



This detailed walking guide is courtesy of a State of Connecticut Preventive Health and Health Services Block Grant and the Town of Glastonbury. Please contact perry@glast.org with comments.

Resources

CT Audubon Society

www.ctaudubon.org/visity/glastonbury.htm

CT Department of Public Health

www.dph.state.ct.us

Centers for Disease Control

www.cdc.gov/nccdphp/dnpa

President's Council on Physical Fitness

www.fitness.gov

Letterboxing Walks

www.Letterboxing.org

Glastonbury Walks 2004 Edition: List of parks and nature trails in Glastonbury.

Town of Glastonbury

www.glasct.org

Town of Glastonbury

The mission of the Glastonbury Health Department is to preserve public health through the prevention of illness and promotion of wellness in the community.



Walking is one of the best

forms of exercise there is.

It is easy, free, fun, safe,

and comes with excellent

health benefits and almost

anyone can do it!

Glastonbury
Takes a Walk
for
Health

A Neighborhood Walking Program

FOR EVERYBODY!

Glastonbury Takes a Walk for Health

A Neighborhood Walking Program
FOR EVERYBODY!

A walking program done on a regular basis at a moderate level can help improve the way you look, feel, and work. The following is an outline of the benefits of exercising along with tips for getting started and making exercise part of your daily routine. Suggested meas-

ured walks in town are also included to help with developing a walking program that works for you and your family.

We hope that this information will motivate you to get the exercise you need to enjoy your life more fully.

Physical Activity

There is more evidence than ever: people of all ages who are sedentary can improve their health with increased physical activity, and people who are moderately active can benefit from more aerobic activity.

Exercise can:

- ◆ help control weight
- ◆ help control high-blood pressure
- ◆ reduce the risk for adult-onset diabetes, heart attack, colon cancer, breast cancer, and Alzheimer's Disease
- ◆ make you feel good
- ◆ reduce symptoms of depression and anxiety
- ◆ increase your fitness level
- ◆ help build and maintain healthy bones, muscles, and joints.
- ◆ prevent osteoporosis and falls
- ◆ help in coping with stress
- ◆ improve sleep patterns
- ◆ provide a social outlet
- ◆ help control your appetite
- ◆ improve stamina and productivity

Getting Started

Taking the first step is hard, but before you know it, your exercise program will be part of your routine and the benefits will be numerous.

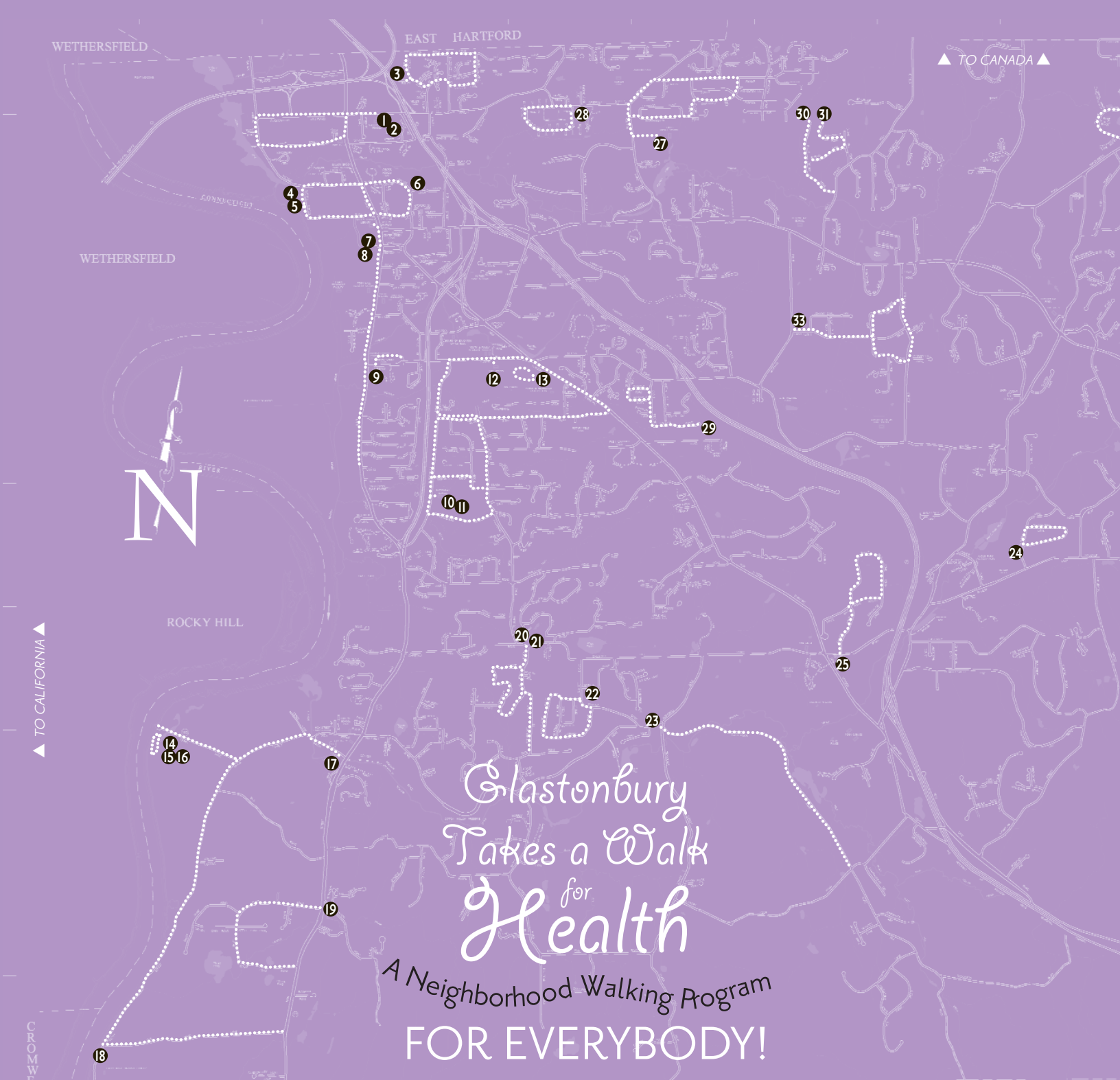
- ◆ Consult your health care provider prior to starting a new exercise program if you are sedentary, a male over 40 or a female over 50, or have any serious health issues at any age.
- ◆ Plan the distance you want to cover before starting your walk (see the enclosed walks as examples).
- ◆ Get up everyday thinking about when you plan to walk, not if you plan to walk.
- ◆ Schedule your walk just like you would any other important appointment.
- ◆ Find a walking partner and keep track of your progress.
- ◆ Wear comfortable loose fitting clothing and closed supportive shoes with socks.
- ◆ For beginners, walk 15 minutes a day 3 days a week, then gradually increase to 30 minutes 5 days a week.
- ◆ Start slow and easy at your own pace.
- ◆ Set goals that you can reach on the way to your long term goals.
- ◆ The Center for Disease Control (CDC) recommends that adults should get 30-60 minutes of moderate intensity activity (such as brisk walking) on five or more days per week.

Ideas for the Entire family

Everybody benefits from adding exercise to their daily routine. Children to seniors can all do something to improve their overall health by exercising. Make exercise a social event for your entire family.

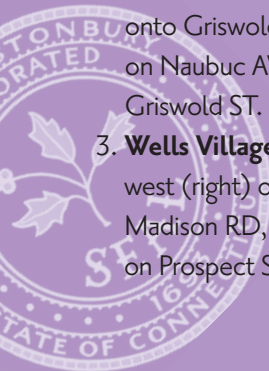
- ◆ Kids: start a walking club during recess.
- ◆ Parents: start a waking group with school children, walk to the next bus stop.
- ◆ Stay-at-home parents: start a stroller club, walk to the nearest playground for play dates.
- ◆ Seniors: join the Senior Center walking program.
- ◆ Start a neighborhood walking group before or after work.
- ◆ Incorporate walking into a family activity at one of the many parks or on one of the outlined routes.
- ◆ Set goals to complete various program walks such as the Santa's Run (you can walk it).
- ◆ Walk the dog.
- ◆ Take a nature walk.
- ◆ Take up snowshoeing in the winter.
- ◆ Limit TV watching and computer time.

Open this brochure for some
suggested walking routes in Town.



1. **Naubuc School I:** (1.4 M) west (left) out of parking lot onto Griswold ST, across Main ST. to Glastonbury Blvd, turn around at Naubuc AV, return.
2. **Naubuc School II:** (1.75M) west (left) out of parking lot onto Griswold ST, across Main ST to Glastonbury Blvd, left on Naubuc AV, left on Pratt ST, left on Main ST, right on Griswold ST.
3. **Wells Village:** (1 M) Starting at the Housing Authority go west (right) on Risley RD, right on Deming RD, right on Madison RD, right on Barry Lane, right on Shelley LN, right on Prospect ST, left on Harris ST, and right on Risley RD.

4. **Riverfront Community Center I:** (1 M) go south (right) on Welles ST, left on Main ST, left on Naubuc AV, left Welles ST.
5. **Riverfront Community Center II:** (1.5M) south on Wells ST, across Main ST, left on New London TPK, across Main ST to Naubuc AV, left on Welles ST.
6. **Center Village:** (0.5 M) go north (right) on New London TPK, left on Main ST, left on Welles ST, left on New London TPK.
7. **Welles-Turner Library I:** (1.6 M) go south (right) on Main ST to Hubbard Green, return.
8. **Welles-Turner Library II:** (3M) go south (right) on Main ST to Curtis RD, return.



All walks are roundtrips and can be started at any point along the route. Walk with safety in mind use sidewalks when available. Otherwise walk facing traffic, obey traffic signs, use crosswalks, and wear reflective clothing. M=miles (roundtrip)

9. **Hubbard Green:** (0.4M) from the sidewalk on Hubbard Green, turn onto the access road along the cemetery and walk the entire circle.
10. **Buttonball School I:** (1.83 M) north (right) on Buttonball LN, right on Olde Stage RD, right on Founders RD, right on Farmstead RD, right on Buttonball LN.
11. **Buttonball School II:** (1.2M) north (right) on Buttonball LN, right on Randolph DR, right on Robin RD, right on Founders RD, right on Farmstead LN, right on Button LN.
12. **Glastonbury High School:** (GHS) (2.4M) Hubbard ST east (right), right on New London TPK, right on Olde Stage RD, right on Buttonball LN, right on Hubbard ST.
13. **GHS Track:** There is a 1/4 mile track at GHS (4 laps = 1 mile)
14. **Ferry Landing I:** (1M) east (right) out of parking lot on Ferry LN to Tryon ST, return.
15. **Ferry Landing Path II:** The unpaved at Ferry Landing is 1/4 mile (4 laps = 1 mile).
16. **Ferry Landing III:** (2.5 M) east (right) out of parking lot on Ferry LN, left on Tryon ST across Roaring Brook to Water ST, at Main ST, return.
17. **Tryon Street:** (5.2 M) from intersection of Main ST and Water ST head west on Water ST to Old Maids LN, return.
18. **Old Maids Lane:** (2M) from the intersection of Tryon ST and Old Maids LN head east, at Main ST, return.
19. **Great Pond:** (2.2M) from Hwy 17 (Main ST) follow the road until it joins Main ST again, return.
20. **Farmcliff Drive I:** (1.2M) from Chestnut Hill RD and Olde Wood RD walk south, merge onto Farmcliff DR, left onto Olde Wood RD.
21. **Farmcliff Drive II:** (1.97M) from Chestnut Hill RD and Olde Wood RD walk south, left on Stonepost RD, turn around at Leigh Gate RD, return.
22. **Sunset Drive:** (.76M) on Ledgewood DR from intersection with Sunset DR go west, follow around to Shipman DR to Sunset DR.
23. **Coldbrook Road:** (3.5 M) start on Coldbrook RD at Woodland ST to Country Club RD, return.
24. **Butler Drive:** (0.65 M) from Butler Field at the corner of Butler DR and Needletree LN go north (right) onto Butler DR, right at Needletree LN.
25. **Three Mile Road:** (0.9M) follow Three Mile RD north from the intersection with Granite RD, follow the road around staying on Three Mile RD.
26. **Sunrise Drive:** (1.7M) Hebron AV and Sunrise DR, go east on Sunrise DR, left on Starview DR, right on Fern ST, left on Horizon LN, turn around at Birch Mountain RD, return.
27. **Smith School:** (2.16M) from the school go right on Addison RD, right on Great Swamp, right on Cambridge DR, left on Oxford DR, right on Worthington RD, left on Addison RD.
28. **Milestone Drive:** (0.8M) Milestone DR to Griswold ST to Milestone DR.
29. **Lincoln Drive:** (1.3 M) from Lincoln DR cul-de-sac left on Quincey RD, left on Goodrich RD, right on Lincoln DR and back to the cul-de-sac.
30. **Belle Woods Drive:** (1M) from Belle Woods DR cul-de-sac to Bell ST, return.
31. **Ridgecrest Road:** (1M) from Ridgecrest cul-de-sac right on Clove Hill RD, right on Spruce LN, turn around at Belle Woods DR, return.
32. **Fairway Crossing:** (1.5M) follow Fairway Crossing the entire length, one round trip.
33. **Candlelight Drive:** (2M) on Candlelight DR from the intersection at Wickham RD head east, right on Millstone RD, left on Strickland Street, left on Cobblestone RD, left on Millstone, and right on Candlelight DR.
34. **Marlborough Road:** (1M) on Marlborough RD from the intersection with Hebron AV head south, right on Partridge Landing, right on Brentwood DR, right on Hebron AV.
35. **Ash Swamp Road:** (3M) on Ash Swamp RD beginning just past Grouse Hill RD head southeast along the sidewalk, left on Diamond Lake RD, left on Marlborough RD to Hebron AV, return.