

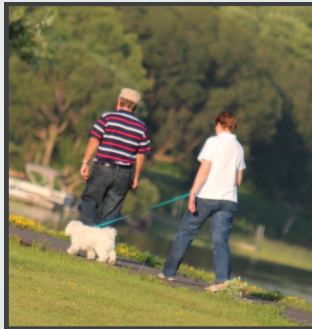
Trails for Everyone!

More and more people are discovering the joys of the great outdoors. One way to enjoy being outside and take part in physical activity is to visit our local trails. They are a great place to go walking, hiking, biking, jogging, snowshoeing, cross-country skiing or just a leisurely stroll. No matter how they are used, trails are fun for everyone!

We invite you to enjoy the River Trails!

Health and Wellness

Taking to the trails as a physical activity for you or your family is a simple and enjoyable form of exercise with plenty of rewards.



Engaging in trail activity refreshes the mind, reduces fatigue and relieves stress. Listening to the leaves in the wind or the sounds of birds is a great way to unwind after a long day and reconnect with nature. Trails also provide a great opportunity for family time, leisure time or private time.

Traveling on trails also strengthens the bones and trains the heart, lungs and muscles to work more efficiently. Physical activity can help reduce the risk of heart disease, high blood pressure, diabetes, stroke and being overweight.

Take a step in the right direction by adding physical activity to your daily lifestyle.

Source: Ontario Trails Council



Partners



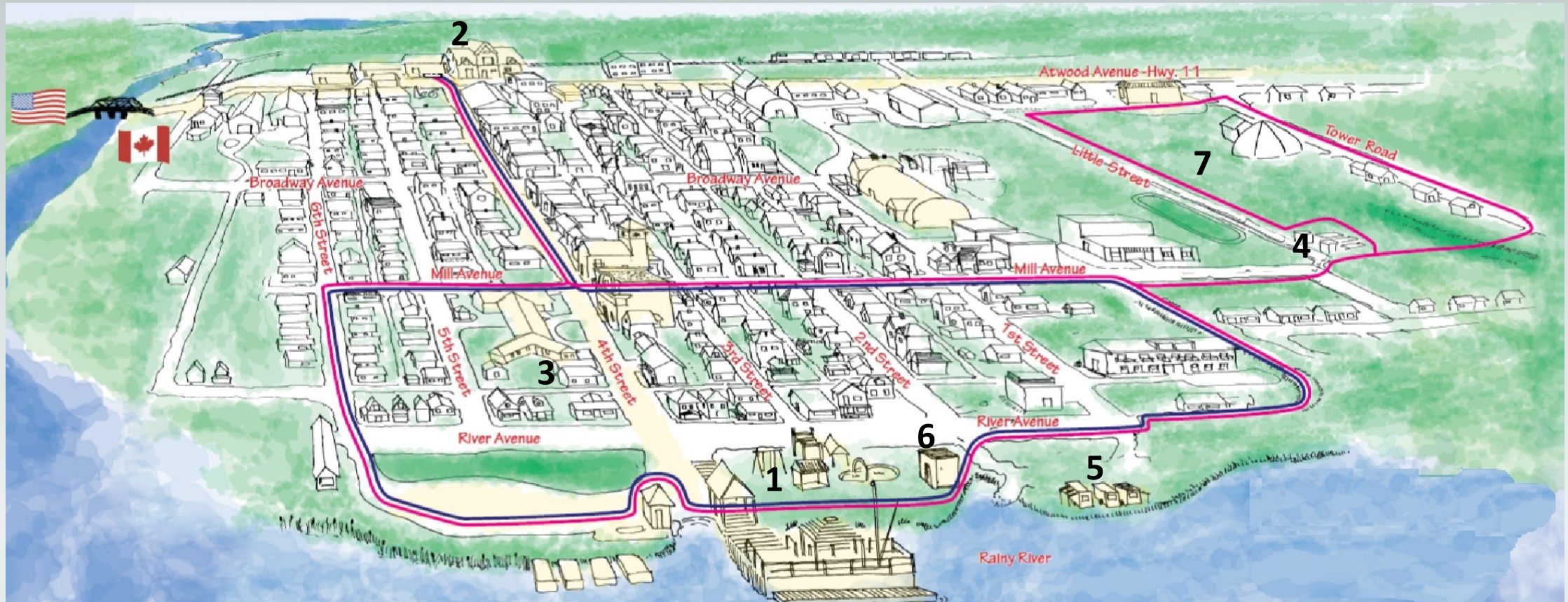
Town of Rainy River



RAINY RIVER FUTURE
DEVELOPMENT CORPORATION
A Community Futures Development Corporation



Rainy River
Community Trails
Map



Points of Interest

1. Hannam Park—with picnic and bench areas
2. 4008 Railroad Museum
3. Rainy River Hospital
4. Community Garden
5. Campgrounds
6. Washrooms — available at Hannam Park during summer months
7. Greenway Path — a field walk experience

Safety & Etiquette

- ◆ No motorized vehicles (electric wheelchairs or scooters welcome)
- ◆ Riding a bike ~ please announce yourself
- ◆ Clean up after your dog
- ◆ Please don't litter
- ◆ No snow removal in the winter, so please use trails with caution

Green Way Path— 4.2 kilometers or 2.6 miles
 Accessible Path— 2.3 kilometers or 1.4 miles