

Let's take a walk around Walton!

A list including maps of trails to walk in Walton.



NOTE:

It's important that if you are just beginning start off with short walks and gradually work your way to longer more difficult walks.

Also walk with a partner. Not only does it keep you motivated, it is safer.

Check with your doctor to make sure you are healthy enough to start a regular exercise routine.

Stay hydrated, while exercising you lose water through sweat and it is important to your health to drink enough fluids, especially water.

Complied by:
Delaware County Public Health
99 Main Street Delhi, NY
607-832-5200

The Fairgrounds



The fairgrounds are a great place to walk.

The red loop is **a mile** and is the perimeter of the fair grounds and extends out past the parking lots. For additional distance you can take the outer most loop.

The blue loop is the track which is a **half mile**. This loop circles the main fairgrounds, going through the track, around the showing area, behind the cow barns and up by the police station.

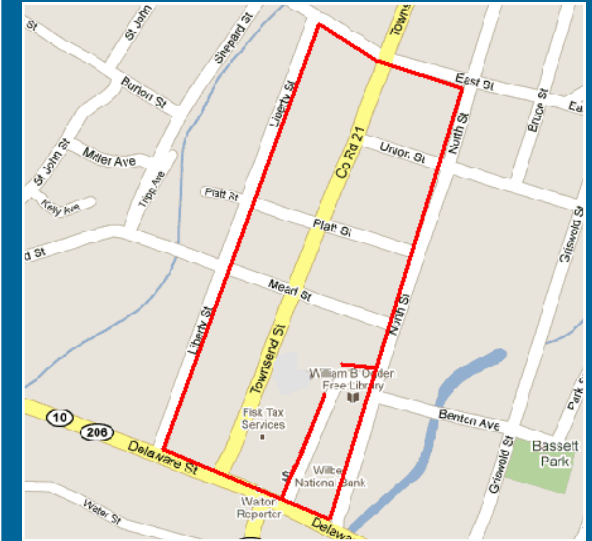
Austin Lincoln Park

At the Austin Lincoln Park there is a **half mile** Fitness Trail consisting of nine stations. The trail follows the outside perimeter of the park and does not include the pool area. Listed below are the order of the stations on the trail.

- Stall Bar Fence
- Vault Bar
- Triple Horizontal Bar
- Cargo Net Wall
- Pole Climb
- Swing Bars
- Horizontal Ladder
- Parallel Bars
- Balance Beam



Walton's Magic Mile



Start at the Library on Gardiner Street
Take a left onto North Street
Take a left onto East Street
Take a left onto Liberty Street
Take a final left onto Delaware Street
Head back towards the Library

Total Distance = 1 mile