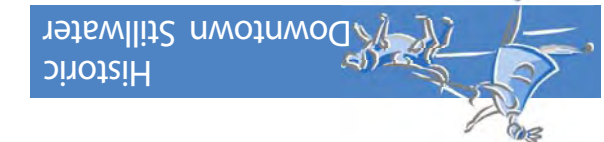
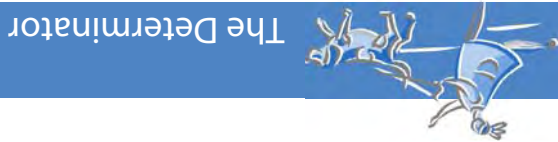


A difficult and intense walk featuring hills, stairs, and historic sites. Designed for seasoned walkers. Downtown parking. Distance: 3 miles

A short and simple walk designed for families and individuals beginning an exercise program. This route offers an even terrain and is handicap accessible. Downtown parking. Distance: 1 mile

Beautiful natural multi-use routes. Parking available during no-school hours at Rutherford School or 62nd Street. Distance 2 miles/double back



- 1 – Minnesota Zephyr
- 2 – Warden's House Museum
- 3 – Pioneer Park
- 4 – Isaac Staples Sawmill
- 5 – Stillwater Public Library
- 6 – Lowell Inn
- 7 – Perennial Club Garden and Pond
- 8 – The Grand Garage
- 9 – Commander Elevator
- 10 – Teddy Bear Park
- 11 – Historic Courthouse

- Route(s)
- Hills
- Stairs
- Parking
Every route begins near a public parking area
- Park Property
- Playground
- Caution – Dangerous Intersection

Walking Tips

- Invest in a good pair of walking shoes with flexible soles, good arch and heel support.
- Wear loose-fitting, comfortable clothing.
- Do gentle stretching exercises about five minutes before you walk.
- Cool down by reducing your pace for five minutes followed by five minutes of gentle stretching exercises.



Stillwater Area High School

5701 Stillwater Blvd N, Stillwater
Mid October through April
Monday through Thursday • 5:30 - 8:30 pm

Call Stillwater Area Schools Community Education
at 651-351-8300
for more information.

St. Croix Valley Recreation Center

1675 Market Drive, Stillwater
651-430-2601
Monday through Friday beginning at 7:00 am
\$.50/youth and seniors, 20 pass punch card/\$5
\$2/adult, 20 pass punch card/\$20
\$3/family, 20 pass punch card/\$30



For more information, call
Washington County Public Health and Environment
at 651-430-6655
www.co.washington.mn.us/publichealth
Equal Employment Opportunity / Affirmative Action

Step It Out For Health Walking Maps



"Step It Out for Health"

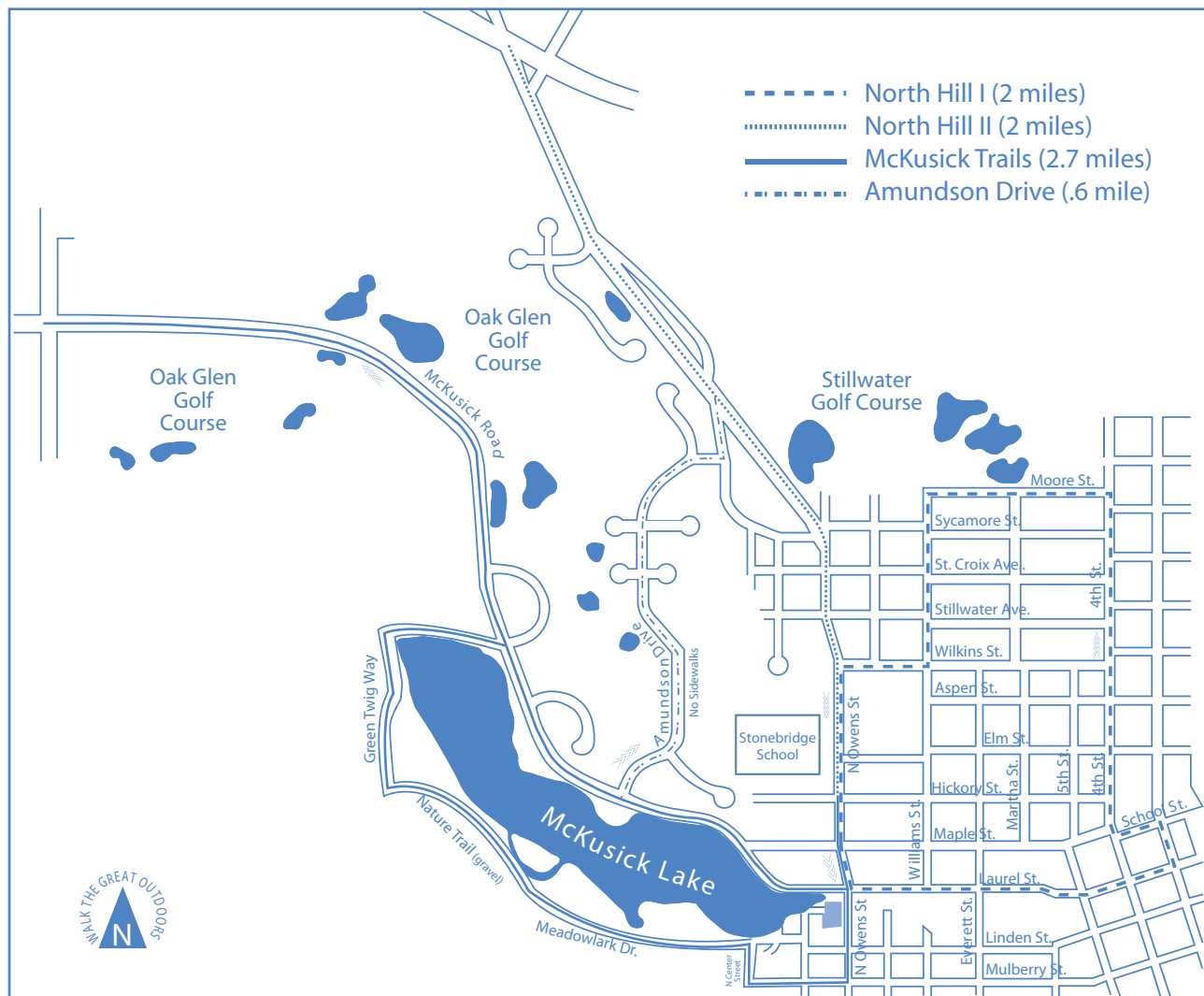
offers residents and visitors of the Saint Croix Valley opportunities to discover and practice the benefits of healthy eating and physical activity, and encourages them to lead healthy lifestyles.



North Hill, McKusick and Amundson Trails

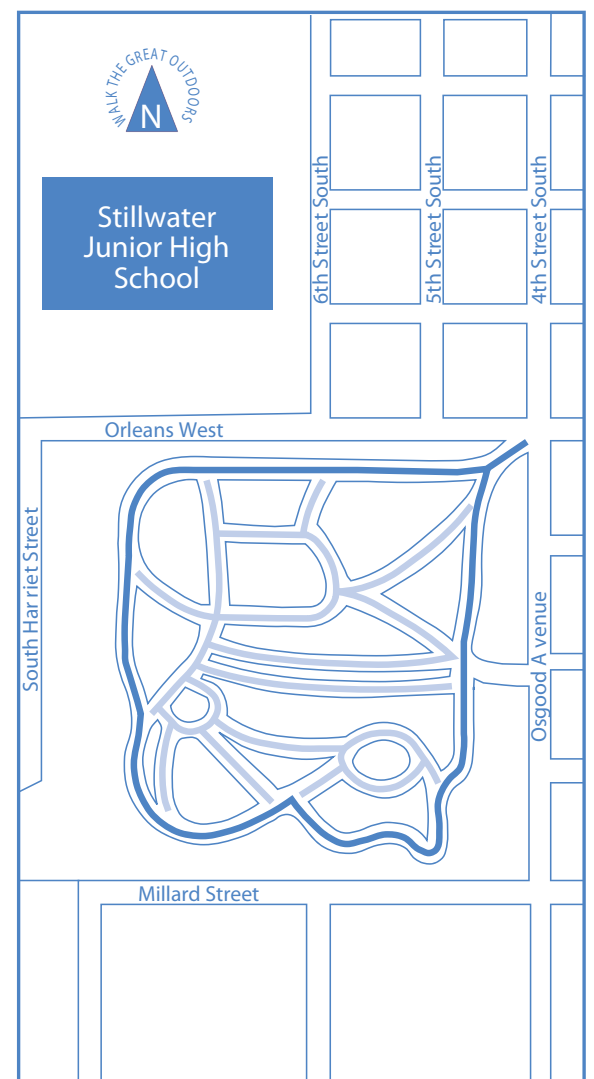
All four routes are moderate and designed for fitness and exercise enthusiasts. Parking at Stonebridge during non-school hours or a city lot at McKusick and Owens.

- North Hill I: Features hilly terrain and historical neighborhood. No sidewalks north of Wilkins Street. Distance: 2 miles
- North Hill II: Features hilly terrain. Distance: 2 miles/double back
- McKusick Trail: Gentle terrain and Lake McKusick. Nature Trail is gravel. Benches along McKusick route.
- Amundson Trail: Quiet residential street. Connects with North Hill II trail. No Sidewalks. Distance: 0.6 mile



Historic Fairview Cemetery

Lovely historic cemetery established in 1867. Multi-use route: 0.8 miles on outside roads; 2 miles or more if walking interior path. Water and benches available. Parking available on Orleans Street. Distance: 0.8 - 2+ miles



Autumn Hills Park and Boutwell Landing

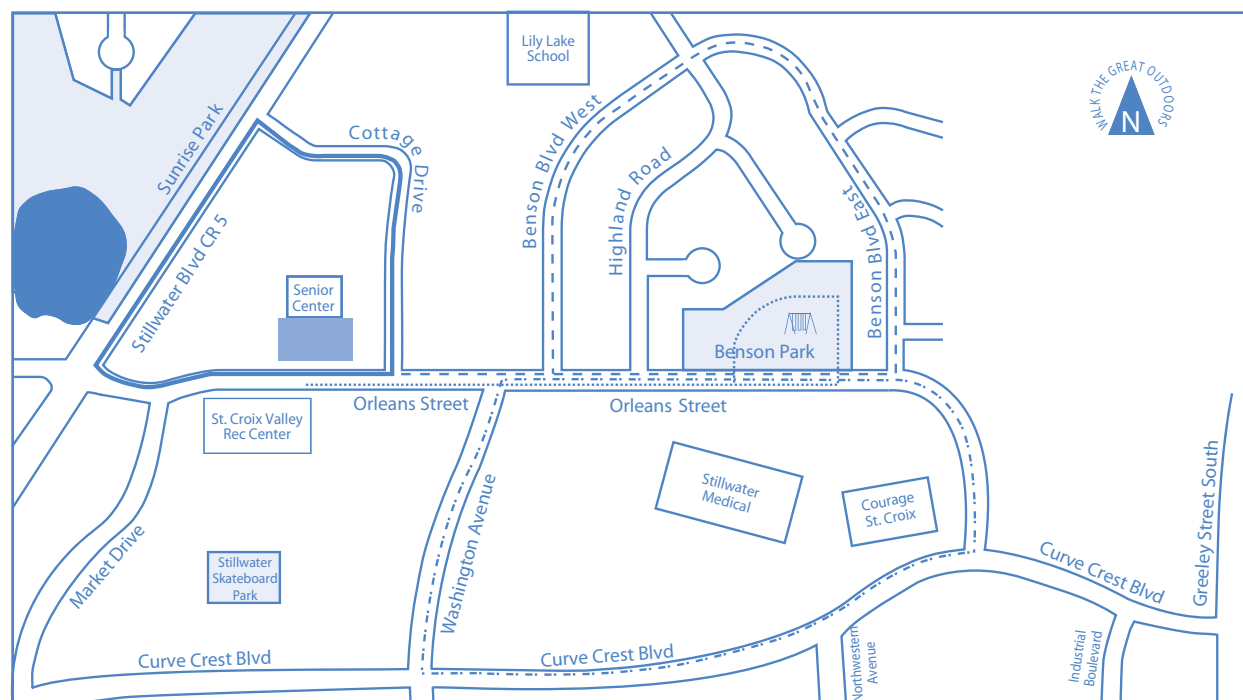
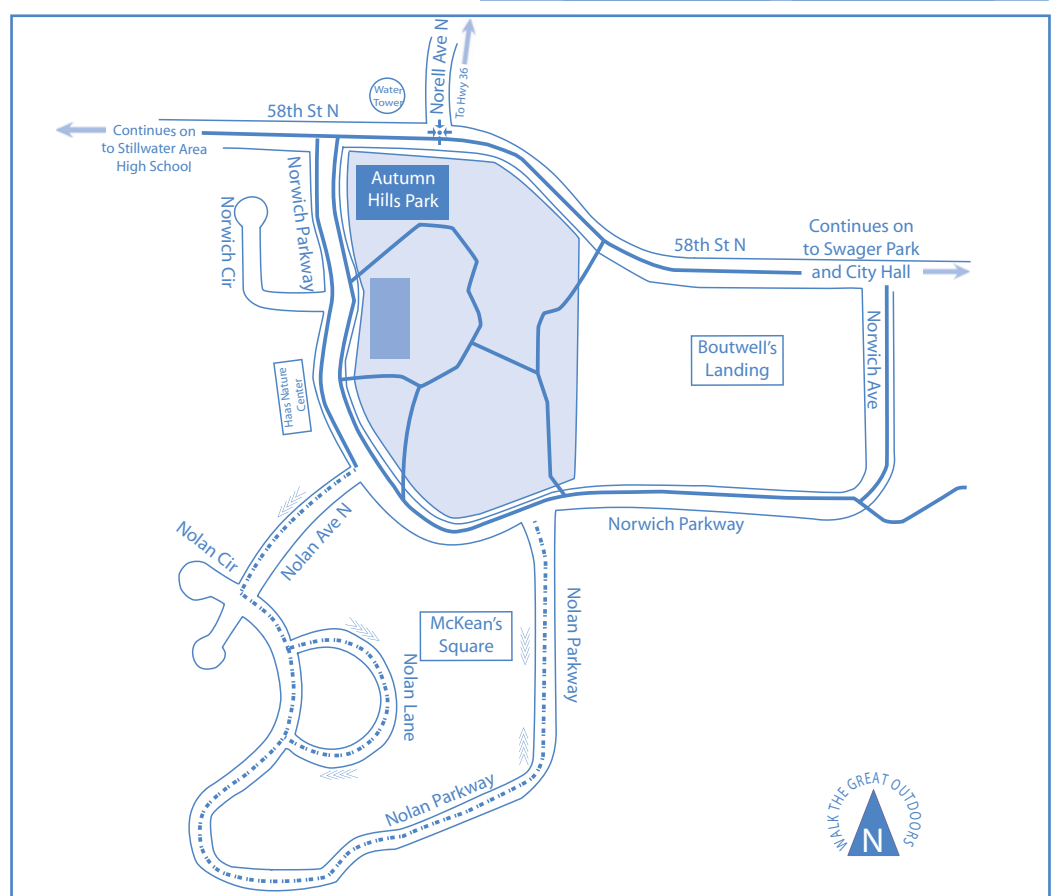
Oak Park Heights park and senior housing area. These routes offer open spaces and residential trails. Handicap Accessible. Benches along both routes.

- Park Area 1.0 mile
- Nolan Parkway 1.2 miles

www.cityofoakparkheights.com

Benefits to Regular Physical Activity (RPA)

- Regular physical activity improves one's mood, helps relieve depression and increases feelings of well-being.
- RPA improves strength, builds lean muscle, and decreases body fat.
- No one is too old to enjoy the benefits of RPA.
- Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity.



Senior Stroll and Mary Rita Trail



Parking at the Stillwater Senior Center. Facilities available at center during regular hours. Route offers four selections:

- To Benson Park (hill from Senior Center). Benches at Park. Distance: 0.9 miles one way
- Benson Blvd. back to West Orleans Distance: 1.25 one way
- Senior Center to Stillwater Blvd. and Cottage Drive (one hill on Cottage Drive) Distance: 0.75 mile one way
- Mary Rita Trail Distance: 0.9 mile one way

Additional physical activity opportunities at St. Croix Valley Rec Center and outdoor Skate Park.