

2023 Puget Sound Heart & Stroke Walk

3 Mile & 1-Mile Routes

8:30am Festival Opens

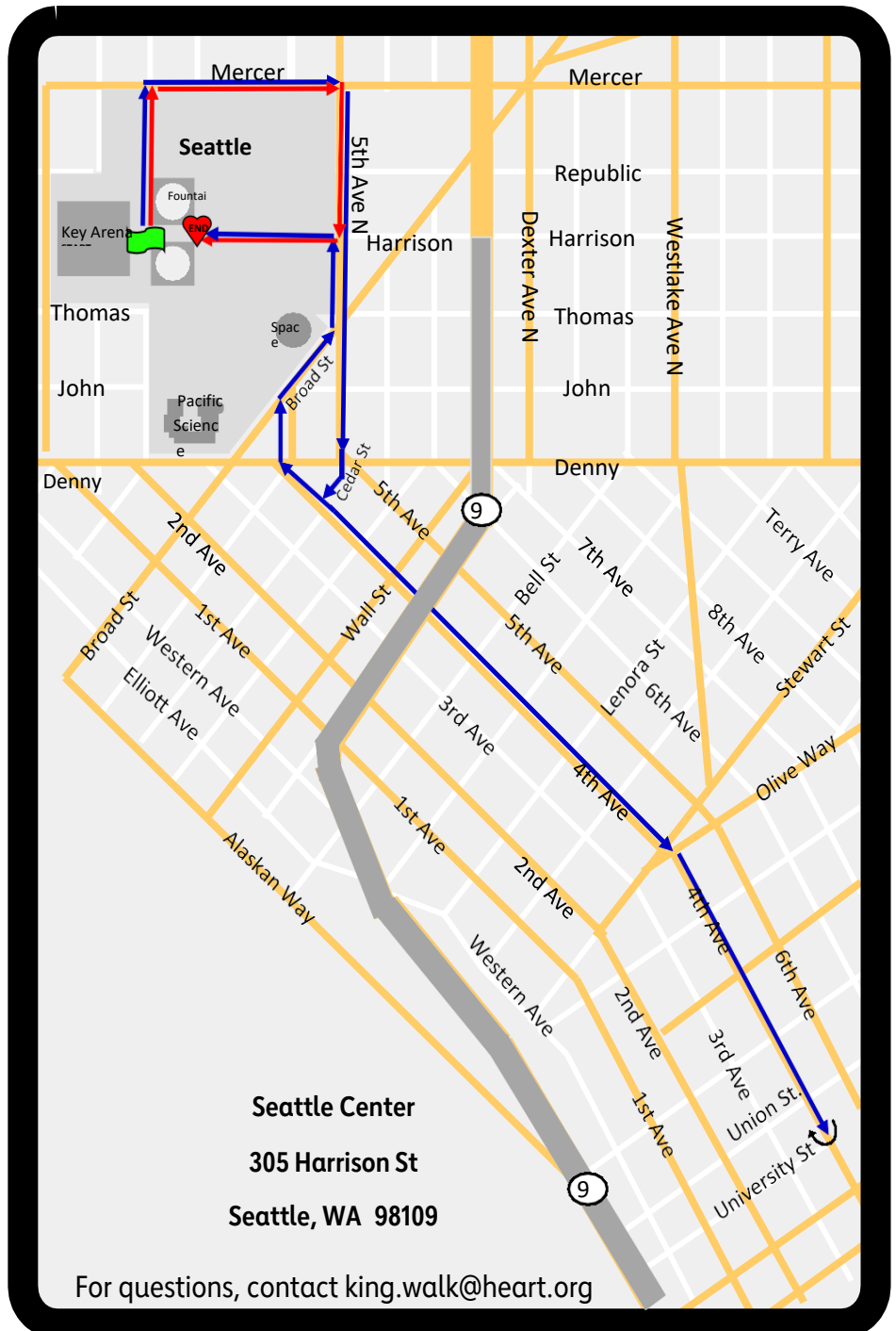
10:00am Walk Begins

3 Mile Route (blue on map):

- Start at Seattle Center International Fountain at the start line
- Head West towards Climate Pledge Arena and turn right
- Head north along path towards Mercer Street
- Turn right onto Mercer Street and head East towards 4th Ave N.
- Turn right onto 5th Ave N. and head South
- Veer onto Cedar Street
- Turn left onto 4th Ave and head SE down towards University Street for .5 miles.
- At University Street, turn around and walk back up 4th Ave heading NW
- Veer onto 4th Ave N. and head North
- Turn right onto Broad Street and head
- Slight left onto 5th Ave N. heading North
- Turn right onto Harrison Street and continue West .2 miles towards the finish line

1-mile Route (red on map):

- Start at Seattle Center International Fountain at the start line
- Head West towards Climate Pledge Arena and turn right
- Head north along path towards Mercer Street
- Turn right onto Mercer Street and head East towards 4th Ave N.
- Turn right onto 5th Ave N. and head South
- Turn right onto Harrison Street and continue West .2 miles towards the finish line



Seattle Center
305 Harrison St
Seattle, WA 98109

For questions, contact king.walk@heart.org