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PRINT

America's Top 100 Cities for Walking

100 Best Walking Cities

Check our extended list of America's most walkable cities to see if yours made the cut

By [The Editors of Prevention](#)

When *Prevention* and the American Podiatric Medicine Association (APMA) evaluated the 100 most populous US cities for the ranking, the criterion that counted most was the percentage of people who regularly walked--either for [fitness](#) and [health](#) or to get to and from work. APMA President Dr. Harold Glickman says, "The Best [Walking](#) Cities competition recognizes those cities that don't just 'talk the talk' but literally 'walk the walk.'"

Other criteria included various [walking](#)-friendly attributes such as low crime rates, mild year-round temperatures, the number of cultural attractions, participation in recreational sports, and pet ownership.

The overall survey included more than 18,000 topics of information about the top 100 cities from sources including the Census Bureau, other government agencies, and market research surveys.

In addition to the [top 10 walking cities](#), other major US cities ranked as follows: New York (25); San Francisco (34); San Diego (16); Los Angeles (43); Seattle (22); Boston (26); Phoenix (33); Philadelphia (31); Chicago (77); Houston (42); Minneapolis (71); Miami (79). The complete rankings are listed below.

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 health" style="font-weight: bold; color: White;">Best [Walking](#) Cities, A-D

Rank	City	State
75	Akron	OH
17	Albuquerque	NM
28	Anaheim	CA
8	Anchorage	AK
53	Arlington	TX
86	Atlanta	GA
15	Aurora	CO
6	Austin	TX
55	Bakersfield	CA

62	Baltimore	MD
67	Baton Rouge	LA
87	Birmingham	AL
4	Boise City	ID
26	Boston	MA
72	Buffalo	NY
23	Chandler	AZ
63	Charlotte	NC
49	Chesapeake	VA
77	Chicago	IL
20	Cincinnati	OH
37	Cleveland	OH
2	Colorado Springs	CO
30	Columbus	OH
54	Corpus Christi	TX
61	Dallas	TX

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 health" style="font-weight: bold; color: White;">Best [Walking](#) Cities, D-L

Rank	City	State
27	Denver	CO
44	Des Moines	IA
59	Detroit	MI
85	El Paso	TX
66	Fort Wayne	IN
90	Fort Worth	TX
9	Fremont	CA
97	Fresno	CA
68	Garland	TX
12	Glendale	AZ
35	Glendale	CA
21	Greensboro	NC
18	Henderson	NV

98	Hialeah	FL
14	Honolulu	HI
42	Houston	TX
29	Indianapolis	IN
51	Jacksonville	FL
45	Jersey City	NJ
96	Kansas City	MO
99	Laredo	TX
5	Las Vegas	NV
36	Lexington-Fayette	KY
24	Lincoln	NE
64	Long Beach	CA

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health" style="font-weight: bold; color: White; ">Best [Walking](#) Cities, L-R

Rank	City	State
43	Los Angeles	CA
48	Louisville	KY
91	Lubbock	TX
3	Madison	WI
89	Memphis	TN
39	Mesa	AZ
79	Miami	FL
78	Milwaukee	WI
71	Minneapolis	MN
65	Modesto	CA
73	Nashville-Davidson	TN
58	New Orleans	LA
25	New York	NY
56	Newark	NJ
80	Norfolk	VA
81	Oakland	CA
100	Oklahoma City	OK

41	Omaha	NE
11	Paradise	NV
31	Philadelphia	PA
33	Phoenix	AZ
32	Pittsburgh	PA
47	Plano	TX
1	Portland	OR
10	Raleigh	NC

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health" style="font-weight: bold; color: White;">Best [Walking](#) Cities, R-W

Rank	City	State
43	Reno	NV
70	Riverside	CA
57	Rochester	NY
92	Sacramento	CA
46	San Antonio	TX
84	San Bernardino	CA
16	San Diego	CA
34	San Francisco	CA
38	San Jose	CA
69	Santa Ana	CA
40	Scottsdale	AZ
22	Seattle	WA
95	Shreveport	LA
60	St. Louis	MO
13	St. Paul	MN
83	St. Petersburg	FL
88	Stockton	CA
19	Tacoma	WA
94	Tampa	FL
93	Toledo	OH
76	Tucson	AZ

82	Tulsa	OK
7	Virginia Beach	VA
52	Washington	DC
74	Wichita	KS

Last Update: 03/09/2006

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