



Distance: 2.2 Miles | Steps: 7854 | Time: 27 Min. | Calories Burned: 125 | Route Type: Cement/Asphalt



Safety Guidelines

- Tell someone where you are walking.
- Walk facing traffic on the left side of the road when there are no sidewalks.
- Look twice when crossing the street.
- Walk with your dog or a friend. There is safety in numbers
- Wear something light colored or reflective when walking at night.