



Distance: 3.3 Miles | Steps: 11617 | Time: 40 Min. | Calories Burned: 185 | 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.