










LEGEND

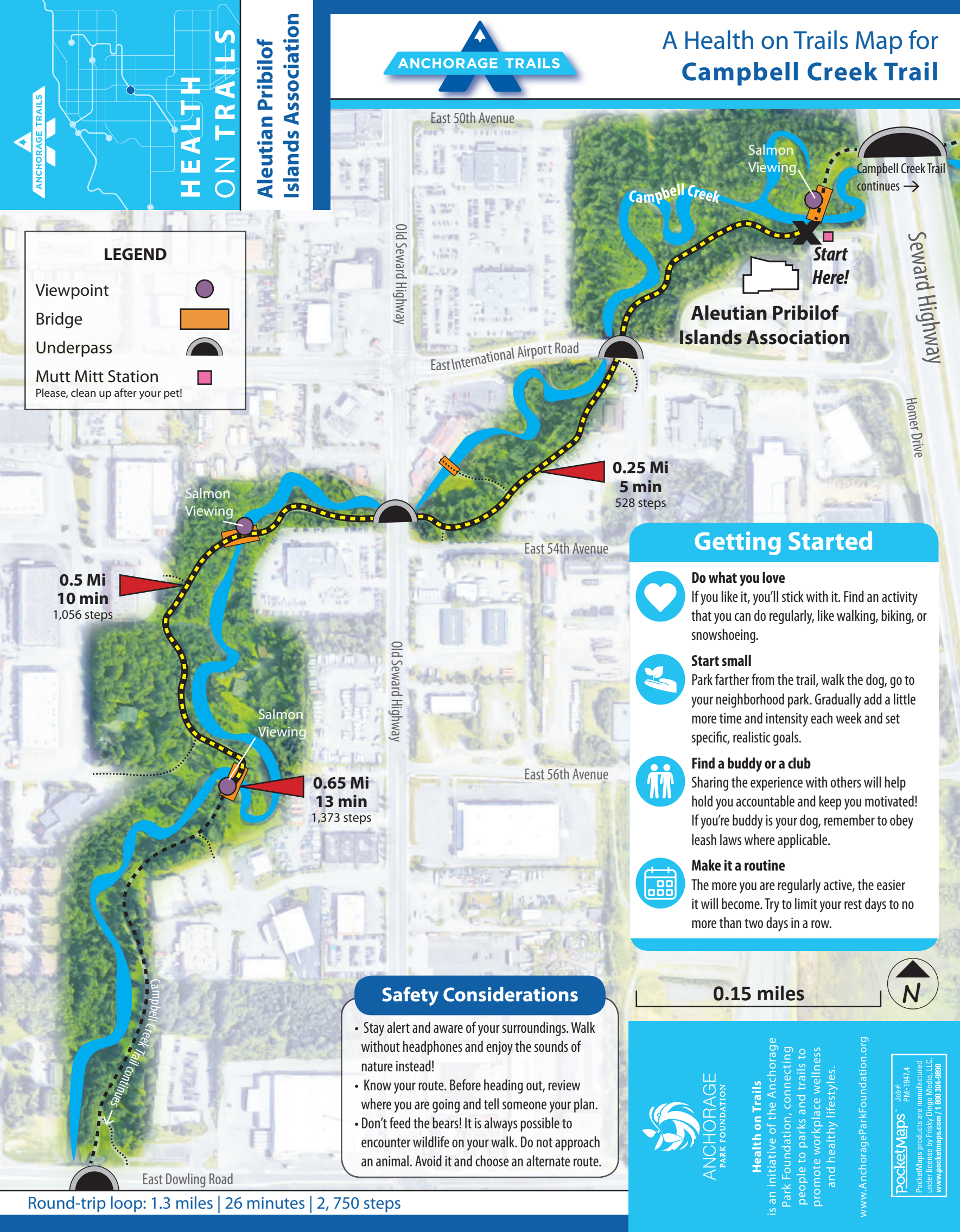
- Viewpoint 
- Picnic Area 
- Bridge 
- Underpass 
- Mutt Mitt Station 
Please, clean up after your pet!



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

LEGEND

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



0.5 Mi
10 min
1,056 steps

0.65 Mi
13 min
1,373 steps

0.25 Mi
5 min
528 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.

0.15 miles 

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



ANCHORAGE
PARK FOUNDATION

Health on Trails
is an initiative of the Anchorage Park Foundation, connecting people to parks and trails to promote workplace wellness and healthy lifestyles.

www.AnchorageParkFoundation.org

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