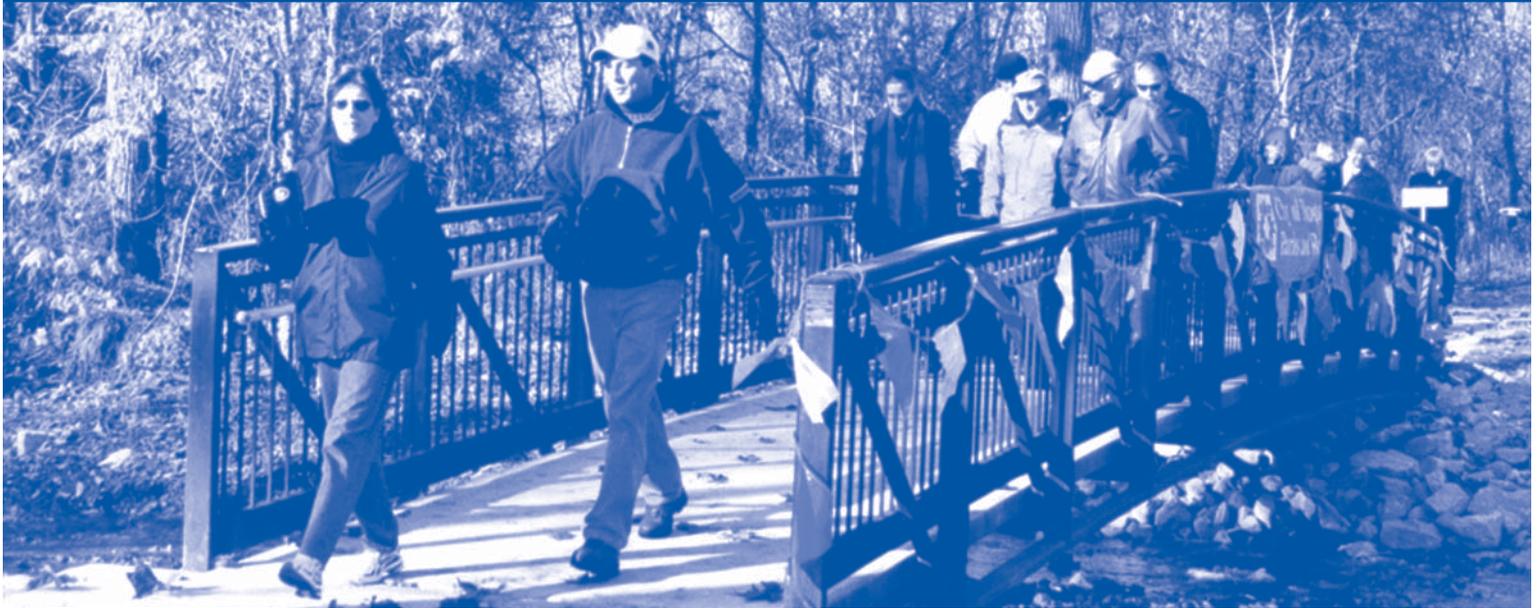


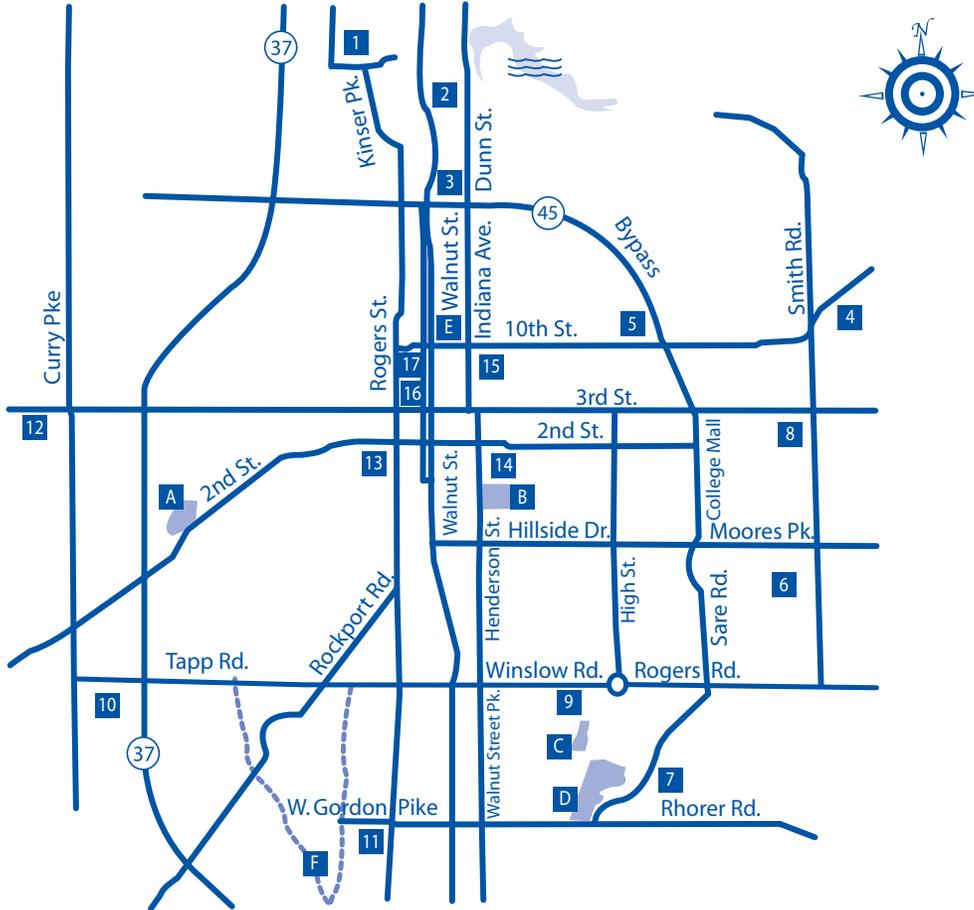
# Walking Guide to Bloomington



Presented by The Active Living Coalition,  
Bloomington Hospital and the City of  
Bloomington Parks and Recreation Department.



# Greater Bloomington walking site map



**How to use these maps**

-  Bold line indicates the walking trail and sidewalks.
-  Dotted line indicates major roads nearby.
-  Body of water
-  Railroad

The numbers in boxes indicate numbered trails, which are detailed on the following pages. The letters in boxes indicate City of Bloomington walking trails shown on page 23.

# Active Living

It is time to get out! Move your legs up and down the hills of Bloomington, breathe in the fresh air and get your blood pumping. No excuses allowed! Your health will improve, your attitude will brighten and you'll discover parts of your community that you never knew existed.

All of us at the Active Living Coalition are proud to present this guide to walking and running routes. Have fun! We know you'll enjoy your healthy, active lifestyle.



# What's in it for you?

## **Increasing your physical activity can:**

- lower your risk for heart disease
- reduce your risk of certain cancers
- lower blood pressure
- prevent diabetes
- prevent weight gain
- build healthy bones
- relieve stress
- improve mood
- increase strength
- increase flexibility

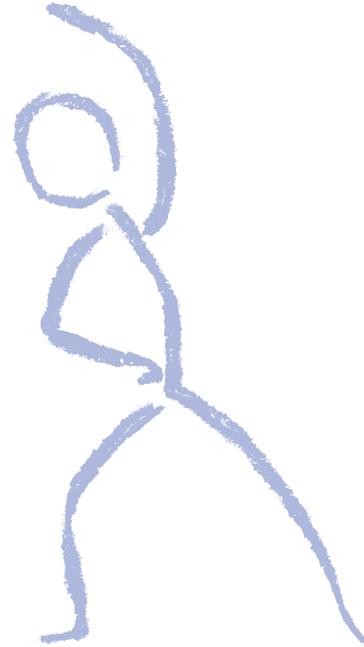


The Active Living Coalition is comprised of individuals and organizations representing community sectors of health care, education, city government, county government, business and service organizations that are addressing the public health issue of physical inactivity. We are working to increase the number of people in Monroe County who engage in a healthy, physically active lifestyle through collaborative efforts on community events, research, networking and programming.

Visit our Web site at [www.bloomingtonhospital.org](http://www.bloomingtonhospital.org) and click on “Events, Classes & Groups.”

# Getting started

- Consult your health care provider before engaging in physical activity.
- When beginning a new exercise routine, start slowly. Gradually increase your time to 30-60 minutes per session to improve your health and manage your weight.
- An activity log has been provided at the back of this book to help you track progress and accomplish goals.
- Wear appropriate clothing while engaging in physical activity.
- Listen to your body. Stop exercising and consult your health care provider if you experience chest discomfort or pain, dizziness, severe headache or other unusual symptoms while you exercise.



# Things to remember when walking or exercising

To reduce the risk of injury and maximize your potential:

- Warm up
- Walk or exercise at a steady pace
- Cool down
- Stretch

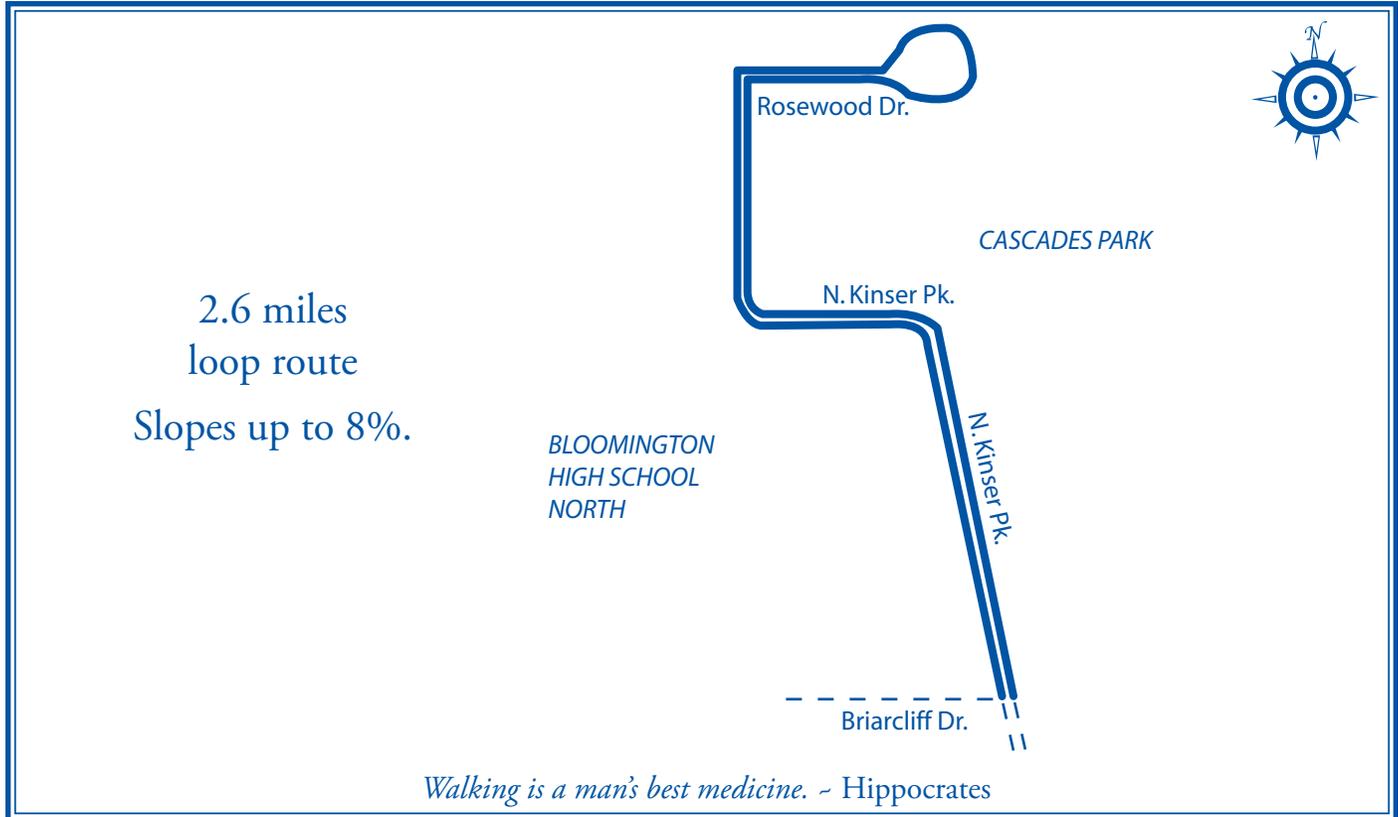
## Stretching do's and don'ts

- Stretch all the major muscle groups, like the arms, quads, hamstrings, calves and shins.
- Exhale as you stretch the muscle and inhale when relaxing the muscle or releasing the stretch.
- Do not bounce or force stretches. Stretches should be small and done slowly.
- Hold each stretch for at least 10 seconds.
- Remember there are two sides to your body! If you stretch one leg, don't forget the other.

# Safety tips for walkers

- Dress to be seen. Brightly colored clothing makes it easier for drivers to see you during the daytime. At night, wear special reflective material on your shoes, cap or shirt/jacket to reflect the headlights of cars.
- Carry identification and a health information card.
- Don't wear headphones.
- Give wide berth to dogs.
- Take a cell phone or a whistle.
- Choose to eat a variety of nutritious foods every day. Remember that your health and weight depend on both your diet and physical activity.
- Check the forecast and stay alert for bad weather.
- Always use crosswalks and run or walk against traffic whenever possible.
- Get support. Encourage your family and friends to support you and join you in your activity.

# Map 1 - North side



## Map 2 - North side

.63 miles  
Slopes up to 20%.

N. Ramble Rd.

E. Lakewood Dr. W.

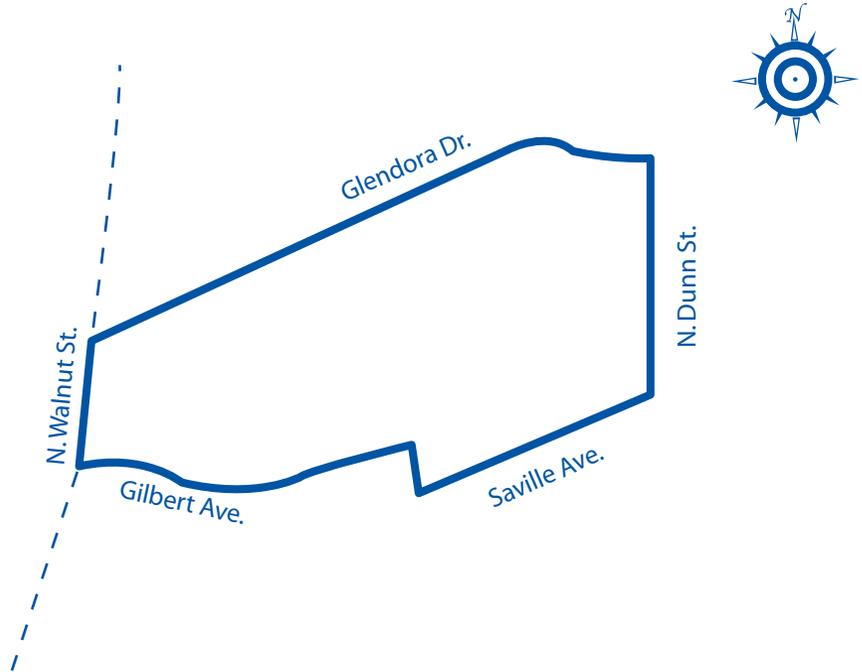
N. Dunn St.



*Make your feet your friend. - J.M. Barrie*

## Map 3 - North side

.7 miles  
Slopes up to 20%.



*Walking gets the feet moving, the blood moving, the mind moving. And movement is life. - Carrie Latet*

## Map 4 - East side

1.65 miles  
loop route  
Slopes up to 10%.

Plymouth Rd.  
Weymouth Ln.  
Walpole Ln.

Park Ridge Rd.

-----  
E. Third St.

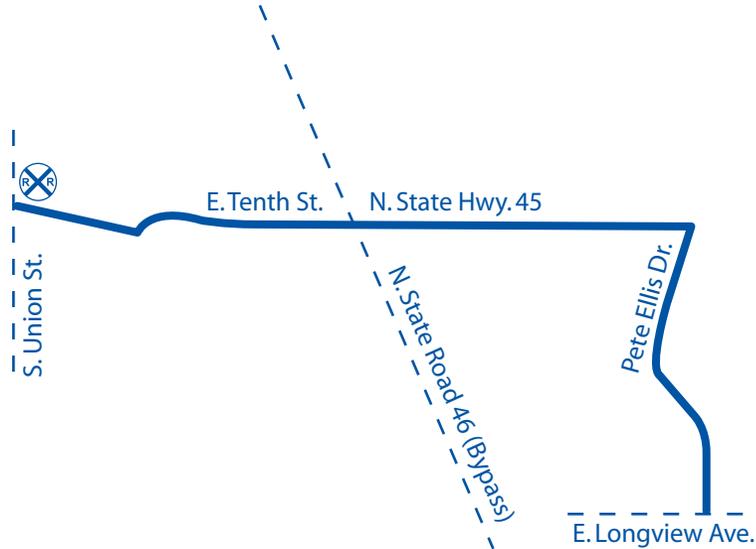


*An early morning walk is a blessing for the whole day. ~ Henry David Thoreau*

# Map 5 - East side

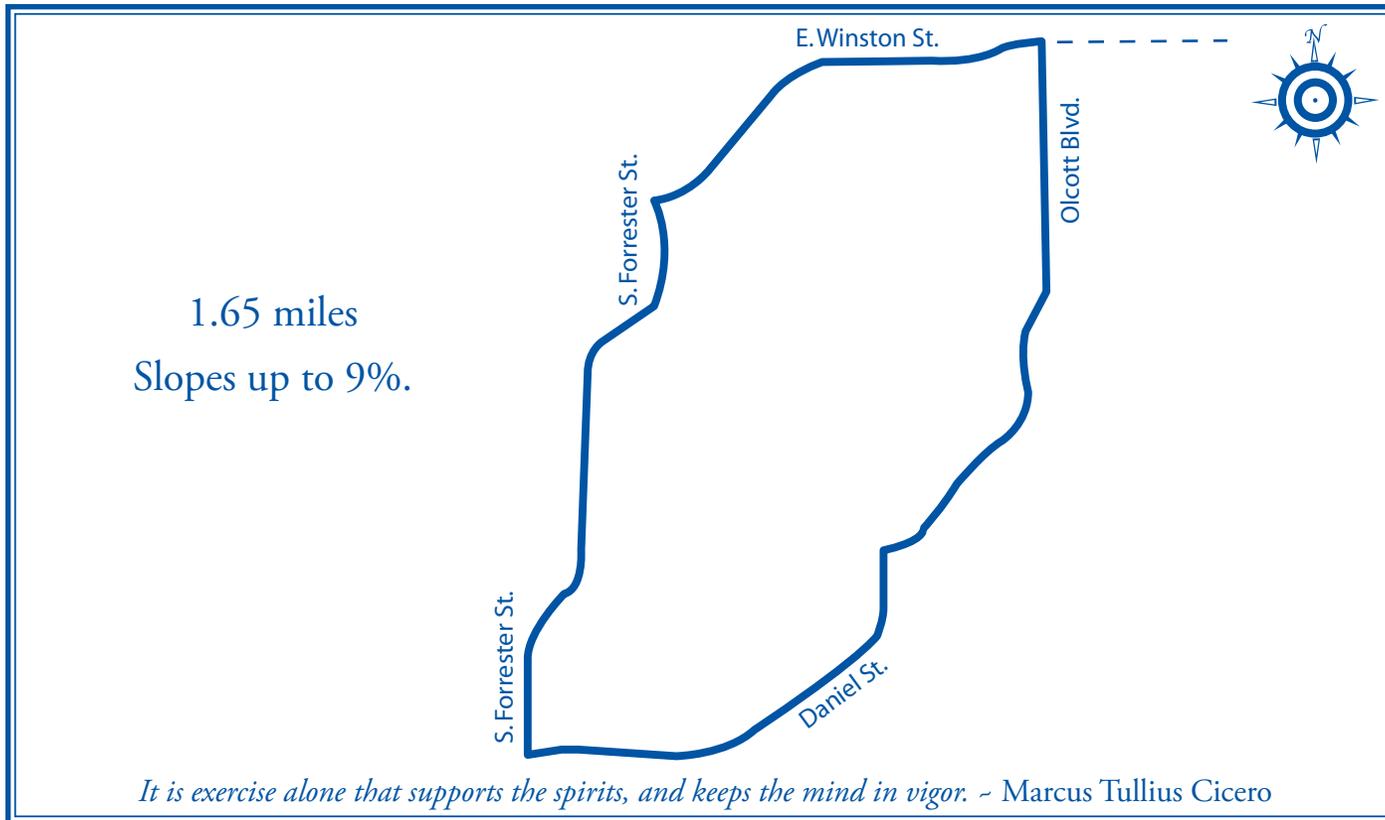


2.18 miles  
there and back  
Slopes up to 10%.



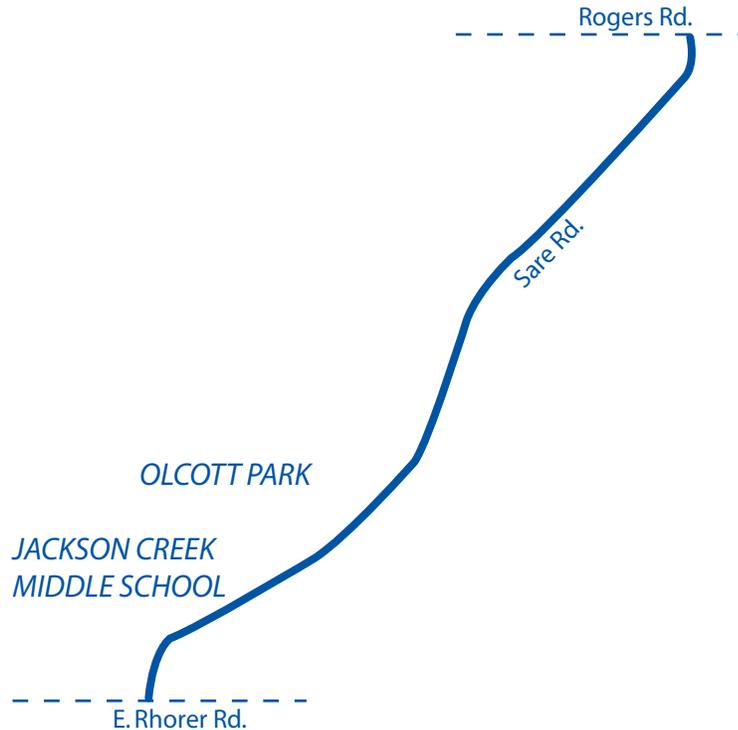
*The sum of the whole is this: walk and be happy; walk and be healthy.  
The best way to lengthen out our days is to walk steadily and with a purpose. - Charles Dickens*

## Map 6 - East side



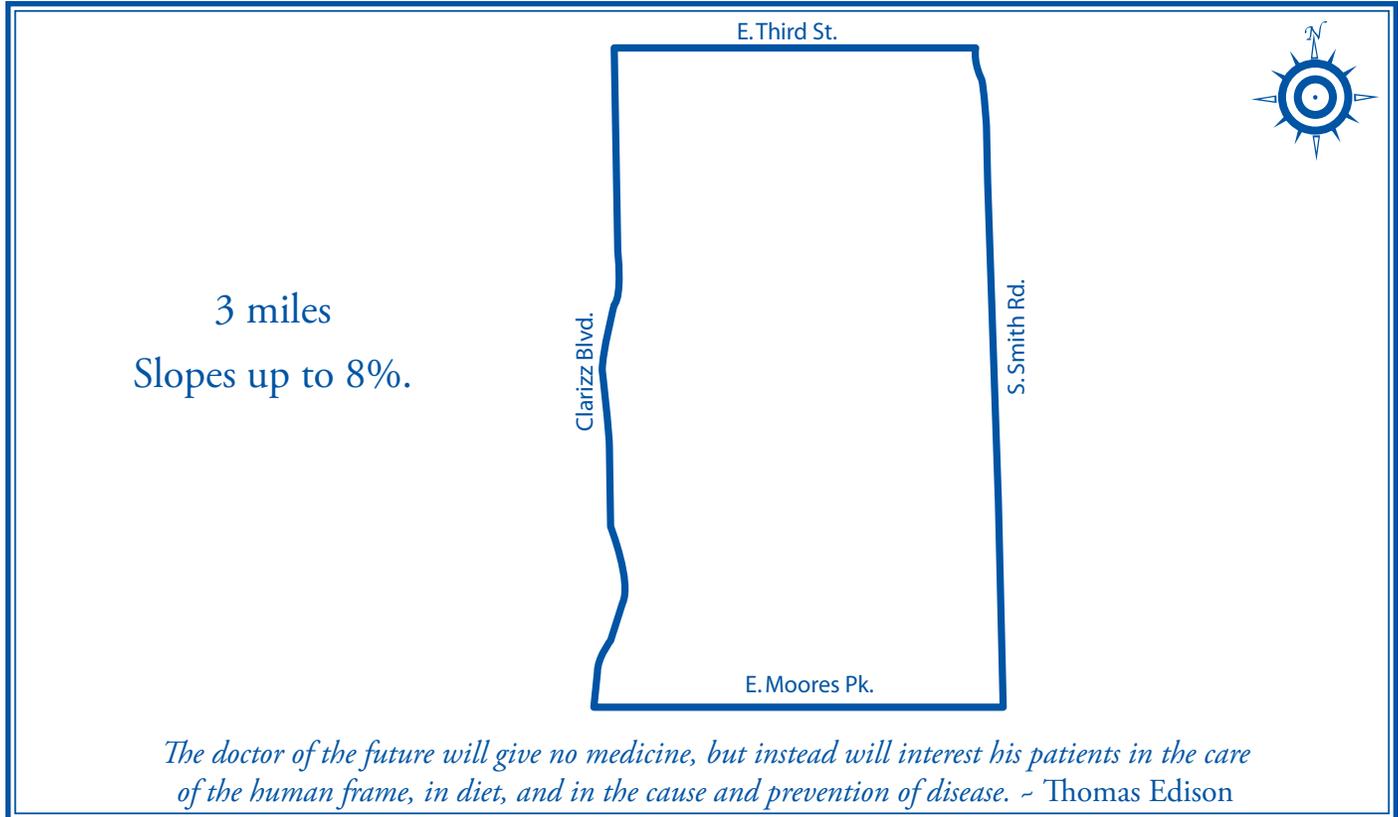
# Map 7 - Southeast side

2.6 miles  
there and back  
Slopes up to 19%.

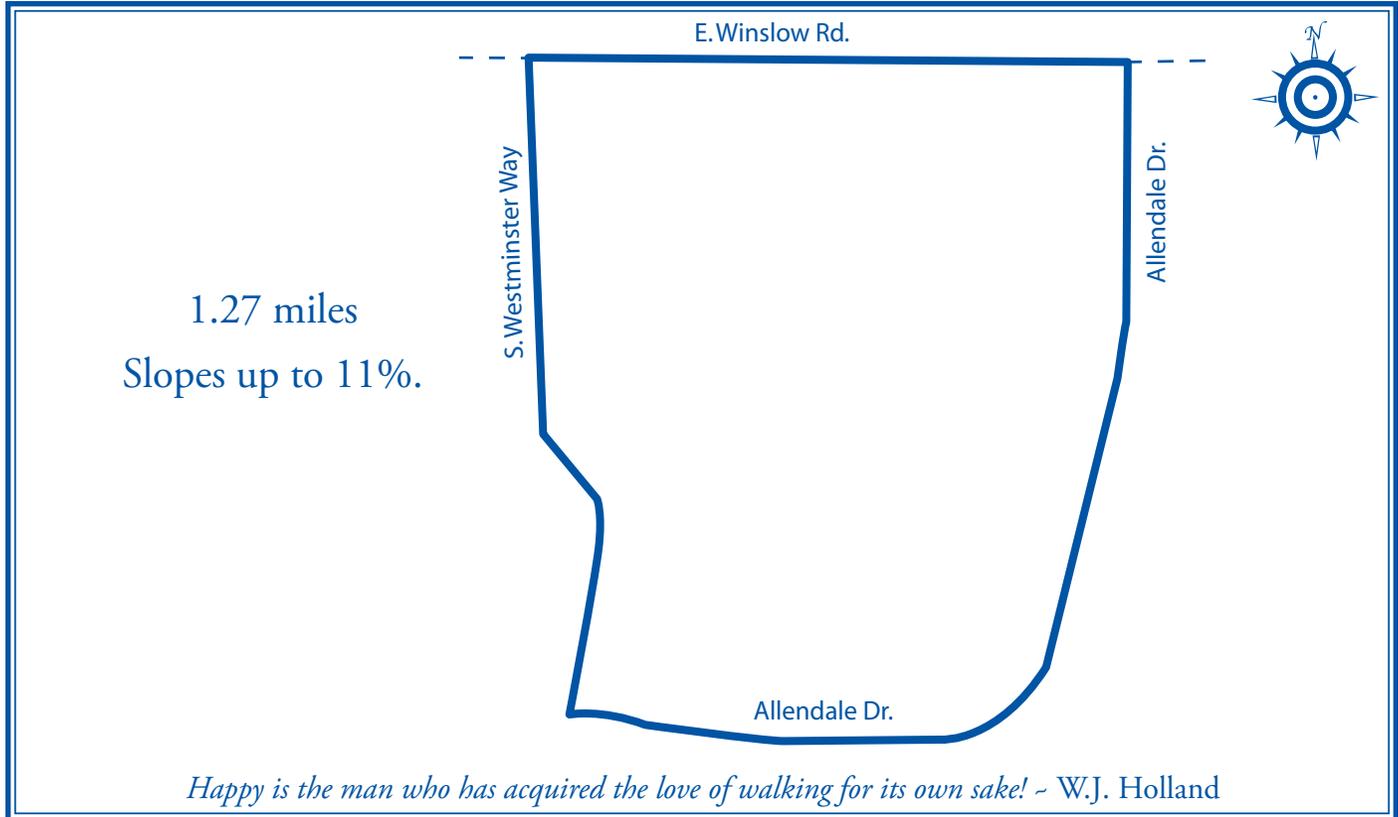


*Wisdom is to the mind what health is to the body.* ~ Francois De La Rochefoucauld

## Map 8 - Southeast side

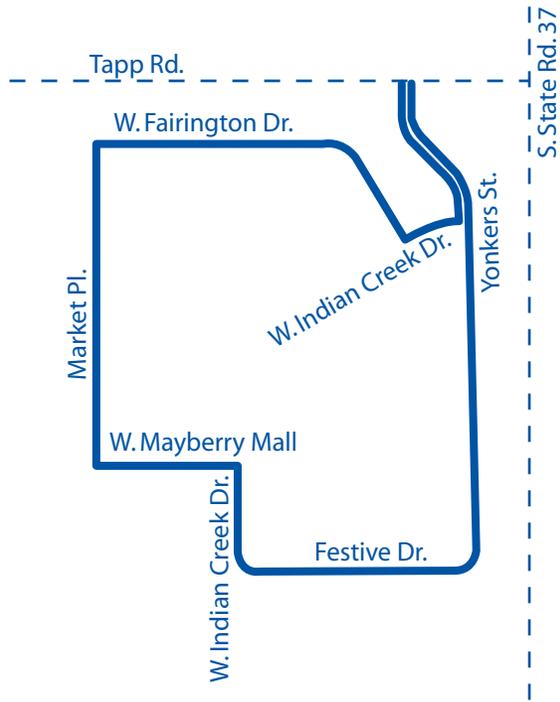


## Map 9 - South side



# Map 10 - Southwest side

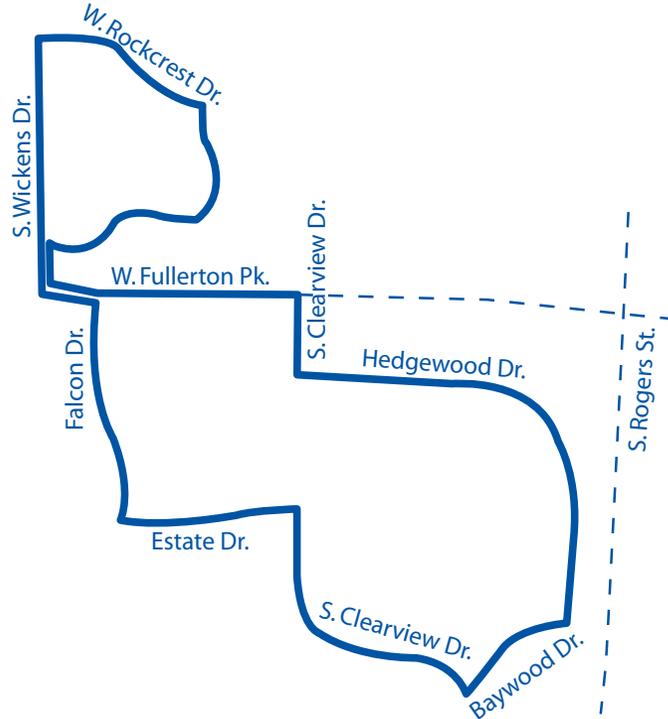
1.7 miles  
Slopes up to 11%.



*In every walk with nature one receives far more than he seeks. - John Muir*

# Map 11 - Southwest side

1.9 miles  
Slopes up to 6%.

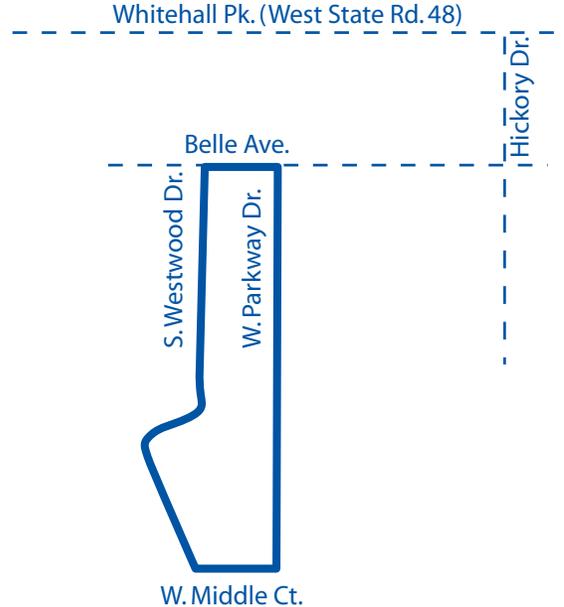


*All truly great thoughts are conceived by walking.* ~ Friedrich Nietzsche

# Map 12 - West side

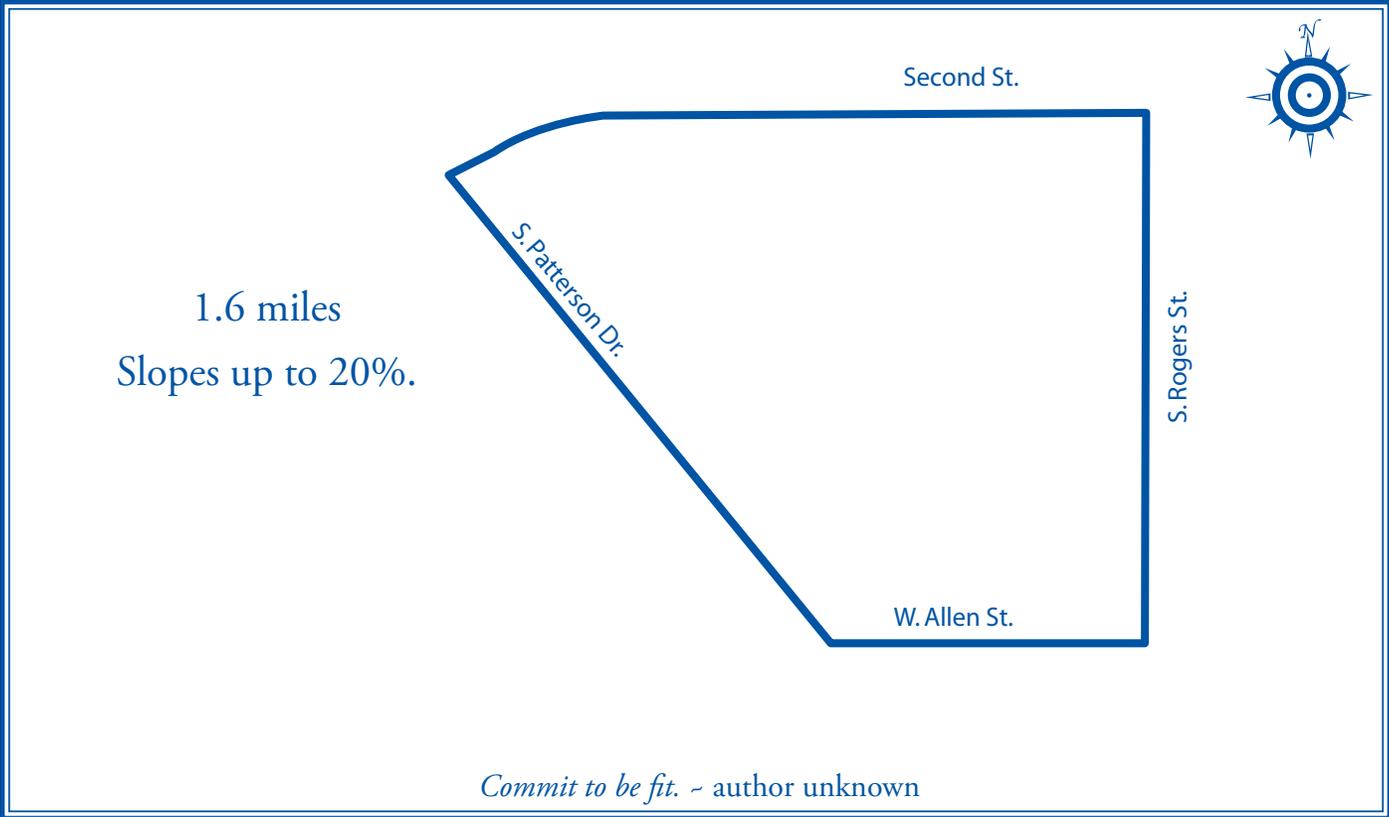


.75 miles  
Slopes up to 12%.



*Everywhere is walking distance if you have the time. ~ Steven Wright*

# Map 13 - West side



# Map 14 - Central



1.2 miles  
Slopes up to 10%.

S. Henderson St.

E. First St.



S. Highland Ave.

E. Maxwell Ln.

*All walking is discovery. On foot we take the time to see things whole. ~ Hal Borland*

# Map 15 - Indiana University

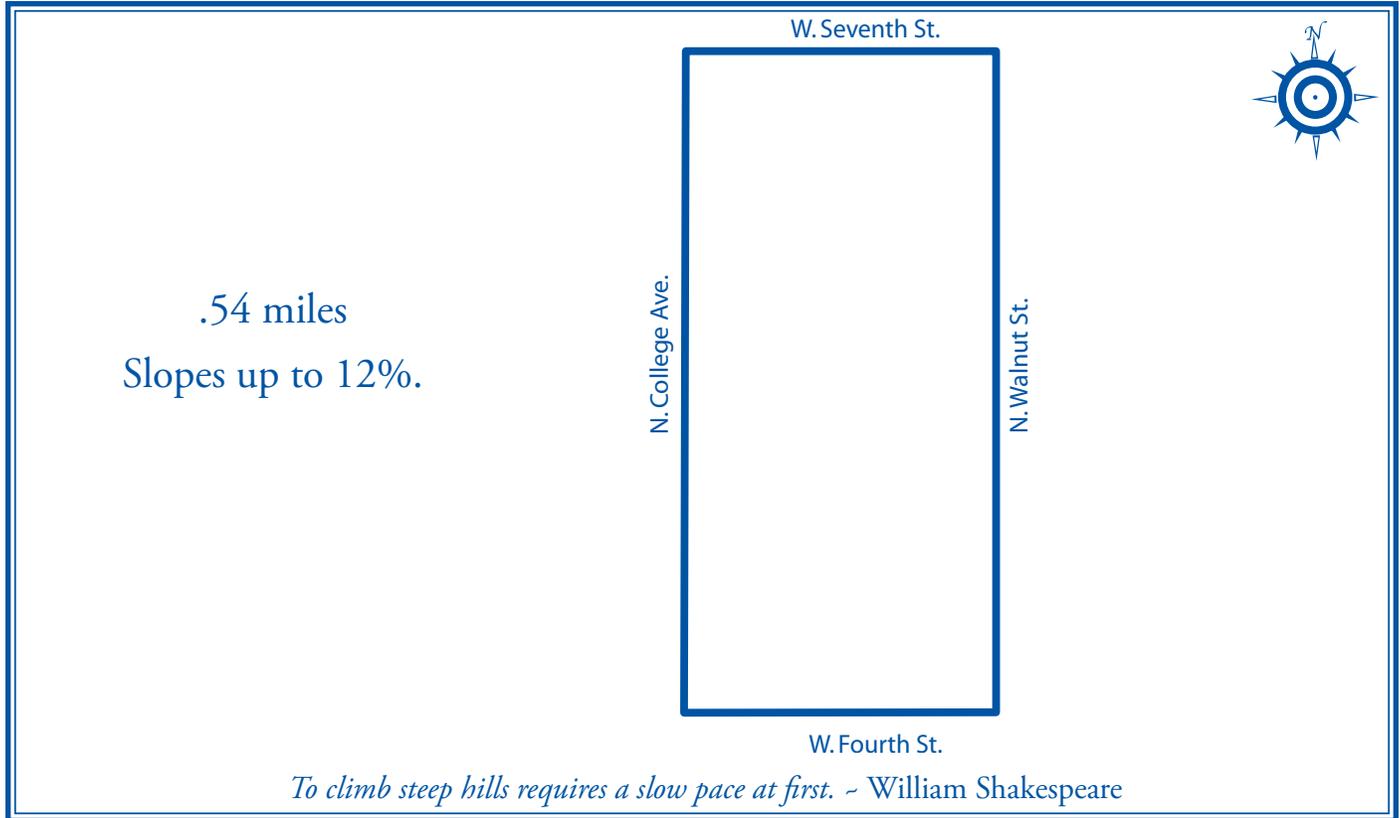


.9 miles  
Slopes up to 11%.



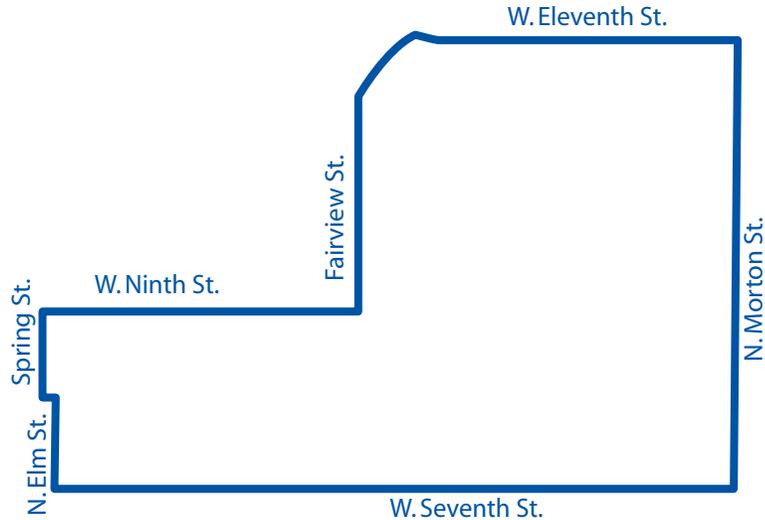
*A journey of a thousand miles begins with a single step. - Confucius*

# Map 16 - Downtown



# Map 17 - Downtown

1.55 miles  
Slopes up to 12%.



*Energy and persistence conquer all things. ~ Benjamin Franklin*

## City of Bloomington Parks and Recreation trails

**A – Twin Lakes Sports Park**, 2350 W. Bloomfield Rd.

Wooded path – .6 miles. This trail takes you on a loop around the Twin Lakes ballfields and through a portion of the back woods.

**B – Bryan Park**, 1001 S. Henderson St.

Fitness loop – .8 miles. This paved loop follows the perimeter of Bryan Park.

**C – Sherwood Oaks Park**, 1600 E. Elliston Dr.

Trail bridge over Jackson Creek leads to Olcott Park.

**D – Olcott Park**, 2300 E. Canada Dr.

Paved loop - .5 miles.

**E – Miller-Showers Park**, 1500 N. College Ave. 

Paved accessible trail – .59 miles. This trail passes native landscaping and sculptures.

**F – Bloomington Rail Trail and Clear Creek Trail**, Trailhead at W. Country Club and trailheads at W. Tapp Rd., That Rd. and Church Ln. between S. Rogers St. and S. Old S.R. 37



