



## Somersworth\_NHES Suggested Walks

Trail Color	Distance	Walking Time
<span style="color: red;">█</span>	0.50 miles	10 minutes
<span style="color: orange;">█</span>	0.75 miles	15 minutes
<span style="color: blue;">█</span>	1.00 miles	25 minutes

**Taking the Road to Fitness and a Healthier Environment**  
 Walking is a simple way to stay in shape, and walking instead of driving saves energy and reduces air pollution