

# Penquis 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 that surround Penquis. Each trail varies in distance, time and steps so that you can choose the trail that works best for you and your time crunch!



Each trail starts and ends at the Penquis main entrance. 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!

**Yellow Trail**

Steps: 144

Miles: 0.06

Calories Burned: 4

Time of Route: 2 minutes

**Blue Trail**

Steps: 1039

Miles: 0.47

Calories Burned: 28

Time of Route: 10 minutes

**Red Trail**

Steps: 1420

Miles: 0.64

Calories Burned: 39

Time of Route: 14 minutes

**Green Trail**

Steps: 1671

Miles: 0.76

Calories Burned: 46

Time of Route: 16 minutes

**Gray Trail**

Steps: 2677

Miles: 1.22

Calories Burned: 74

Time of Route: 24 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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