

The focus of this walkabout guide is on children's pedestrian safety. It includes both a rural and urban guide and teaching/discussion components are included throughout the guides.

www.safekidscanada.ca/SKCFForParents/section.asp?s=Safety%2BInformation%2Bby%2BTopic&slD=10774&ss=Pedestrian%2BSafety&sslD=11332

click on Walkabout Guide

Walkability Checklist

This checklist is used to assess neighbourhood walkability and is very user friendly. The tool includes a rating scale for walkability. An excellent feature of this checklist is the section which includes concrete short and long term ideas for improving walkability in your community. A resource page is also included.

www.walkableamerica.org/checklist-walkability.pdf

Walkable Edmonton Walkability Audit

This audit tool used to assess neighbourhood walkability is very straightforward to use and includes a rating system similar to the Walkability Checklist noted above.

www.edmonton.ca/walkableedmonton

click on Walkable Edmonton toolkit and refer to Walkability Audit



Photo courtesy of Erin Fuller

APPENDIX C

ADDITIONAL RESOURCES:

1) Walkability Websites

Active Living by Design's mission is to create environments that promote physical activity.

www.activelivingbydesign.org/

America Walks is the voice of advocacy for local, state, and national issues. They are at the heart of a growing movement to create walkable communities across North America. www.americawalks.com/

Canada Walks is a Green Communities Canada initiative bringing together a broad range of projects promoting walking and walkability.

www.canadawalks.ca

Clean Air Commute is a workplace event encouraging employees to walk, cycle or take public transit to work rather than driving alone.

www.cleanaircommute.ca

Commuter Challenge encourages Canadians to keep their cars at home and walk, bike, carpool, tele-work or take transit to work instead of driving alone.

www.commuterchallenge.ca/

Complete Streets is the diverse coalition of groups working in support of complete streets.

www.completestreets.org/

Green Communities Active and Safe Routes to School (ASRTS) is a comprehensive community-based initiative promoting active travel to and from school. ASRTS addresses health, safety, and the environment while promoting walkability.

www.saferoutestoschool.ca

Land Transport NZ is working towards integrated, safe, responsive, and sustainable land transport that makes a better New Zealand.

www.nzta.govt.nz/resources/pedestrian-planning-guide/

Living Streets is a charity that campaigns to create better streets and public spaces for people on foot.

www.livingstreets.org.uk/

Pedestrian Program - The City of Charlotte is committed to becoming a more "walkable" community as part of an overall strategy for advancing a balanced transportation system that accommodates motorists, transit users, pedestrians, and bicyclists.

www.charmeck.org/city/Charlotte/Transportation/PedBike/Pages/Pedestrian%20Program.aspx

8 – 80 Cities is a non profit organization with the goal of creating healthy, vibrant communities where people can enjoy great public spaces.

www.8-80cities.org/

2) Tools

Pictures - Image library provided by the Pedestrian and Bicycle Information Centre.

www.pedbikeimages.org/

Bikeability Checklist

www.bicyclinginfo.org/pdf/bikabilitychecklist.pdf

Walk Score - Walk Score helps people find walkable places to live. Walk Score calculates the walkability of an address by locating nearby stores, restaurants, schools, and parks.

www.walkscore.com/

Hearth and Stroke Foundation Shaping Active, Healthy Communities. A Heart and Stroke Foundation built environment toolkit for change.

[Shaping healthy active communities toolkit:](#)

<http://www.heartandstroke.com/atf/cf/{99452D8B->

[E7F1-4BD6-A57D-](#)

[B136CE6C95BF}/BETK Shaping](#)

[Active Healthy Communities Workshop.pdf](#)

3) Reports

Ainslie Wood Westdale Walkability Assessment Report, 2008 provides a detailed account of how the Ainslie Wood Westdale Walkability committee investigated and celebrated walkability in the Ainslie Wood Westdale neighbourhood and identified areas for improvement through conducting walkability audits.

www.awwca.org/articles/2008/10/28/ainslie-wood-westdale-walkability-assessment-repor/

Canada Walks Master Class Case Study Hamilton 2009 report provides an overview of the findings and recommendations from the Canadian Walking Master Class project that was carried out in Hamilton in 2009. This project was initiated to support the implementation of active and sustainable transportation policies and plans in five communities across Canada.

www.canadawalks.ca/project_cwmc.asp

The International Charter for Walking is a document that shows how to create a culture where people choose to walk. The eight strategic principles of the Charter provides a framework to help decision makers examine existing policies and activities to help create a culture of walking.

www.walk21.com/charter/default.asp

Bicycling and Walking in the United States: 2010 Benchmarking Report is a resource and tool for government officials, advocates, and those working to promote bicycling and walking. This project is an on-going effort to collect and evaluate data on bicycling and walking in all 50 states and the 51 largest U.S. cities. www.peoplepoweredmovement.org/site/index.php/site/memberservices/C529



Photo courtesy of Suzanne Brown

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Photo courtesy of Ann Marie Busch

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