A Health on Trails Map for Campbell Creek Trail to Bancroft Park

LEGEND
- Viewpoint
- Picnic Area
- Bridge
- Underpass
- Mutt Mitt Station
Please, clean up after your pet!

Round-trip loop: 1.15 miles | 23 minutes | 2,430 steps

Winter Walking
- Choose a lit trail or bring a flashlight after dark.
- Wear bright colors and reflective gear to be visible. Avoid cotton clothing and opt for layers that you can take off as you get warm.
- Consider wearing traction devices on your shoes if sidewalks, trails, or roads are slippery.
**Campbell Creek Trail continues**

**Old Seward Highway**

**East 54th Avenue**

**East 56th Avenue**

**East Dowling Road**

**East 50th Avenue**

**Homer Drive**

**Round-trip loop: 1.3 miles | 26 minutes | 2,750 steps**

**Getting Started**

- **Do what you love**
  If you like it, you'll stick with it. Find an activity that you can do regularly, like walking, biking, or snowshoeing.

- **Start small**
  Park farther from the trail, walk the dog, go to your neighborhood park. Gradually add a little more time and intensity each week and set specific, realistic goals.

- **Find a buddy or a club**
  Sharing the experience with others will help hold you accountable and keep you motivated! If you're buddy is your dog, remember to obey leash laws where applicable.

- **Make it a routine**
  The more you are regularly active, the easier it will become. Try to limit your rest days to no more than two days in a row.

**Safety Considerations**

- Stay alert and aware of your surroundings. Walk without headphones and enjoy the sounds of nature instead!

- Know your route. Before heading out, review where you are going and tell someone your plan.

- Don't feed the bears! It is always possible to encounter wildlife on your walk. Do not approach an animal. Avoid it and choose an alternate route.

**Legend**

- Viewpoint
- Bridge
- Underpass
- Mutt Mitt Station
  Please, clean up after your pet!