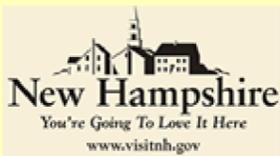


Taking the Road to Fitness and a Healthier Environment
Walking is a simple way to stay in shape, and walking instead of driving saves energy and reduces air pollution



CONWAY NHES Suggested Walks

<u>Trail Color</u>	<u>Distance</u>	<u>Walking Time</u>
	0.50 miles	10 minutes
	0.75 miles	15 minutes
	1.00 miles	25 minutes

