

**OUTDOOR EXERCISE OPTIONS**

Located in the Greater Fort Wayne, Indiana area

**WALKING CLUBS**

Auburn Duesey Walkers

Cheryl Elser 260-749-6304

elserfam@frontier.com

Wild Walkers

2nd and 4th Fridays monthly

Call 260-427-6005 or visit

[www.fortwayneparks.org](http://www.fortwayneparks.org) for schedule

Allen County Trailblazers

Hiking Program featuring 15 trails [www.allencountytrailblazers.org](http://www.allencountytrailblazers.org)

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 Three Rivers Strollers

 Liz Winsley 260-925-5091

 lizardw13@gmail.com

Silver Striders Walking Group

Mon & Fri. 8 am for aged 50+

Call 260-427-6460 for locations

**FORT WAYNE PARKS**

Buckner Park Franke Park Hamilton Park

Bass Road 3411 Sherman Blvd. Spring St & Cherokee Rd

0.75 mile loop 1 mile loop Outside loop: 0.55 mile

 Figure 8 path: 0.75 mile

Hurshtown Reservoir Indian Trails Park Jehl Park

1600 Roth Rd. Aboite Rd- Jorgensen YMCA Off Maysville Rd

627-3390 1.2 miles 0.34 mile loop

2.25 miles

Kreager Park Lakeside Park Lindenwood Nature

North River Rd 1401 Lake Ave Preserve

West end loop: 0.95 mile 0.5 mile 600 Lindenwood Ave

 427-6740

Want to create your own route? Go to [www.mapwalk.com](http://www.mapwalk.com)

**SEE MORE LOCATIONS ON THE REVERSE SIDE**

McMillen Park Memorial Park Salomon Farm

Oxford St & 3900 Hessen Maumee Rd/ Glasgow/ Dupont Road

Cassel Washington Blvd. 1.7 mile trail loop

0.6 mile 0.86 mile

Parkview Field Shoaff Park Waynedale Park

1301 Ewing St. 6401 St Joe Rd. 2900 Koons Street & Open 7 am – dusk, year round 427-6745 Elzey Street

Closes 3 hrs prior to game 2 mile loop

 **RIVERGREENWAY PATHWAYS**

[www.fortwayneparks.org](http://www.fortwayneparks.org)

St. Joe River Pathway- 3 miles

St. Joe Boulevard Pathway- 1.14 miles

St. Mary’s River Pathway- 8.75 miles

West Jefferson Trail- 1.11 miles

Maumee River Pathway- 8.75 miles

Downtown Rotary Circle of Hope- 2 miles

Johnny Appleseed Park Trailhead by Foster Park North to:

Coliseum Blvd to: Headwaters Park- 4.1 miles

 Lawton Park- 3.5 miles Lawton Park- 4.3 miles

 Headwaters Park- 3.7 miles Swinney Park- 2.4 miles

 Swinney Park East- 5.4 miles Tillman Park- 4 miles

 Foster Park North- 7.8 miles



Tillman Park- 11.8 miles

**Like Biking?** Check out [www.bicycleindiana.org](http://www.bicycleindiana.org) for info on biking in Indiana or

Locally, join the Trek the Trails rides, Tuesdays, May-Oct. at 6 pm every Tuesday

Details at [www.fortwayneparks.org](http://www.fortwayneparks.org) or call 427-6228.

**OTHER AREAS TO EXPLORE**

One of the Midwest’s best kept secrets. . . . Fort Wayne offers over 70 miles of trails to explore! Use any of these locations to increase your activity!

**Fort Wayne Trails Acres Land Trust**

969-1689 637-ACRE

[www.fwtrails.org](http://www.aboitenewtrails.org) www.acreslandtrust.org

**Concordia Theological Seminary Little Rivers Wetlands**

6600 N. Clinton Street, Fort Wayne [www.lrwp.org](http://www.lrwp.org)

Hike and explore the scenic campus

**Indiana Tech Campus: Warrior Walking Trails Towne House Retirement Outdoor**

1600 E. Washington Blvd. 2209 St. Joe Center Road 483-3116

Brochures & trail information in the Wellness 8 am – 6 pm daily.

Center in Schaefer Center, central campus

**Parkview Family Park**

 Parkview Regional Medical Center Campus, East Dupont Road

Adult Exercise Equipment & hiking trails