Walking Cabot
A Pedestrian Plan for Cabot, Arkansas
August 2016

Introduction
The key to a good plan is a level of public involvement in the process. In 2006 and 2007, Cabot citizens came together to develop an overarching plan for sidewalk development which reflects the public's values. The City Commission held open forums and a plan was developed that addresses the needs of the public. The City has contracted with Craf-t Design Associates to evaluate the plan and make recommendations.

Since the City’s adoption of the Pedestrian Plan, the City has developed a Master Plan for Streets and Sidewalks. The City Commission approved the plan in November 2010, so sidewalk projects are ongoing. The City has also contracted with Craf-t Design Associates to evaluate the plan and make recommendations.

Challenges
The City has many challenges when it comes to planning for sidewalks. Not only is the City growing, but the City is also aging. As the City grows additional planning is needed to make the City walkable. Additionally, the City is entering a new phase of growth and development. The City is working closely with planners to include sidewalks, and special effort has been made in certain areas to implement sidewalks, such as the Central Business District. The City is also working closely with developers to include sidewalks, and special effort has been made in certain areas to implement sidewalks, such as the Central Business District. The City is also working closely with developers to include sidewalks, and special effort has been made in certain areas to implement sidewalks, such as the Central Business District.

Walkable Cabot
Benefits of Walking
Walking outdoors can help prevent disease, bone health and immune systems. Walking prevents dementia. Older people who walk six miles or more per week lower disease risk. Walking to school can help children delay. People with congenital conditions that render movement difficult, such as cerebral palsy, may benefit from the use of sidewalks. The City has made this a high priority for sidewalk development.

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Challenges
There are also many projects that are difficult to implement. Projects or developments may not be feasible on public spaces, such as parks or schools, or may be difficult to develop on private property. Additionally, the City must consider the impact of sidewalks on the overall development of the City. This can be regularly monitored by professional planners, who can troubleshoot challenges and make recommendations.

Ongoing Progress!
Cabrini has made much progress toward building a walkable network that provides a true alternative to driving, promotes health, contributes to the City’s vibrant downtown and business area, and strengthens neighborhoods.

Paying for sidewalks.
Parks and Sports Facilities
Walkable Cabot
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Demographics and Progress
An updated demographic profile is included in an appendix of progress and includes recommendations for sidewalk development.

Demographics Profile
In 2010, the City of Cabot had a population of 20,000 people. The City is aging, albeit at a slower pace. As the City grows additional planning is needed to make the City walkable. Additionally, the City is entering a new phase of growth and development. The City is working closely with planners to include sidewalks, and special effort has been made in certain areas to implement sidewalks, such as the Central Business District. The City is also working closely with developers to include sidewalks, and special effort has been made in certain areas to implement sidewalks, such as the Central Business District. The City is also working closely with developers to include sidewalks, and special effort has been made in certain areas to implement sidewalks, such as the Central Business District.