



WALKING FACILITIES CHART



Fitness Trail (located at the Municipal Park behind the pool & Shelter #3)

Red Loop = .45 mile Blue Loop = .5 mile

This is our original walking trail and has fitness stations along the trail. The trail has a sand/gravel surface. The area is well shaded for those who prefer a more quiet and secluded atmosphere.

Walking Track (located at the Municipal Park around the playground) 1 Lap = .25 mile

This track is convenient for anyone with children. The track has a paved surface easier for strollers or wheelchair accessibility. The entire track is within view of the playground to ensure safety for children.

Municipal Gym (located at Municipal Park) 18 laps = 1 mile

The Municipal Park Gym is open Monday - Friday from 8 - 10 a.m. for anyone wanting to walk indoors. This is convenient for those bad weather days or when it's just too hot to walk outside.

Walking Track (located at the Ross Abney Complex / old LHS Stadium) 1 Lap = .25 mile

This facility is the old High School track. The track has a paved surface easier for strollers or wheelchair accessibility. The track has been a great addition to our present facilities.

Walking Track (located at the Max Stoker Soccer Fields) 5 Laps = 1 mile

This is our newest walking track ; located around the large soccer field at Max Stoker. The track has a gravel surface and quiet neighborhood setting.