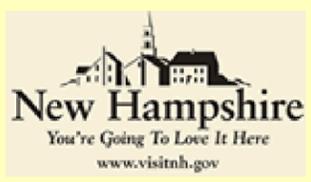


Taking the Road to Fitness and a Healthier Environment
 Walking is a simple way to stay in shape, and walking instead of driving saves energy and reduces air pollution



LEBANON NHES Suggested Walks

Trail Color	Distance	Walking Time
	0.50 miles	10 minutes
	0.75 miles	15 minutes
	1.00 miles	25 minutes