Walking Maps
Bartholomew County, IN
“Happy is the man who has acquired the love of walking for its own sake!” -W.J. Holland
Locator Map Description

1. Athletic Tracks - Central, Ceraland, East, Hauser, North, Northside, Southside
2. Touch the Earth Nature Preserve - Country Club Road
3. Tipton Lakes Trail System - Harrison Ridge & Oakbrook Parks
4. Mt. Healthy School Loop - 12150 South State Road 58
5. Mill Race Park Stroll - 900 Lindsey Street
6. Riverside Walk - Noblitt and Mill Race Parks
7. Art and Architecture Loop - Downtown Columbus
8. Downtown Lunch Loop - Downtown Columbus
9. Donner Park Loop - 22nd and Sycamore Streets
10. Blackwell Park Loop - Whitney Court
11. Learning Center Loop - 4555 Central Avenue
12. Mall Walk - 2380 25th Street
13. Lincoln Park Loop - Lincoln Park Drive
14. Foundation for Youth Loop - 405 Hope Avenue
15. Clifty Park Loop - Indiana Avenue and Marr Road Intersection
16. Anderson Falls - 200 North to 1140 East
17. Hope Moravian Cemetery Walk - 202 Main Street, Hope
18. Hope Town Walk
Walking Tips

Walking Tips:
• Warm Up - Improve your flexibility by starting slowly for the first few minutes of your exercise.

• Stretching - Before and after fitness, it is important to stretch your entire body. Don’t forget to hold each stretch for at least twenty seconds.

• Pacing - Remember to pace yourself during activity. Stop exercising if your body is hurting.

• Cool Down - Take time at the end of each exercise to relax your body and allow your heart rate to return to normal.

Benefits of Walking:
Increase in energy • Increase in self-esteem • Increase in ability to focus • Increase in strength and stamina • Increase life span • Increase in quality of life • Help control blood pressure and blood sugar • Improve cholesterol level • Decrease in stress and depression
Safety Tips

- Walk on sidewalks or facing traffic when on the road.

- Cross the street at traffic signals, crosswalks, or at an intersection.

- At an intersection with a pedestrian signal cross the street when the signal shows “WALK” or a symbol of a walking person. Wait if the sign shows or is flashing “DON’T WALK” or a symbol of an open hand.

- Remember that you are less visible when it is dark outside. Try to wear light colored, reflective clothing and be extra careful.

- Visit us online at www.crh.org/healthycommunities to find more walking maps and other information on making the healthy choice the easy choice!
The Columbus People Trails

“Once I dreamt of a form of poetry created by the sound of feet walking in the grass.” - Cecilia Vicuna
People Trail Map Description

Below are approximate distances along the trails

- Lincoln Park to Bakalar Green: 4 miles
- Bakalar Green to Blackwell Park: 2 miles
- Blackwell Park to Donner Park: 1.5 miles
- Donner Park to the Mill Race Tower: 2.5 miles
- Mill Race Park to West Hill Shopping Center: 2.5 miles
- Blackwell Park to Owens Bend Park: 2.8 miles

The People Trail System in Columbus to date is over 22 miles long with more to come! It is utilized by both citizens and visitors alike. In order to build upon an already heavily used trail system, the Columbus Park Foundation and the Columbus Parks and Recreation Department are working to double the existing trails system. For more information on the People Trails, visit: www.columbusparksandrec.com.

The Columbus Park Foundation supports the construction, development, and maintenance of the trail system. For more info or to donate, visit: www.columbusparkfoundation.org.
Athletic Tracks

Distance: 4 laps ~ 1 mile

*All tracks may not be accessible at all times, check with the facility to ensure it is open during your desired time.

"With a little reason and much heart, one can change many things, or move mountains." -Albert Schweitzer
"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle
Tipton Lakes Neighborhood

“If you’re walking down the right path and you’re willing to keep walking, eventually you’ll make progress.” -Barack Obama

Map 3
Mt. Healthy School Trail

1 lap = 0.5 miles

"Exercise does not take time out of your life. It puts life into your time." -Linda Maxwell
Mill Race Park Trails

Legend

- Mill Race Loop (1.2 miles)
- Lake Loop (0.8 miles)

“Walking is man’s best medicine” - Hippocrates
Riverside Walks

Legend

- Noblitt Loop (2.0 miles)
- Noblitt-Mill Race Loop (3.1 miles)

“Only he who does nothing makes a mistake.” - French Proverb
Art and Architecture Loops

“Me thinks that the moment my legs begin to move, my thoughts begin to flow.” - Henry David Thoreau
Downtown Lunch Loops

“A journey of a thousand miles begins with one step.” – Lao-Tzu
The Donner Park Trail

“Walking gets the feet moving, the blood moving, and the mind moving. And movement is life.” - Carrie Latet
Blackwell Park Trail

Legend

- Blackwell Park Loop (2.5 miles)
- Airport Loop (3.7 miles)

“After a day’s walk everything has twice its usual value.” - George Macauley Trevelyan

Map 10
The Learning Center Loops

“If you are standing still, you are going backwards.”  -Maxim

Legend

- Orange: Learning Center Small Loop (2.9 miles)
- Green: Learning Center Big Loop (4.4 miles)
Fairoaks Mall Walk

3 laps = 1 mile

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.” - Spanish Proverb
Lincoln Park Loop

1 lap = 1.2 miles

“Never, never, never, never give up.” - Winston Churchill
FFY Loop

“Most of us don’t wear out. We rust.” -Anonymous

Map 14
Clifty Park Trail

1 lap = 1.5 miles

“Never trust an idea you came upon sitting down.” -Frederick Nietzsche
Anderson Falls Trails

* You have to walk through the river to access the trail. There is no bridge.

Path 1 = 0.25 miles
Path 2 = 0.75 miles

Map 16
Hope Moravian Cemetery Walk

“I have two doctors, my left leg and my right.” - G.M. Trevelyan

Map 17
Town of Hope Walk

1 lap = 2.35 miles

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“When solvitur ambulando, St. Jerome was fond of saying. To solve a problem, walk around.” -Gregory McNamee
Wear a Pedometer

2,000 steps = approximately 1 mile

SET A GOAL: determine the average number of steps taken each day and set a goal to increase this number by 10%. For example, if you are walking 5,000 steps a day set a goal to increase this number to 5,500 each day. Reward yourself for your achievements and reevaluate your goal periodically.

TECHNIQUE: Make the most of your walking routine by using the proper techniques:

• Stand straight, tall and relaxed;
• Keep your eyes looking forward;
• Keep your chin parallel to the ground;
• Resist the temptation to tilt your head down;
• Let your arms swing naturally with your elbows bent at a 90 degree angle. The bend will increase arm strength and eliminate tingling in your fingers that can occur during long walks.
MAKING THE HEALTHY CHOICE THE EASY CHOICE

The Healthy Communities Initiative began in 1994 with the goal of improving the health and quality of life of all residents of Bartholomew County. A collaborative effort from its inception, Healthy Communities has grown to reflect the entire spectrum of the community involving Columbus Regional Health, schools, businesses, local government, churches, and others working together to address identified health needs. Financial support for Healthy Communities is made possible through Columbus Regional Health and generous gifts of individuals, businesses, churches, and donations to Columbus Regional Health Foundation.
Healthy Communities
COLUMBUS REGIONAL HEALTH

For a digital version of the booklet, visit www.gohealthy columbus.org