



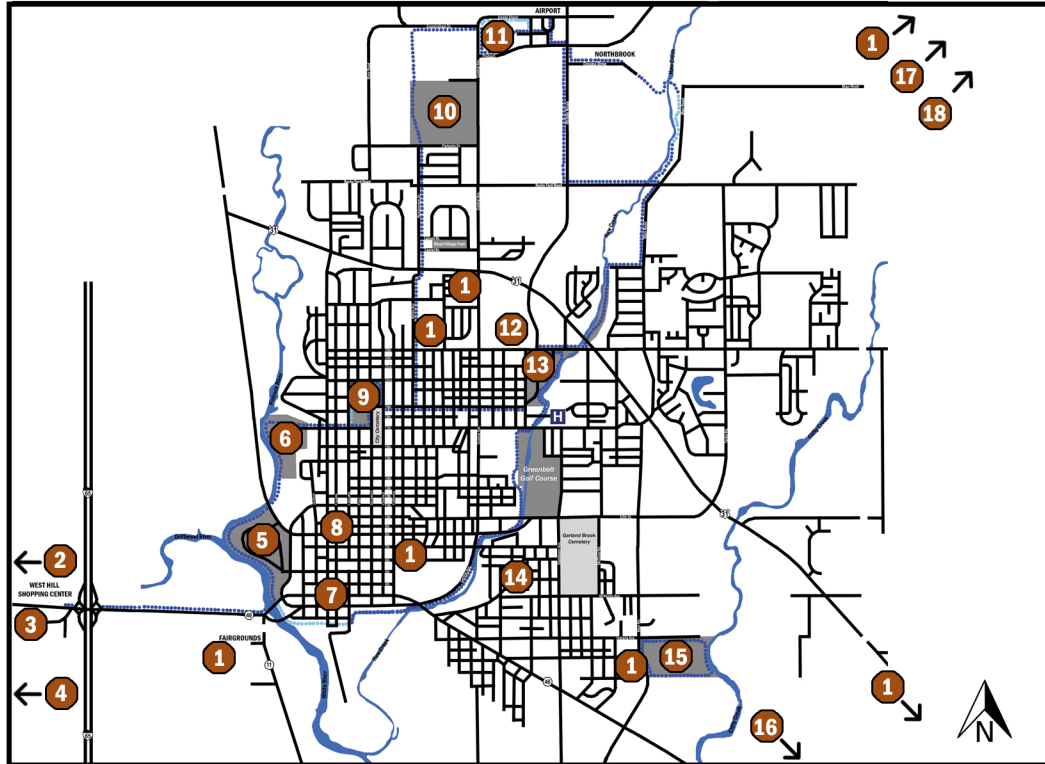
# Walking Maps

Bartholomew County, IN



*Healthy Communities*  
COLUMBUS REGIONAL HEALTH

# Community Walking Route Locations



*"Happy is the man who has acquired the love of walking for its own sake!" -W.J. Holland*

# Locator Map Description

- 1 Athletic Tracks - Central, Ceraland, East, Hauser, North, Northside, Southside
- 2 Touch the Earth Nature Preserve - Country Club Road
- 3 Tipton Lakes Trail System - Harrison Ridge & Oakbrook Parks
- 4 Mt. Healthy School Loop - 12150 South State Road 58
- 5 Mill Race Park Stroll - 900 Lindsey Street
- 6 Riverside Walk - Noblitt and Mill Race Parks
- 7 Art and Architecture Loop - Downtown Columbus
- 8 Downtown Lunch Loop - Downtown Columbus
- 9 Donner Park Loop - 22nd and Sycamore Streets
- 10 Blackwell Park Loop - Whitney Court
- 11 Learning Center Loop - 4555 Central Avenue
- 12 Mall Walk - 2380 25th Street
- 13 Lincoln Park Loop - Lincoln Park Drive
- 14 Foundation for Youth Loop - 405 Hope Avenue
- 15 Clifty Park Loop - Indiana Avenue and Marr Road Intersection
- 16 Anderson Falls - 200 North to 1140 East
- 17 Hope Moravian Cemetery Walk - 202 Main Street, Hope
- 18 Hope Town Walk



# Walking Tips

## Walking Tips:

- Warm Up - Improve your flexibility by starting slowly for the first few minutes of your exercise.
- Stretching - Before and after fitness, it is important to stretch your entire body. Don't forget to hold each stretch for at least twenty seconds.
- Pacing - Remember to pace yourself during activity. Stop exercising if your body is hurting.
- Cool Down - Take time at the end of each exercise to relax your body and allow your heart rate to return to normal.

## Benefits of Walking:

Increase in energy • Increase in self-esteem • Increase in ability to focus • Increase in strength and stamina • Increase life span • Increase in quality of life • Help control blood pressure and blood sugar • Improve cholesterol level • Decrease in stress and depression



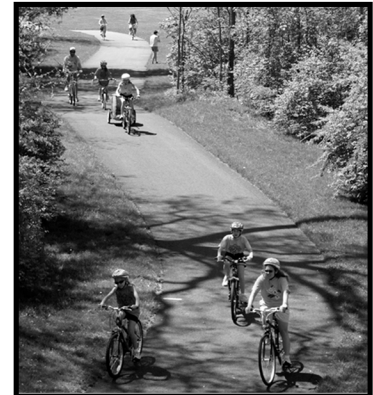
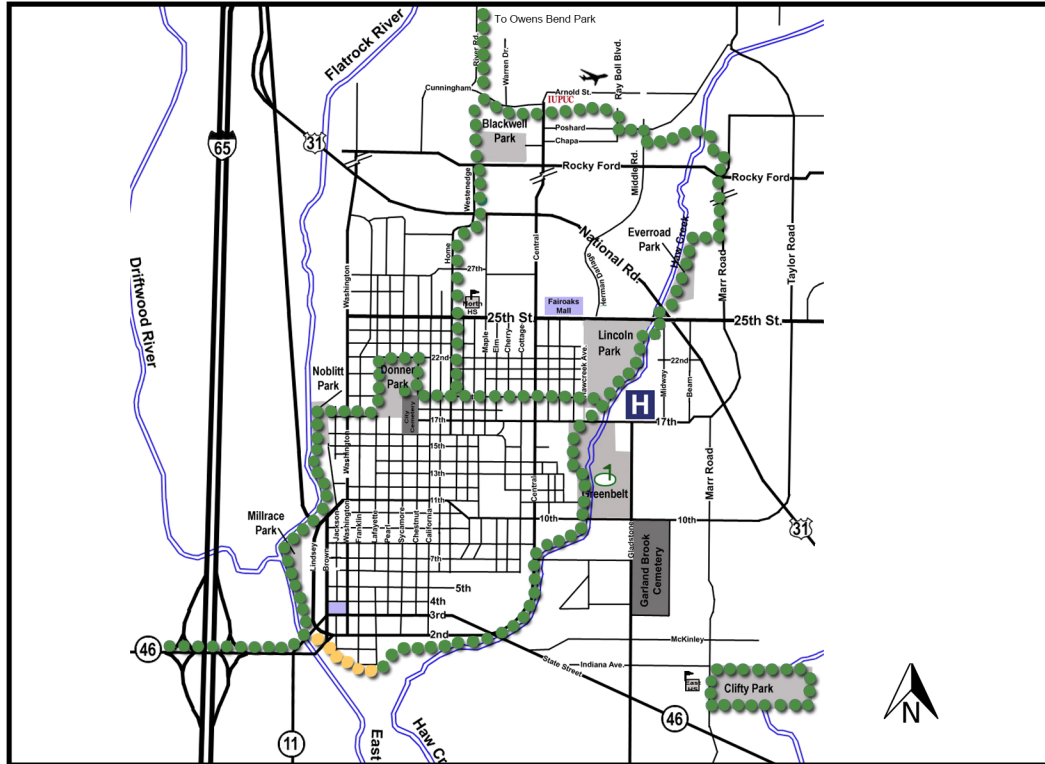


# Safety Tips

- Walk on sidewalks or facing traffic when on the road.
- Cross the street at traffic signals, crosswalks, or at an intersection.
- At an intersection with a pedestrian signal cross the street when the signal shows “WALK” or a symbol of a walking person. Wait if the sign shows or is flashing “DON’T WALK ” or a symbol of an open hand.
- Remember that you are less visible when it is dark outside. Try to wear light colored,reflective clothing and be extra careful.
- Visit us online at [www.crh.org/healthycommunities](http://www.crh.org/healthycommunities) to find more walking maps and other information on making the healthy choice the easy choice!



# The Columbus People Trails



"Once I dreamt of a form of poetry created by the sound of feet walking in the grass." -Cecilia Vicuna

# People Trail Map Description

●●●●● EXISTING PEOPLE TRAILS

●●●●● FUTURE PEOPLE TRAIL DEVELOPMENT

## Below are approximate distances along the trails

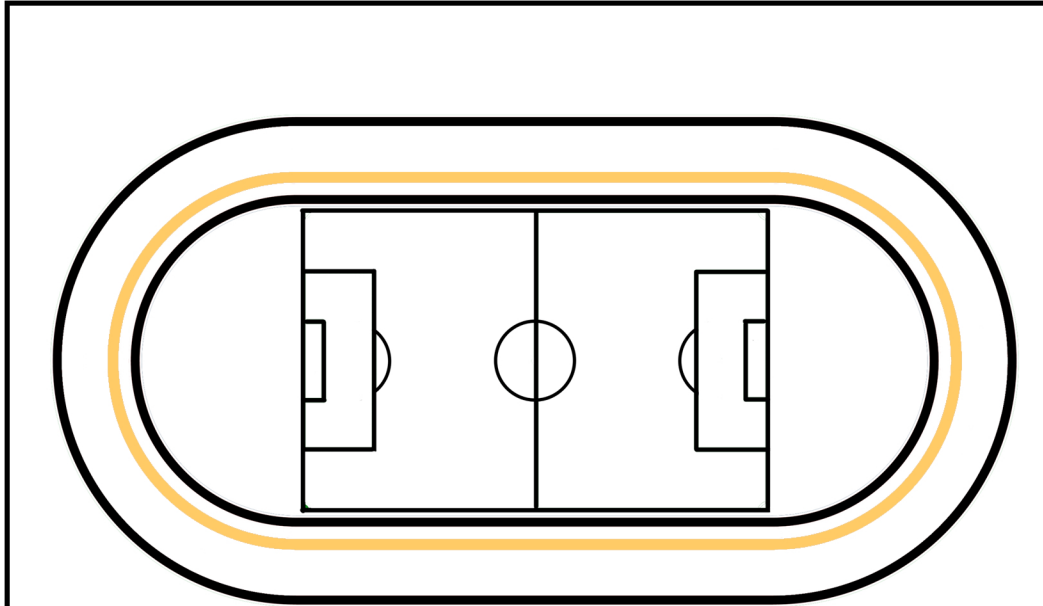
- Lincoln Park to Bakalar Green: 4 miles
- Bakalar Green to Blackwell Park: 2 miles
- Blackwell Park to Donner Park: 1.5 miles
- Donner Park to the Mill Race Tower: 2.5 miles
- Mill Race Park to West Hill Shopping Center: 2.5 miles
- Blackwell Park to Owens Bend Park: 2.8 miles

The People Trail System in Columbus to date is over 22 miles long with more to come! It is utilized by both citizens and visitors alike. In order to build upon an already heavily used trail system, the Columbus Park Foundation and the Columbus Parks and Recreation Department are working to double the existing trails system. For more information on the People Trails, visit: [www.columbusparksandrec.com](http://www.columbusparksandrec.com).

The Columbus Park Foundation supports the construction, development, and maintenance of the trail system. For more info or to donate, visit: [www.columbusparkfoundation.org](http://www.columbusparkfoundation.org).



# Athletic Tracks



Distance: 4 laps ~ 1 mile

*\*All tracks may not be accessible at all times, check with the facility to ensure it is open during your desired time.*



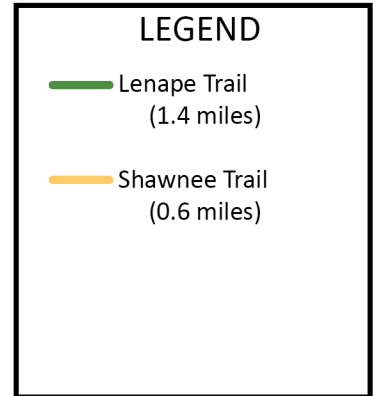
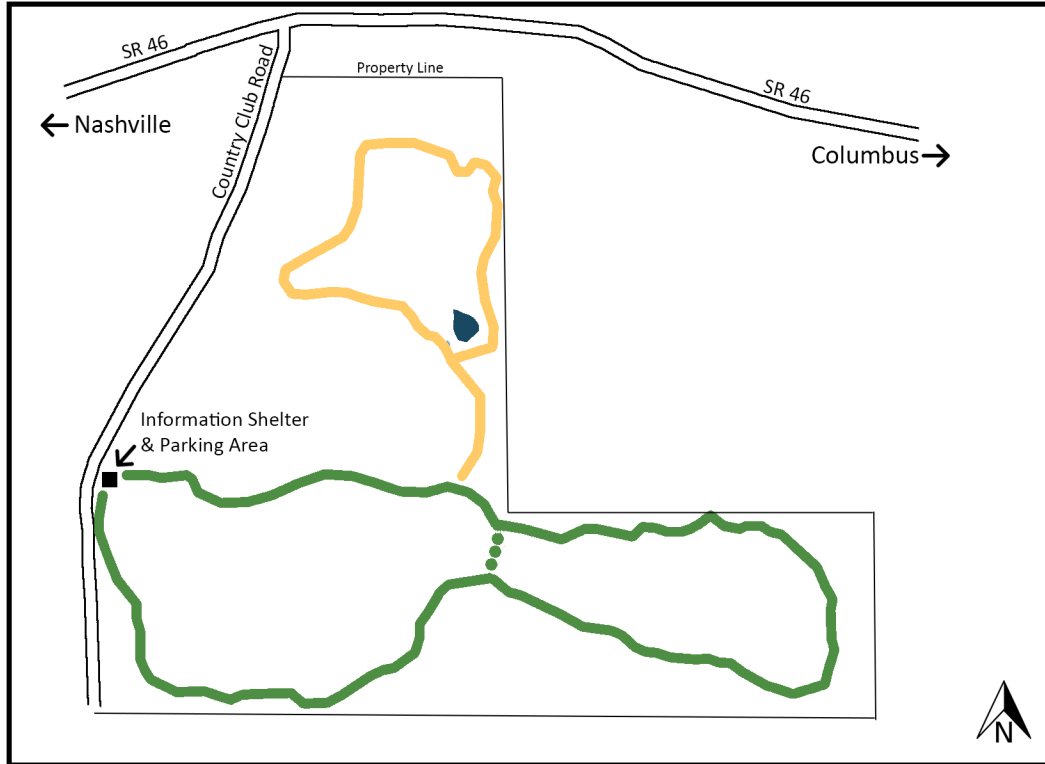
## TRACK LOCATIONS\*

- Columbus East High School
- Columbus North High School
- Hauser High School
- Southside Elementary
- Northside Middle School
- Central Middle School
- Ceraland

"With a little reason and much heart, one can change many things, or move mountains." -Albert Schweitzer

Map 1

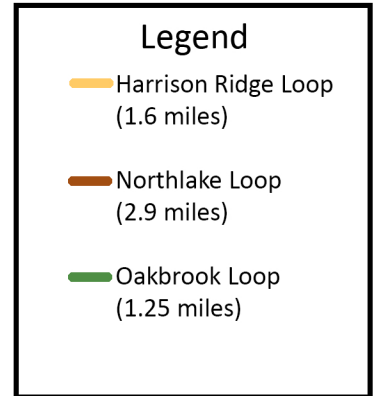
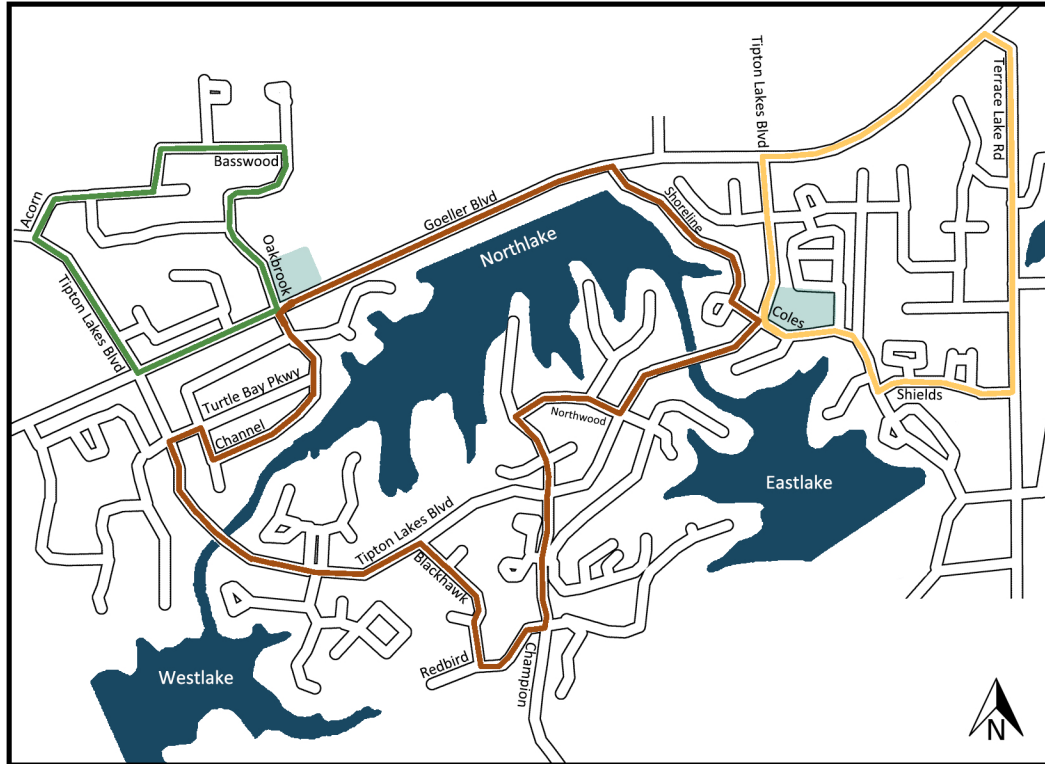
# Touch the Earth Nature Preserve



"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle

Map 2

# Tipton Lakes Neighborhood



"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress." -Barack Obama



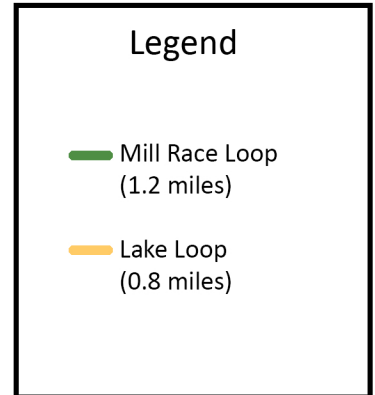
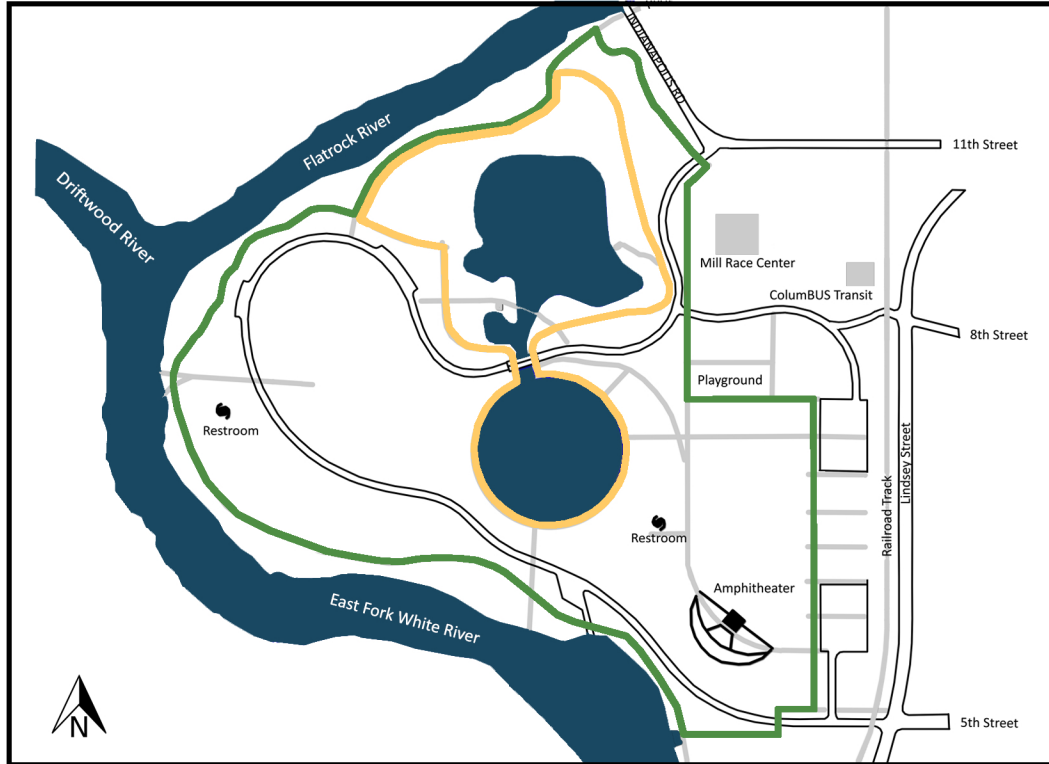
# Mt. Healthy School Trail



*"Exercise does not take time out of your life. It puts life into your time." -Linda Maxwell*

Map 4

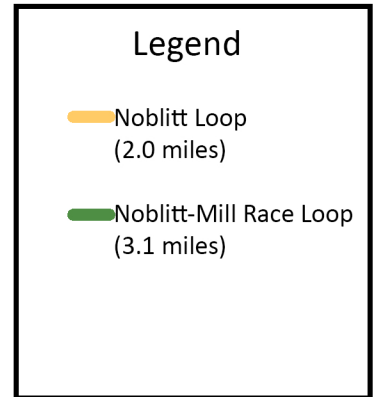
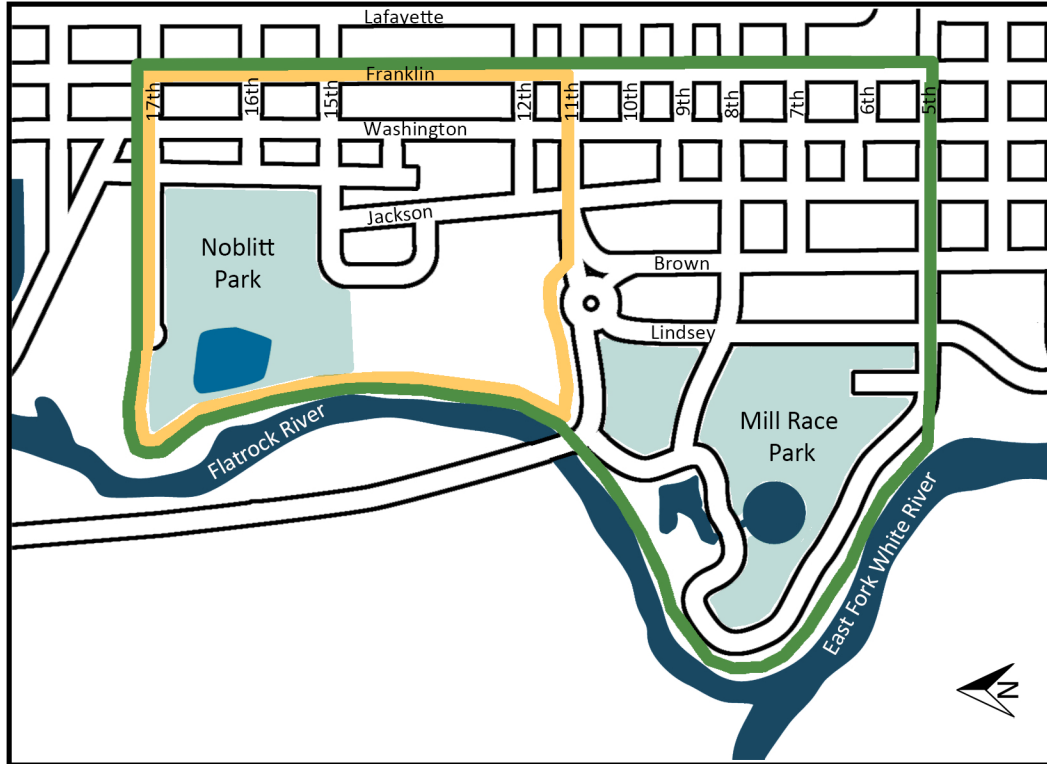
# Mill Race Park Trails



"Walking is man's best medicine" -Hippocrates

Map 5

# Riverside Walks



"Only he who does nothing makes a mistake." -French Proverb

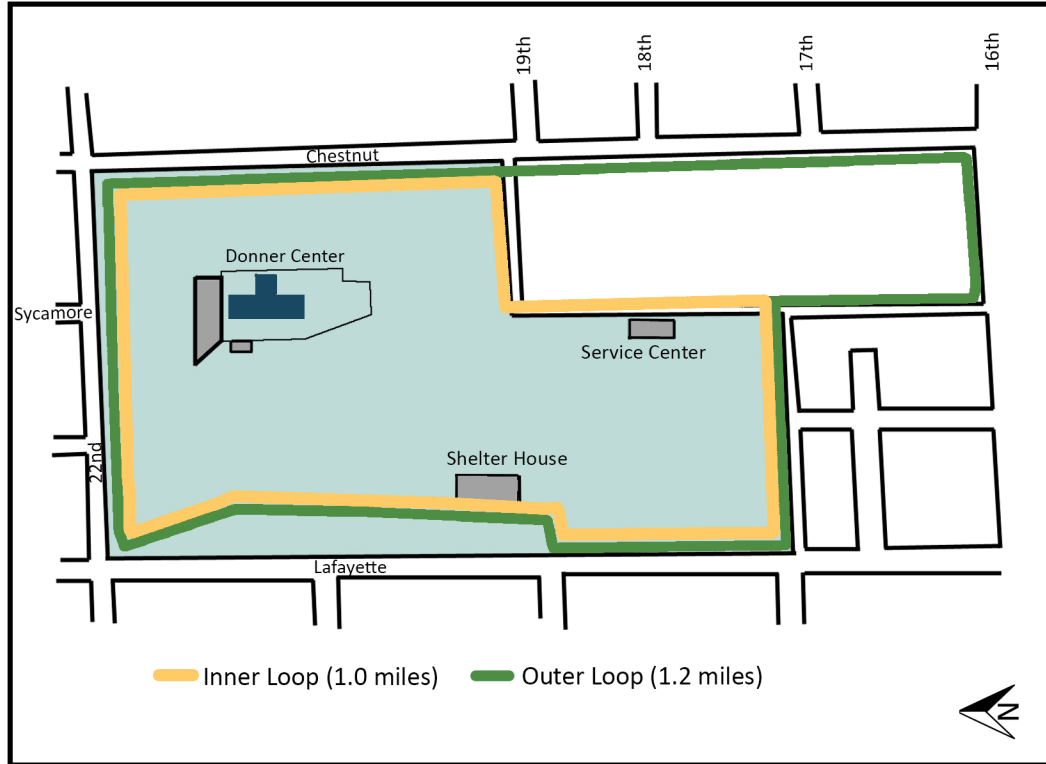


# Downtown Lunch Loops



*"A journey of a thousand miles begins with one step." – Lao-Tzu*

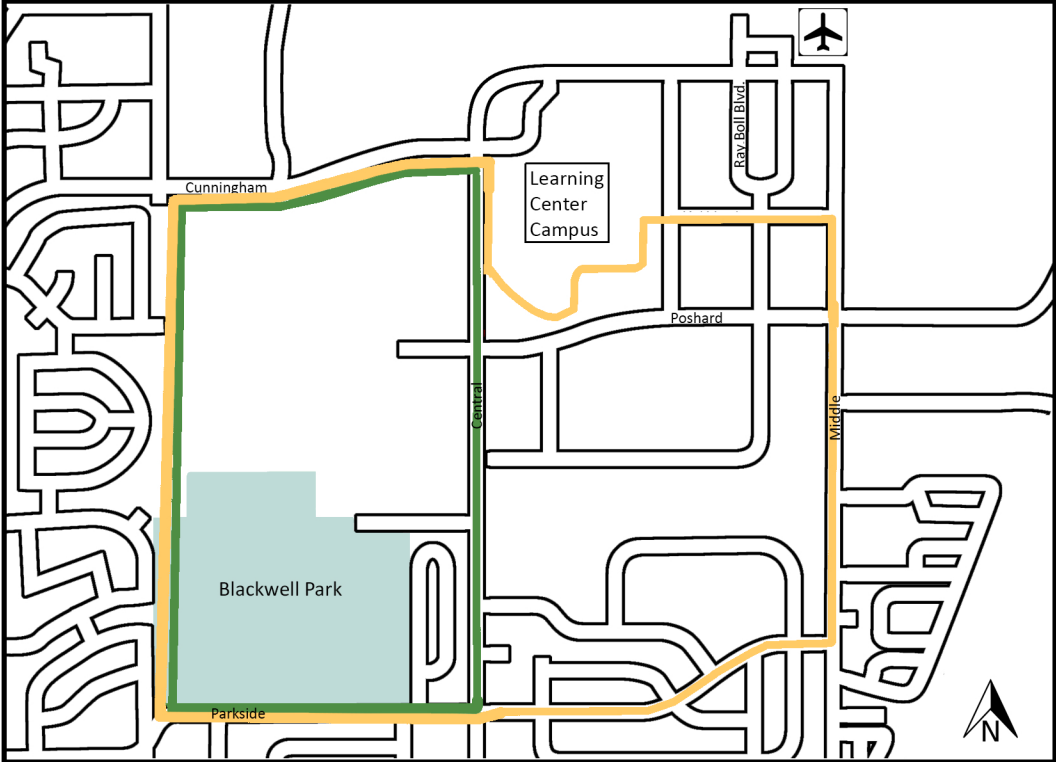
# The Donner Park Trail



*"Walking gets the feet moving, the blood moving, and the mind moving. And movement is life." -Carrie Latet*



# Blackwell Park Trail

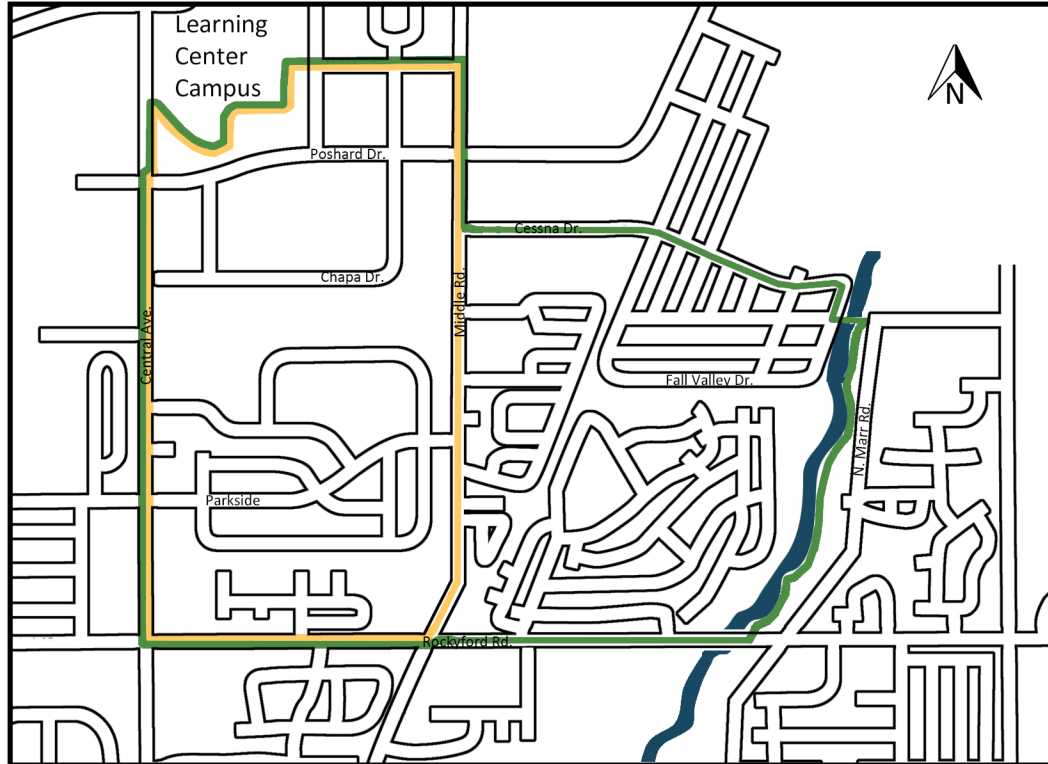


**Legend**

- Blackwell Park Loop (2.5 miles)
- Airport Loop (3.7 miles)

*"After a day's walk everything has twice its usual value." -George Macauley Trevelyan*

# The Learning Center Loops

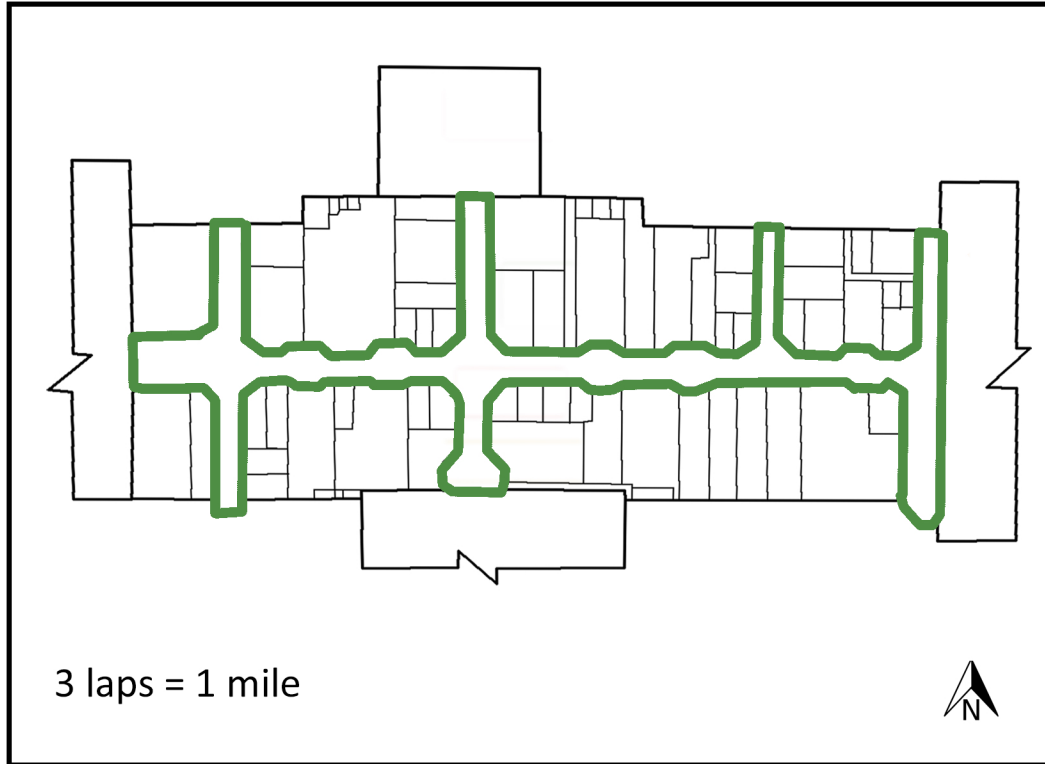


**Legend**

- Learning Center Small Loop (2.9 miles)
- Learning Center Big Loop (4.4 miles)

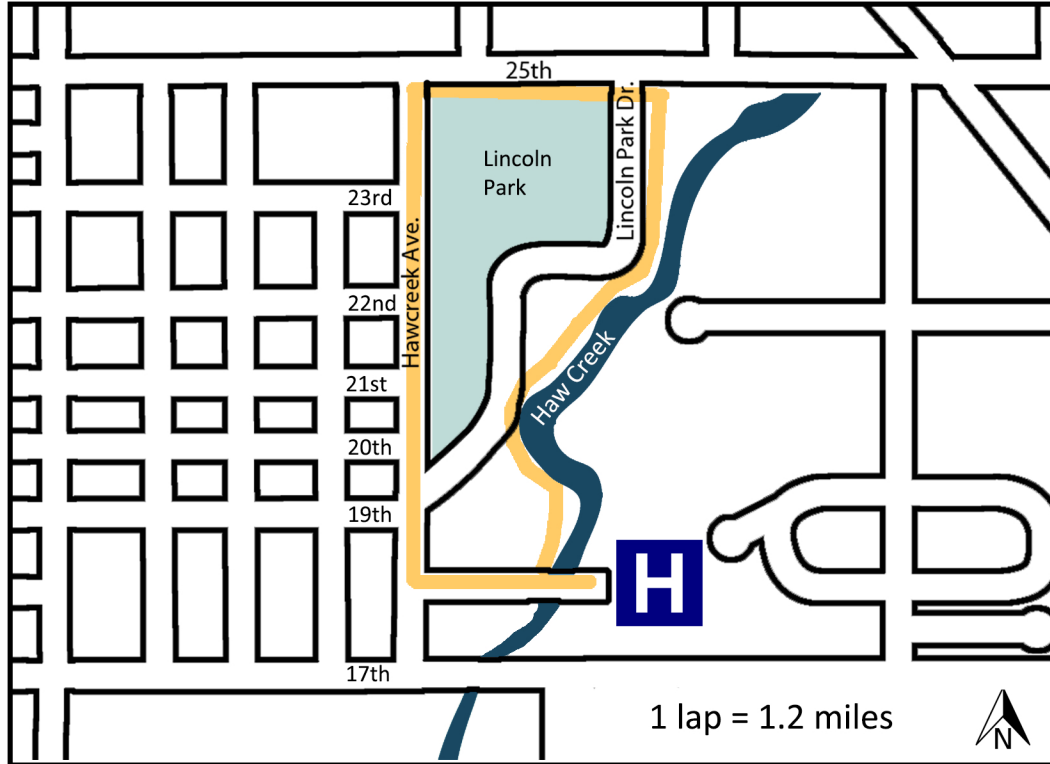
*"If you are standing still, you are going backwards." -Maxim*

# Fairoaks Mall Walk

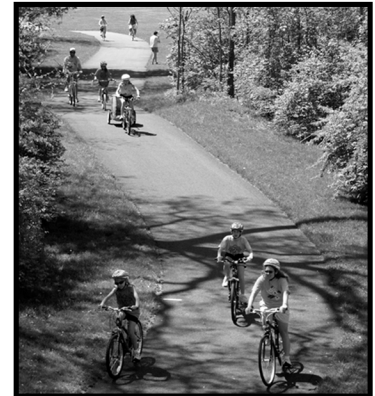


*"A man too busy to take care of his health is like a mechanic too busy to take care of his tools." -Spanish Proverb* Map 12

# Lincoln Park Loop

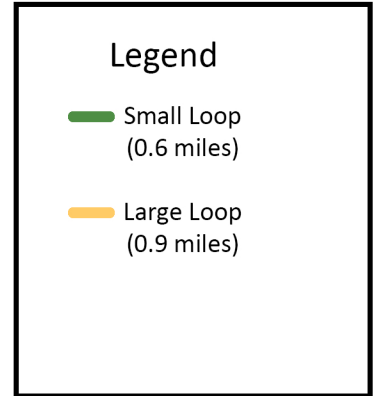
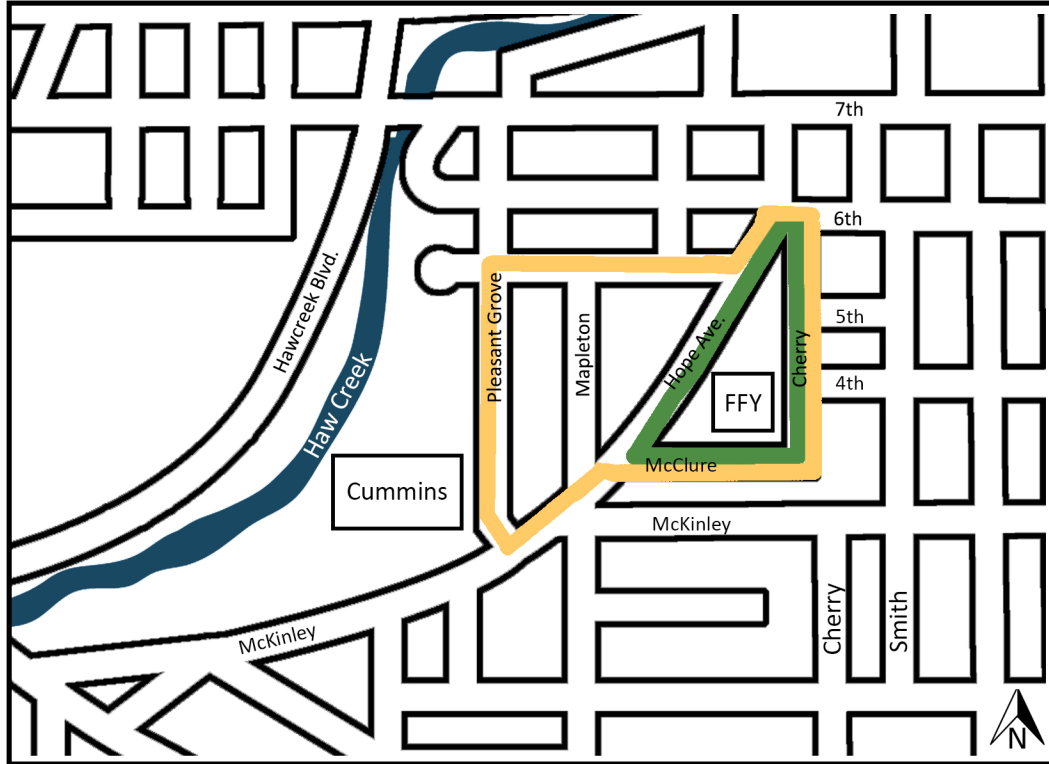


*"Never, never, never, never give up." -Winston Churchill*



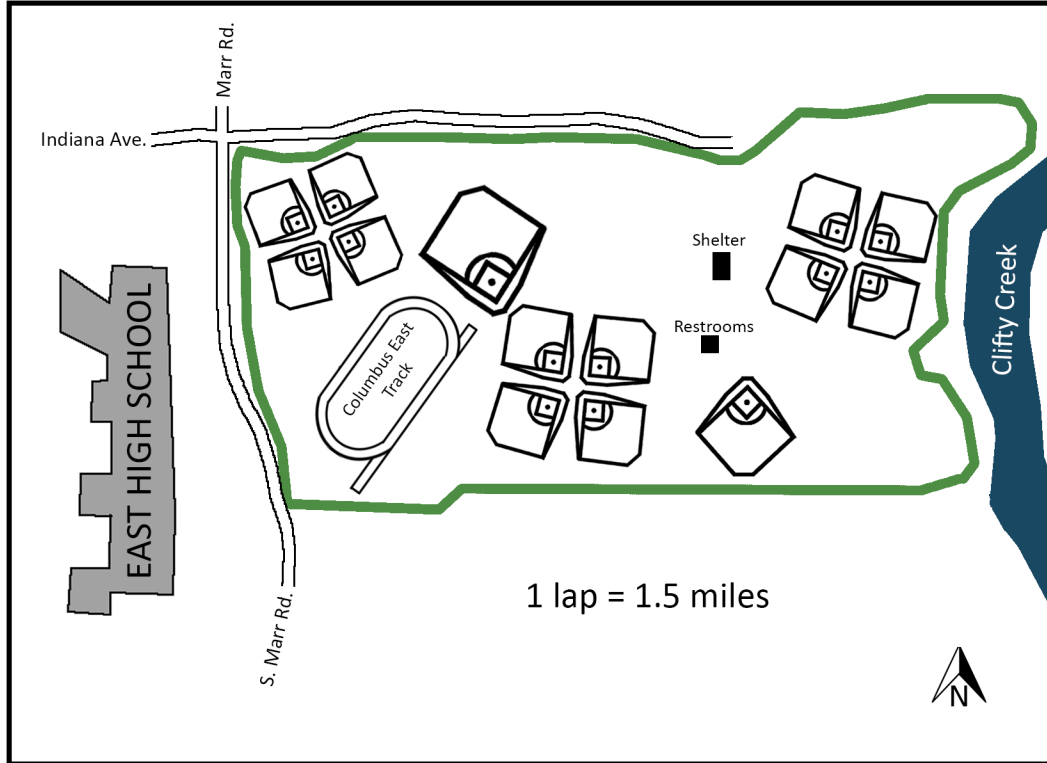
Map 13

# FFY Loop



*"Most of us don't wear out. We rust." -Anonymous*

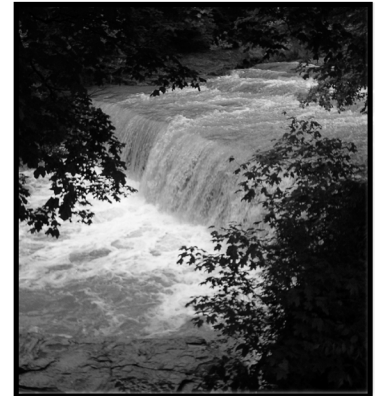
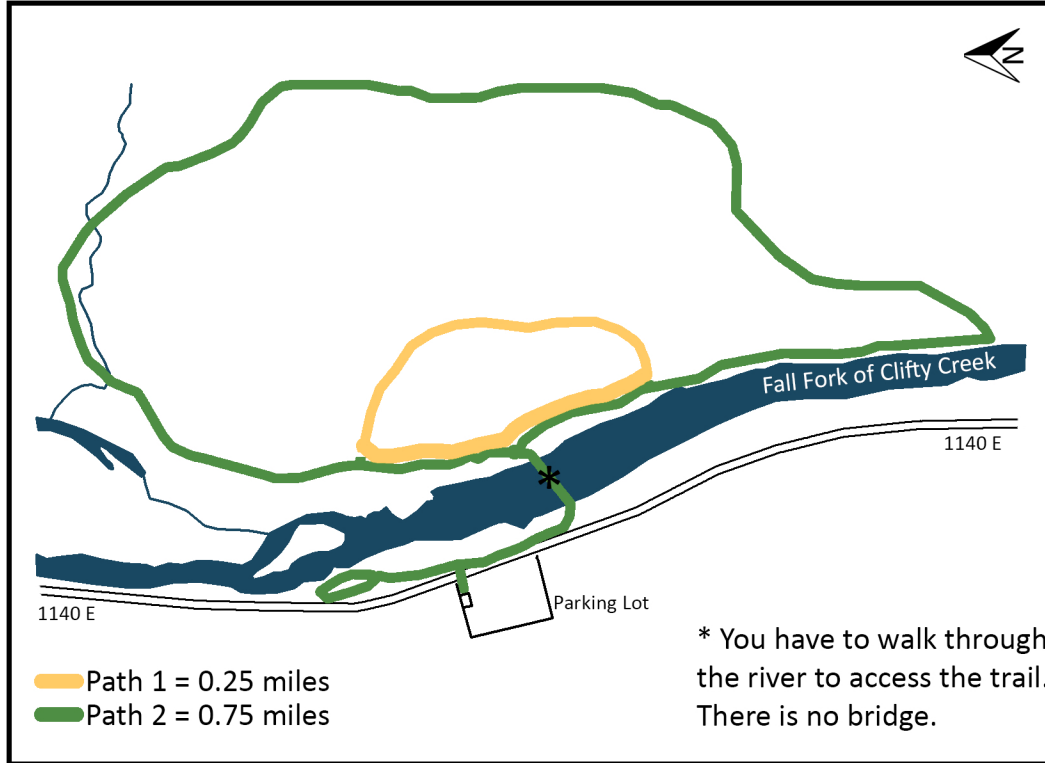
# Clifty Park Trail



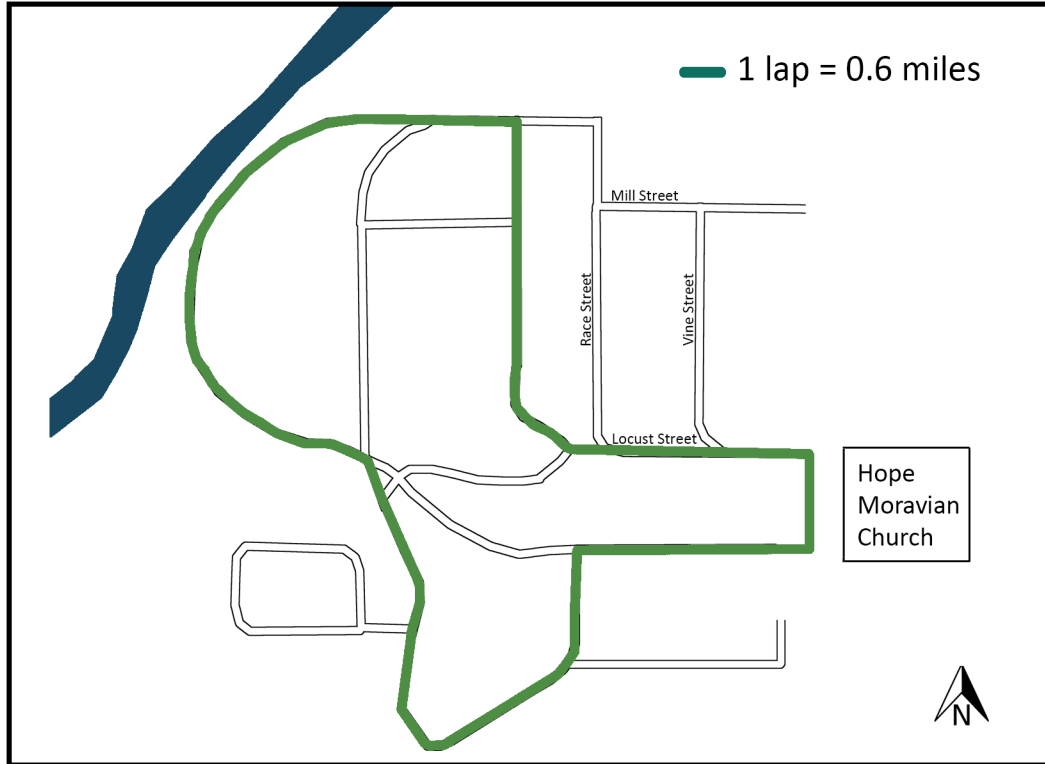
*"Never trust an idea you came upon sitting down." -Frederick Nietzsche*



# Anderson Falls Trails

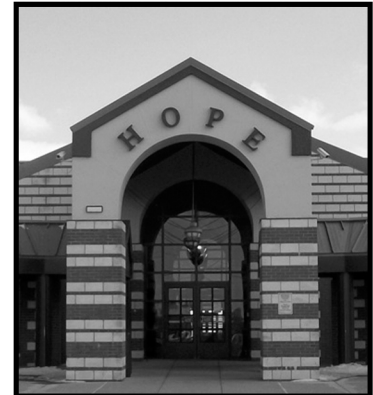
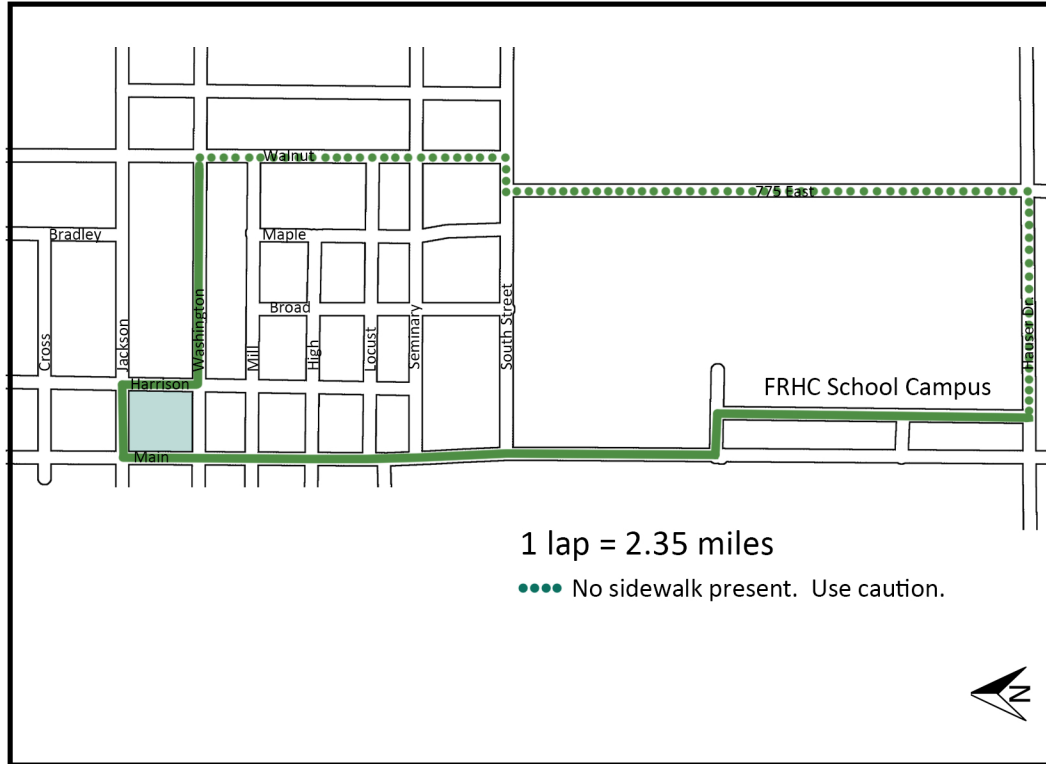


# Hope Moravian Cemetery Walk



*"I have two doctors, my left leg and my right." -G.M. Trevelyan*

# Town of Hope Walk



*"Solvitur ambulando, St. Jerome was fond of saying. To solve a problem, walk around." -Gregory McNamee*

# Wear a Pedometer

## 2,000 steps = approximately 1 mile

**SET A GOAL:** determine the average number of steps taken each day and set a goal to increase this number by 10%. For example, if you are walking 5,000 steps a day set a goal to increase this number to 5,500 each day. Reward yourself for your achievements and reevaluate your goal periodically.

**TECHNIQUE:** Make the most of your walking routine by using the proper techniques:

- Stand straight, tall and relaxed;
- Keep your eyes looking forward;
- Keep your chin parallel to the ground;
- Resist the temptation to tilt your head down;
- Let your arms swing naturally with your elbows bent at a 90 degree angle. The bend will increase arm strength and eliminate tingling in your fingers that can occur during long walks.



## MAKING THE HEALTHY CHOICE THE EASY CHOICE

The Healthy Communities Initiative began in 1994 with the goal of improving the health and quality of life of all residents of Bartholomew County. A collaborative effort from its inception, Healthy Communities has grown to reflect the entire spectrum of the community involving Columbus Regional Health, schools, businesses, local government, churches, and others working together to address identified health needs. Financial support for Healthy Communities is made possible through Columbus Regional Health and generous gifts of individuals, businesses, churches, and donations to Columbus Regional Health Foundation.



[WWW.CRH.ORG/HEALTHYCOMMUNITIES](http://WWW.CRH.ORG/HEALTHYCOMMUNITIES)



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COLUMBUS REGIONAL HEALTH



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**columbus**

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For a digital version of the booklet, visit [www.gohealthycolumbus.org](http://www.gohealthycolumbus.org)