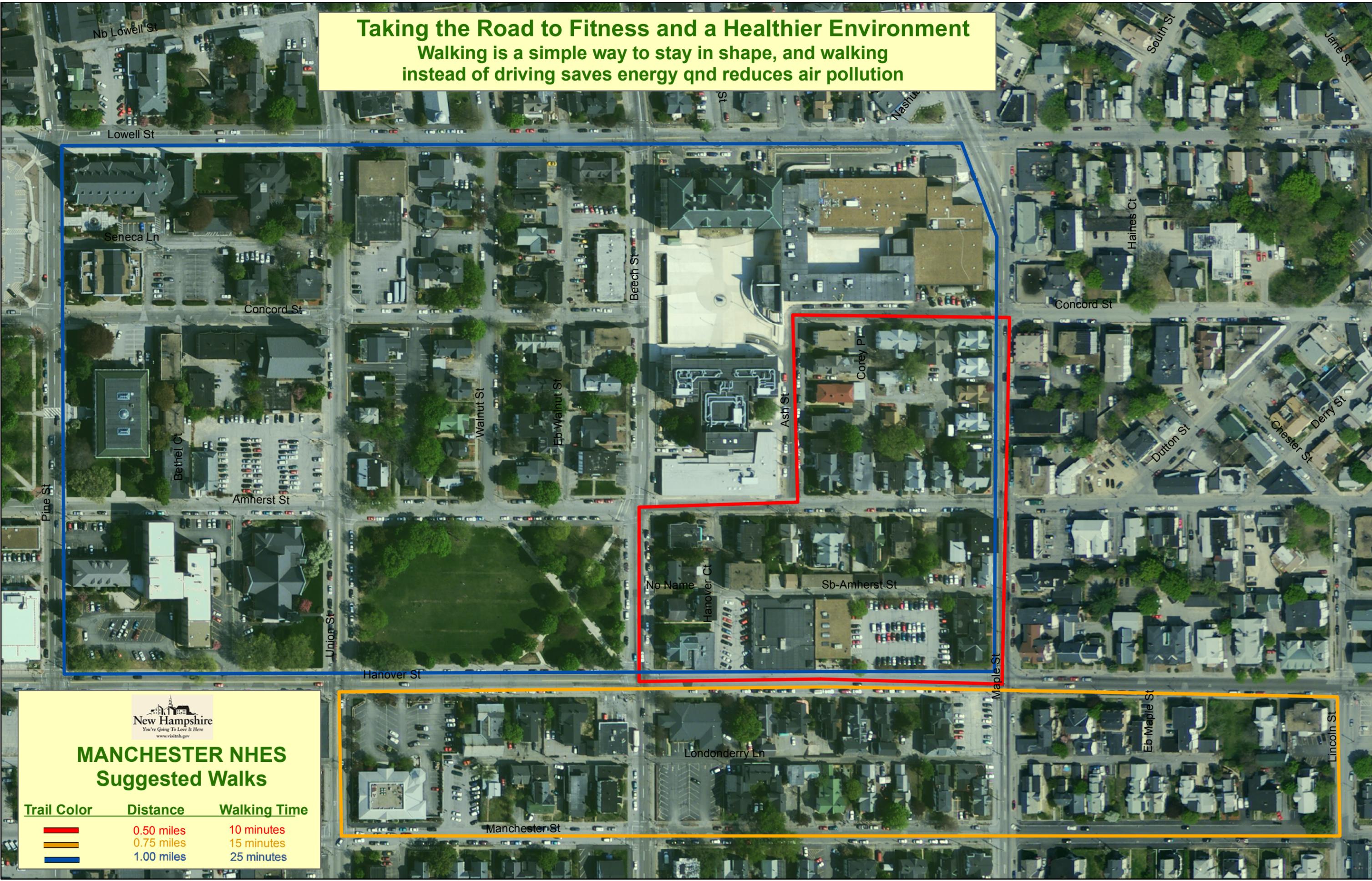


Taking the Road to Fitness and a Healthier Environment
 Walking is a simple way to stay in shape, and walking instead of driving saves energy and reduces air pollution



**MANCHESTER NHES
 Suggested Walks**

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