

CA Dean Community 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 Greenville. 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 **Yellow**, **Green**, **Blue**, **Black** and **Red** trails start and end at CA Dean Hospital. The **Maroon**, **Pink**, and **Turquoise** trails start and end at Greenville Consolidated School. The **Teal** and **Dark Blue** trails start and end at Katahdin Cruise and Marine Museum. 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!

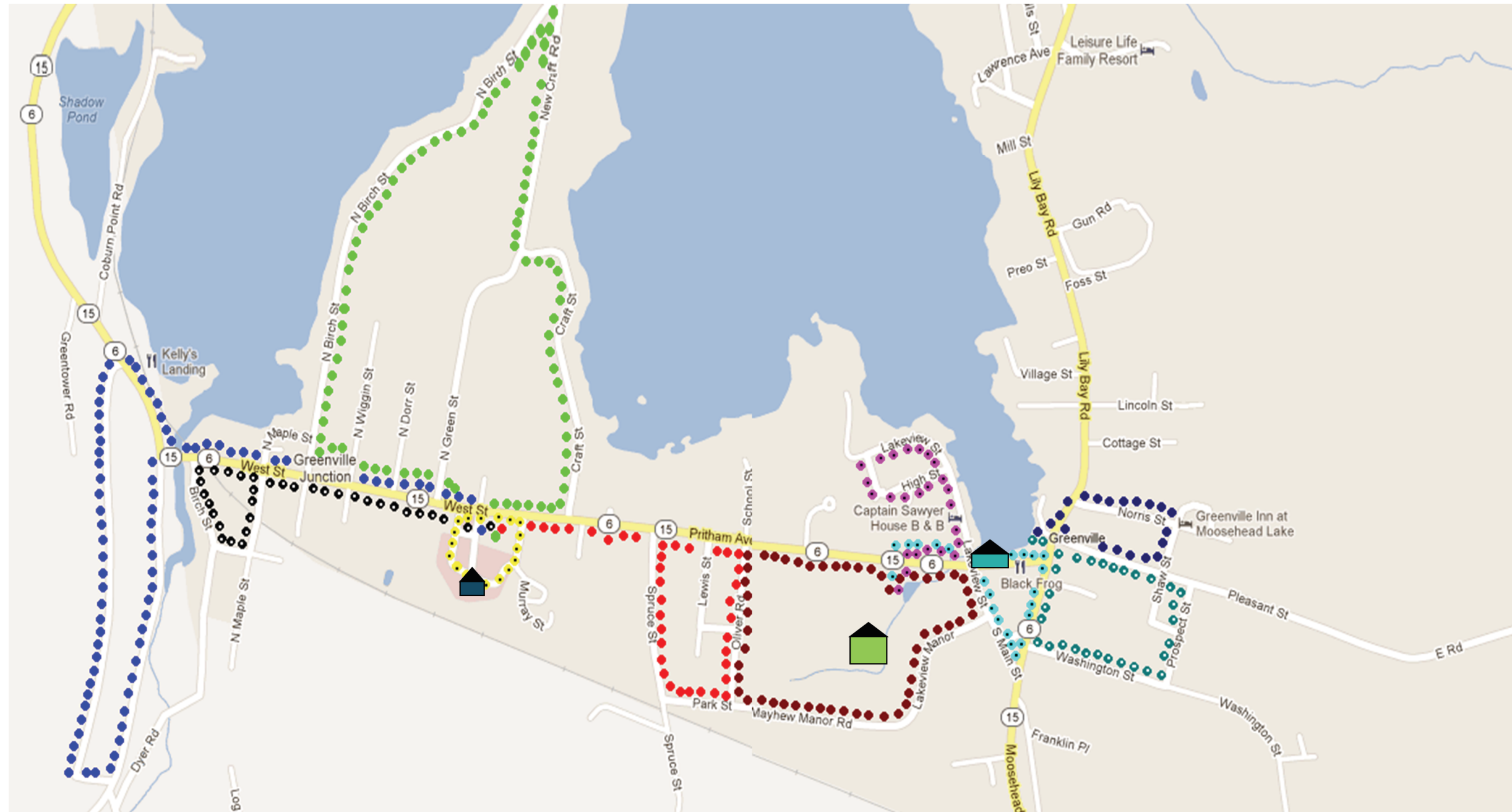
<p>Yellow Trail</p> <p>Steps: 816</p> <p>Miles: 0.3</p> <p>Calories Burned: 25</p> <p>Time of Route: 7 minutes</p>	<p>Green Trail</p> <p>Steps: 5,406</p> <p>Miles: 2.0</p> <p>Calories Burned: 170</p> <p>Time of Route: 40 minutes</p>	<p>Blue Trail</p> <p>Steps: 5,794</p> <p>Miles: 2.2</p> <p>Calories Burned: 187</p> <p>Time of Route: 45 minutes</p>	<p>Black Trail</p> <p>Steps: 3,593</p> <p>Miles: 1.4</p> <p>Calories Burned: 119</p> <p>Time of Route: 25 minutes</p>
<p>Red Trail</p> <p>Steps: 3,560</p> <p>Miles: 1.3</p> <p>Calories Burned: 110</p> <p>Time of Route: 25 minutes</p>	<p>Maroon Trail</p> <p>Steps: 3,248</p> <p>Miles: 1.2</p> <p>Calories Burned: 102</p> <p>Time of Route: 23 minutes</p>	<p>Pink Trail</p> <p>Steps: 2,713</p> <p>Miles: 1.0</p> <p>Calories Burned: 85</p> <p>Time of Route: 19 minutes</p>	<p>Turquoise Trail</p> <p>Steps: 1,645</p> <p>Miles: 0.6</p> <p>Calories Burned: 51</p> <p>Time of Route: 16 minutes</p>
	<p>Teal Trail</p> <p>Steps: 2,054</p> <p>Miles: 0.8</p> <p>Calories Burned: 68</p> <p>Time of Route: 17 minutes</p>	<p>Dark Blue</p> <p>Steps: 929</p> <p>Miles: 0.4</p> <p>Calories Burned: 34</p> <p>Time of Route: 10 minutes</p>	



Please remember to do your part and help keep our walking trails pet friendly!

If your pet poops, please scoop!

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CA Dean Hospital

Greenville Consolidated School

Katahdin Cruises & Marine Museum