


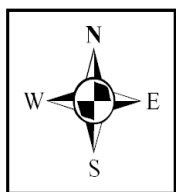


Hike & Bike Trails

-  Existing
-  Planned / Under Construction
-  Future



10 Reasons to Walk

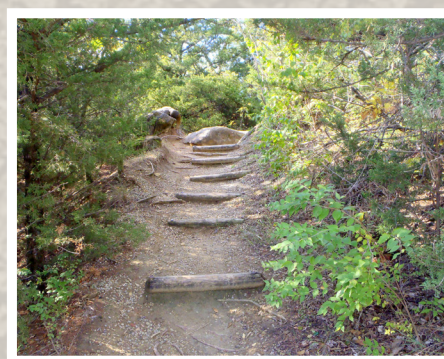


- Strengthens muscles, bones and joints
- Reduces the risk of type 2 diabetes, and helps reduce blood pressure, anxiety and depression
- Increases energy
- Provides an effective way to maintain and control weight
- Strengthens the heart and reduces the risk of cardiovascular disease

- Improves posture and balance
- Helps reduce stress and tension
- It's easy to do. More than half of the body's muscles are designed for walking — it's a natural movement that is virtually injury-free
- Has no barriers — most people can participate regardless of age, gender or fitness level
- It's a fun, social form of exercise!

SALINA TRAILS

Located throughout the city, Salina Trails is a system of 24 miles of dedicated trails for pedestrians and bikers. Some of these trails are existing, some are planned and some are proposed for the future. Currently there are 10 miles of completed or planned trails and 14 miles of proposed trails. The trails can be divided into four different types: levee trails, multi-use, the Smoky Hill River Trail and Park nature/walking trails



Multi-Use Trails

Located along some of the main artery streets these 10' wide concrete paths are designed to help pedestrian and bike users travel safer from residential to business areas. The City currently has 3.8 miles of multi-use paths that connect Lowes, Target, Sam's, Central Mall and various restaurants to residential areas.

- A** Schilling Road
S. Ohio to S. 9th St.
1 Mile
- B** S. 9th Street
Avenue A to Magnolia
1.3 Miles
- C** S. Ohio Street
E. Schilling Rd. to E. Magnolia
1 Mile (.75 Mile Existing)
- D** S. Ohio & E. Magnolia Street
S. Ohio to Levee Trail & Salina Soccer Complex.
Planned for Development in 2012

Levee Trails

Encircling three fourths of the way around town the flood control levees are a great place for trail development. Starting southeast of town the levee goes north, west and south around town and ends at West Cloud Street. Of the 12.7 miles of levees, 6.3 miles are completed or planned. The surface is ag-lime and flat. The trail connects the Salina Soccer Complex, River Trail Park, Oxbow Park, Bill Burke Park, Indian Rock Park and Thomas Park.

- E** E. Magnolia to E. Schilling
1 Mile
Access Points: E. Magnolia, Salina Soccer Complex & E. Schilling Rd.
- F** E. Iron to North St.
.75 Mile
Access Points: E. Iron & E. North St.
- G** W. Crawford to Cloud St.
1.2 Miles
- H** Bill Burke to Magnolia
2.25 Miles

Park Nature / Walking Trails

These are trails located within city parks that are used for exploring nature or just walking. Nature trails are located in Lakewood and Indian Rock parks. The surface is ag-lime. There is also a mile long walking trail in Jerry Ivey Memorial Park.

- Indian Rock Nature Trail**
.75 Mile
- Jerry Ivey Memorial Park**
1 Mile
- Lakewood Park Trails**
3.5 Mile

Safety Tips

- Keep to right, call out before passing.
- City ordinance requires that pets are leashed. Please pick up after your animal(s).
- Supervise youngsters, especially near bridges and road crossings.
- Wear bright clothing.
- Respect private property along the trail.

