

Dover-Foxcroft Walking Routes

Walking is a gentle, low-impact exercise that can increase your level of fitness and health. Walking is a safe and simple exercise that doesn't require any practice. Participating in a regular walking routine can lower your blood pressure, improve your mood, and can help you stay strong and fit. Below is a list of walking trails throughout the town of Dover-Foxcroft. Each trail is timed round trip and varies in distance, time and steps so that you can choose the trail that works best for you and your time crunch.

The **Green**, **Black**, **Red**, **Blue**, **Gray**, and **Pink** trails start and end at Edwards Brothers Supermarkets parking lot. The **Turquoise**, **Maroon**, **Teal**, and **Yellow** trails start and end at Sedomocha Elementary School. Beside each trail there is a shape that corresponds with the amount of sidewalks available on each route. Use the ledger at the bottom of this page to determine which route may be best for you! On the back of this sheet there is a detailed map that outlines each route in color. Enjoy walking your way towards a healthier you!



Why Should You Walk?

- Walking helps keep your bones, muscles, and joints healthy
- Boosts your mood
- Helps you handle stress
- Helps you feel more energetic
- Helps you sleep better
- Improves your self esteem
- Gives you an opportunity to socialize actively with friends and family
- Helps build a healthier you!

Green Trail

Steps: 2307

Miles: 1.05

Calories Burned: 64

Time of Route: 21 minutes

Black Trail

Steps: 2421

Miles: 1.10

Calories Burned: 67

Time of Route: 22 minutes

Blue Trail

Steps: 2628

Miles: 1.20

Calories Burned: 73

Time of Route: 24 minutes

Turquoise Trail

Steps: 2668

Miles: 1.22

Calories Burned: 74

Time of Route: 25 minutes

Red Trail

Steps: 2974

Miles: 1.36

Calories Burned: 82

Time of Route: 27 minutes

Gray Trail

Steps: 3478

Miles: 1.61

Calories Burned: 96

Time of Route: 32 minutes

Maroon Trail

Steps: 3619

Miles: 1.65

Calories Burned: 100

Time of Route: 33 minutes

Teal Trail

Steps: 3648

Miles: 1.66

Calories Burned: 101

Time of Route: 33 minutes

Sidewalk Availability

- Mostly Sidewalks
- Moderate Sidewalks
- ▲ Little Sidewalks

Yellow Trail

Steps: 4219

Miles: 1.93

Calories Burned: 117

Time of Route: 39 minutes

Pink Trail

Steps: 5102

Miles: 2.33

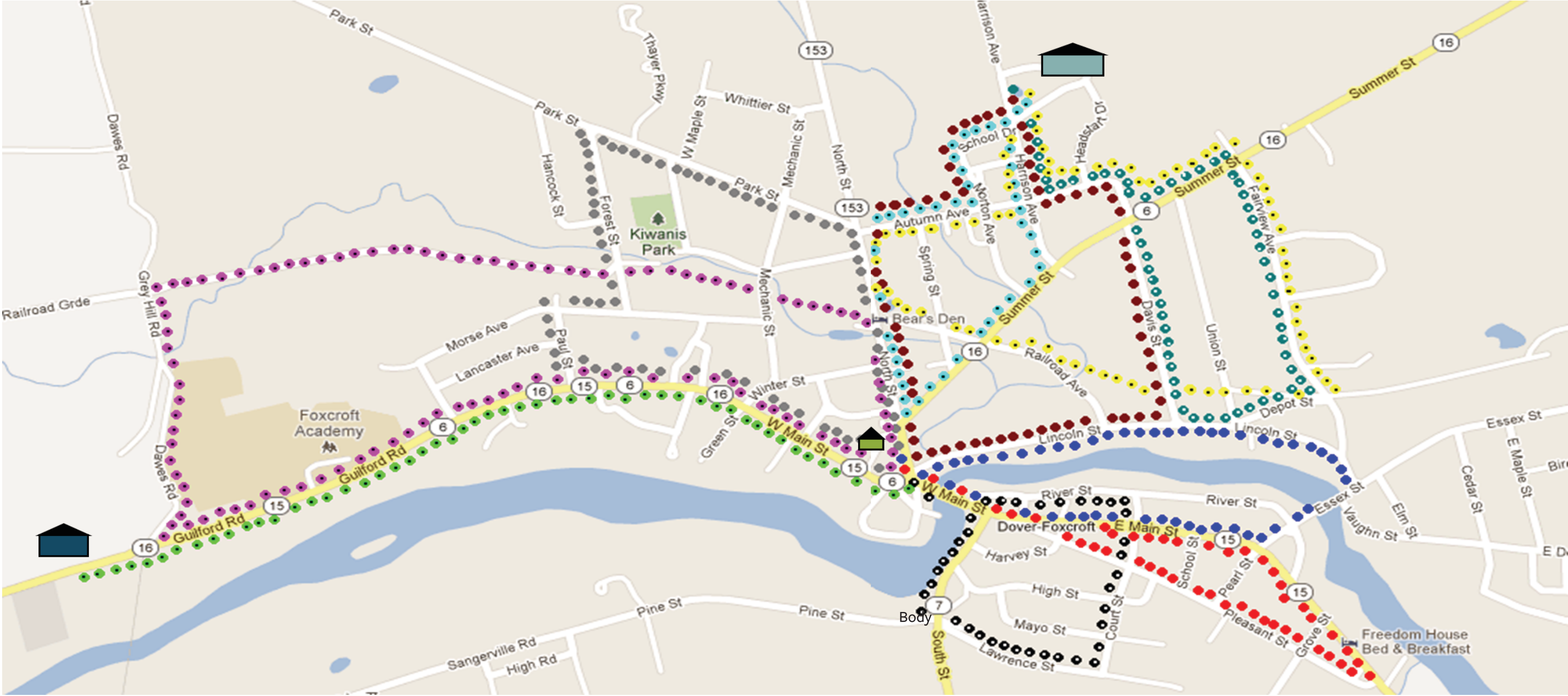
Calories Burned: 140

Time of Route: 47 minutes



Please remember to do your part and help keep our walking trails pet friendly!
If your pet poops, please scoop!

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Hibbard's Nursing Home

Edwards Brothers Supermarkets

Sedomocha