

Discover the Benefits of Being Active

- Maintain a healthy weight
- Strengthen your bones & muscles
- Improve your mood
- Helps relieve stress
- Burns body fat
- Improves your balance & coordination
- Prevent or manage various conditions, including heart disease, high blood pressure, and type 2 diabetes

31% of North Dakotans are obese.



Community Health Partnership

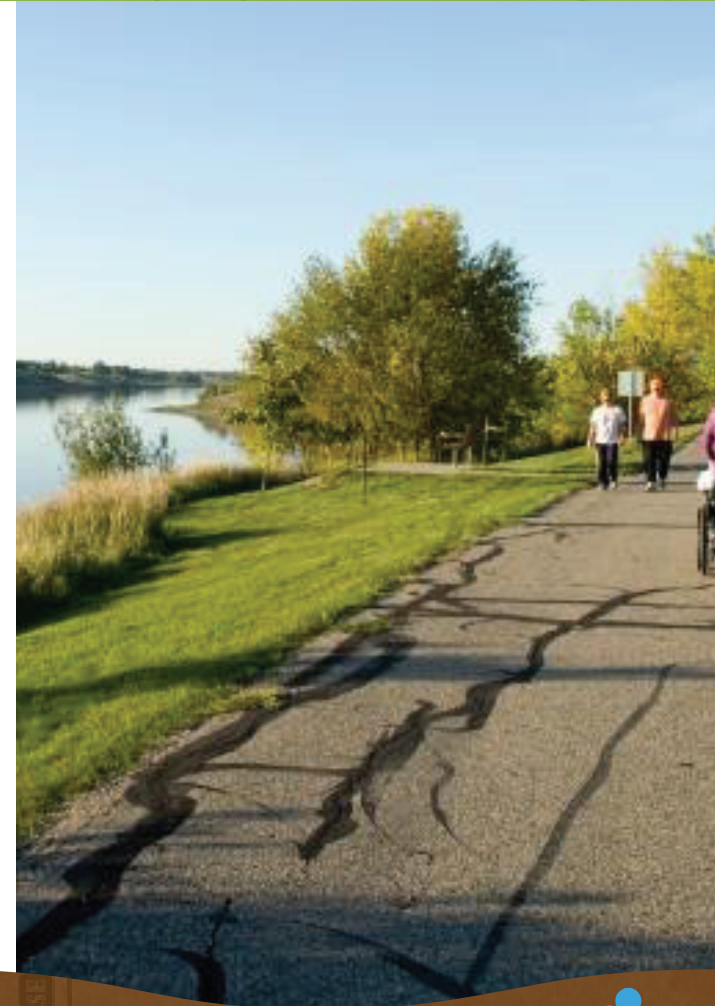


JAMESTOWN, ND

OUR VISION

To be the healthiest community in which to live, learn, work, and play.

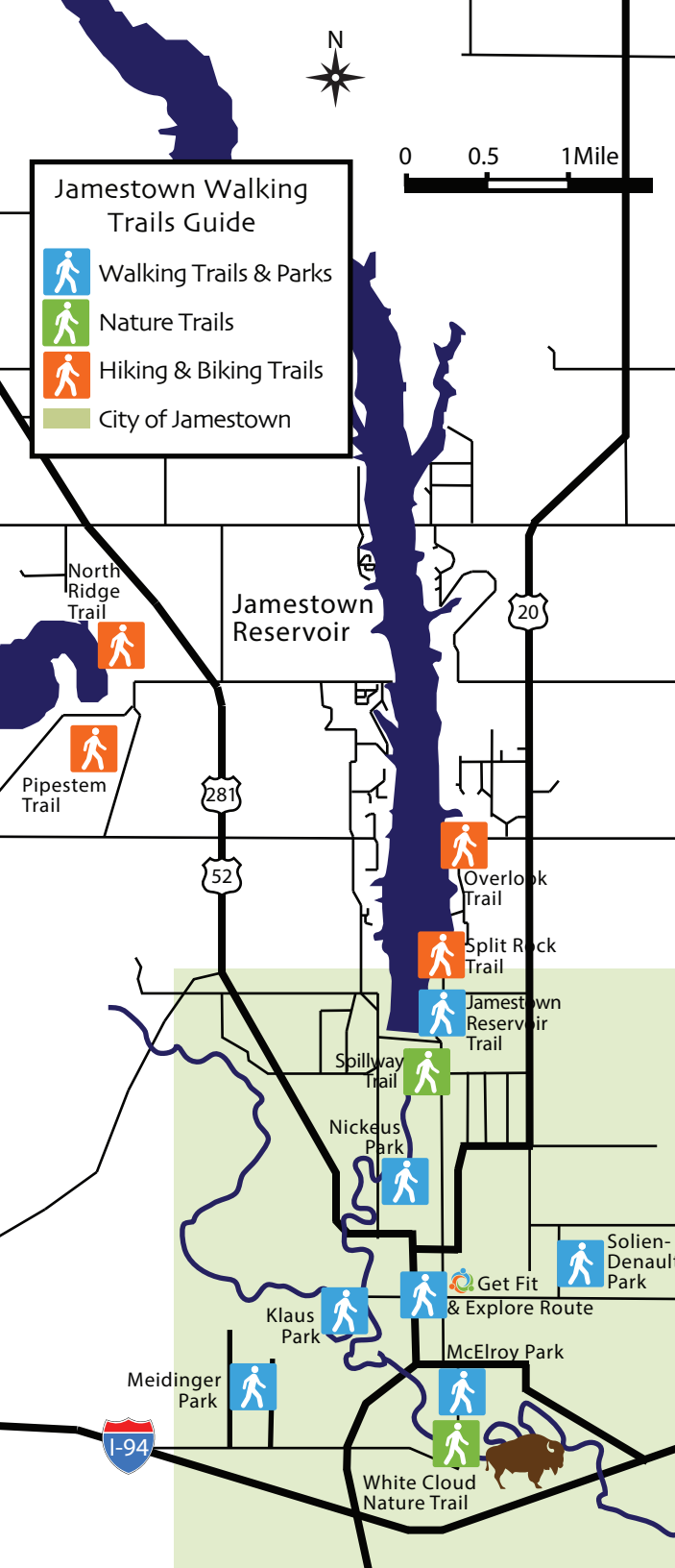
Discover the Trails






Jamestown

A Guide to Jamestown Area Walking Trails





Walking Trails



-  **Get Fit & Explore Route.** 1.5 miles. Located in downtown Jamestown. Follow the  signs and explore downtown's historical sights.
-  **Jamestown Reservoir.** 1.3 miles from entrance to marina. Extend your journey by continuing onto the island.

Parks

- Nickeous Park.** 0.3 miles. 1st Ave. N.
- Solien-Denault Park.** 0.5+ miles. 3rd St. SE. (Includes a sensory garden)
- Klaus Park.** 0.6 miles. 4th St. SW.
- McElroy Park.** 0.9 miles. 2nd Ave. SE
- Meidinger Park.** 1 mile. 17th St & 17th Ave. SW


Nature Trails

(Trails may not have a defined route or path)

-  **Spillway.** Enter near the steps on the east end of the bridge across reservoir
-  **White Cloud.** Enter at McElroy Park Veteran's Memorial Bridge.

Hiking & Biking Trails (Difficult)




You in for a challenge? Check out Jamestown's more difficult terrain through the hiking and biking trails. To learn more and view trail maps, visit discoverjamestownnd.com, click on outdoor recreation > hiking and biking trails.

 Maintained year-round

Choose Your Course Carefully...

If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven terrain. If the weather isn't appropriate for walking, consider walking in a shopping mall or indoor track facility.

Walking Tips:

-  **Warm up.** Walk slowly for 5-10 minutes to warm up your muscles and prepare your body for exercise.
-  **Cool down.** At the end of your walk, walk slowly for 5-10 minutes to help your muscles cool down.
-  **Stretch.** After you cool down, gently stretch your muscles. If you'd rather stretch before your walk, remember to warm up first.

Jamestown

