

Walk It Off

Keep up the pace throughout the winter and spring and stick to your walking regimen. Walk outside on one of the trails when Mother Nature is smiling and inside when she is not. Just keep moving and keep walking!

Name	Location	Length	Indoor	Outdoor
The Bluff Park	Goldenbelt Blvd & Caroline Ave	1 mile		X
Bramlage Park	420 Grant Ave	¼ mile		X
Homer's Pond	N. Eisenhower Dr & 1 st Street	1 mile		X
K-57 Walking Trail	K-57 & Airport Rd	.7 mile		X
Municipal Building	700 N. Jefferson St	1/17 mile	M-F 8am-5pm	
Playground Park	5 th St & Eisenhower Dr	¼ mile		X
Riverland Landing	200 block of E. Ash St	1.5 mile		X
Riverwalk Trail	Washington St & Milford Lake	4.8 miles		X
South Park	St Mary Rd	1.1 mile		X
12 th Street Community Center	1002 W. 12 th St	1/8 mile	M-F 12-9 pm, Saturday 1-9 pm	
WalMart	East Chestnut		Daily 24 Hours	
Wetland Trail	Frontage Rd	1 mile		X
YMCA	1703 McFarland Rd	1/17 mile	M & W 6 am-8 pm, T & Th 8 am-8 pm, F 6 am-7 pm, Sat 2-5 pm	