

**Thank you for providing us your feedback
about State Parks' Heart Healthy Trails.**

1. Which State Park's Heart Healthy Trail did you walk? _____

2. How many times during your visit did you walk this Heart
Healthy Trail? _____

3. Any comments or suggestions about the trail or this wellness
program? _____

4. Do you already walk for wellness as part of your weekly routine?

5. Do you think that you might begin walking for wellness once you
return home? _____

Thank you for sending us your response. By email, use the
Feedback Form on the Oklahoma Tourism & Recreation
Department's website:

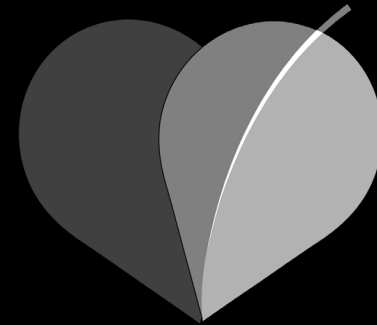
www.TravelOK.com

or by mailing your comments (anonymous is fine) to:

Oklahoma State Parks
P.O. Box 52002
Oklahoma City, OK 73152-2002

Oklahoma State Parks Invites You to Take a Walk on a Heart Healthy Trail.

Heart Healthy Trail



OKLAHOMA
STATE PARKS

Made possible by
a grant from the





Hold a Hand

Help a Heart

...Just Walk!



Walking Log

Use this “Walking Log” to keep track of the date, distance and time it took for your walk.

Always check with your physician before starting a new physical activity program.

DATE	DISTANCE	TIME

Whether you are walking in an Oklahoma State Park or a pathway that is in your community, make walking a part of your weekly routine.

Hold a hand, help a heart. Just Walk!

Oklahoma State Parks' Heart Healthy Trails



Oklahoma State Parks' Heart Healthy Trail program consist of paved trails and nature/hiking trails that are of easy to moderate difficulty.

These trails are marked by Heart Healthy Trail signs. Distance markers are placed at 1/4 mile intervals along the right hand side of the trail.

State Parks with Heart Healthy Trails

Alabaster Caverns State Park

Bernice Area, Grand Lake State Park

Boiling Springs State Park

Great Plains State Park

Great Salt Plains State Park

Fort Cobb State Park

Foss State Park

Lake Murray State Park

Lake Texoma State Park

Lake Thunderbird State Park

Lake Wister State Park

Red Rock Canyon State Park

Roman Nose State Park

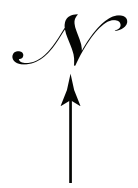
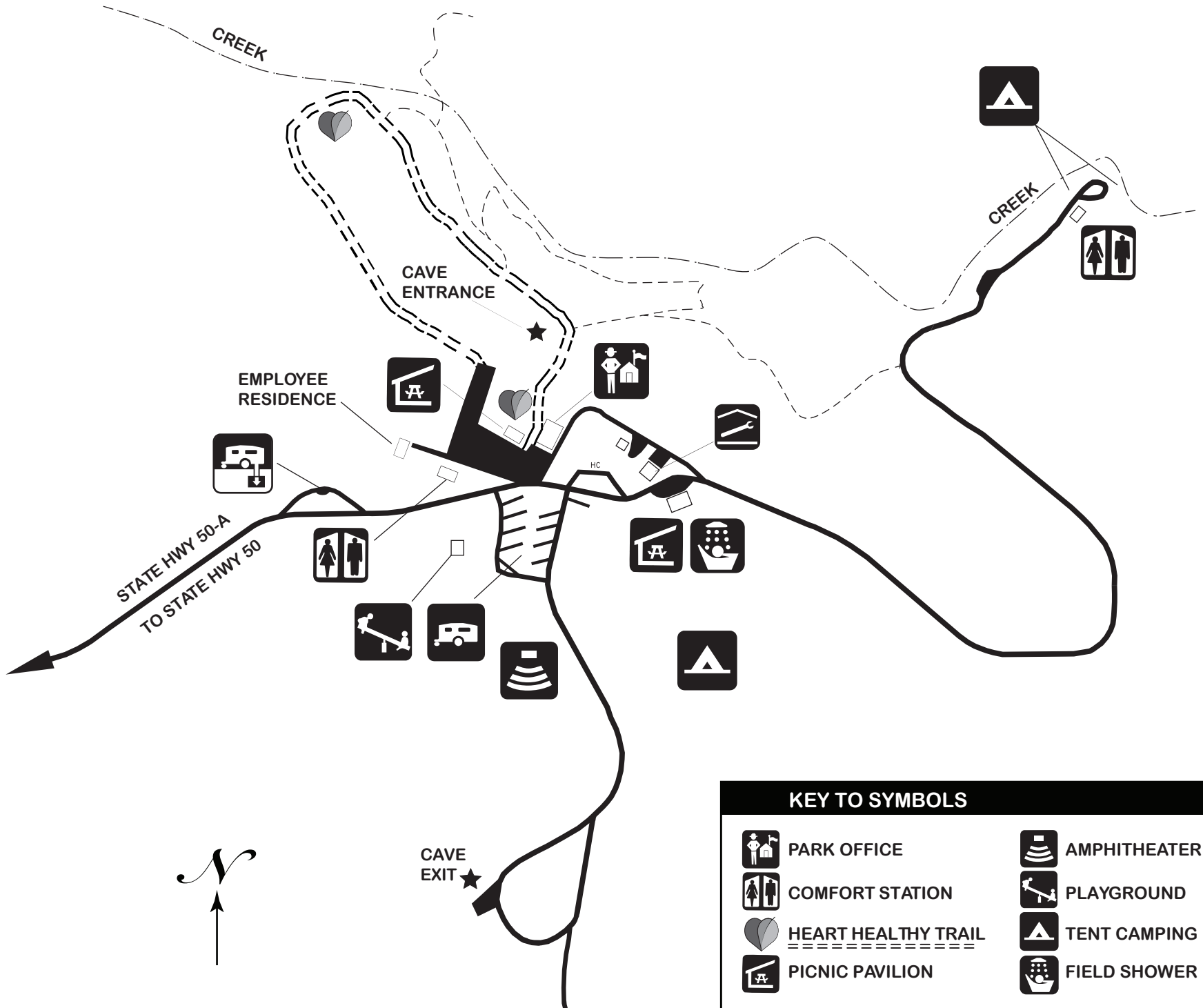


Welcome to Alabaster Caverns State Park's Heart Healthy Trail

Raptor's Roost is this park's Heart Healthy Trail. This easy to walk, 0.40 mile trail, begins near the park office and ends at the northwest corner of the parking lot west of the park office and picnic shelter.

Alabaster Caverns State Park also has three additional hiking trails which total approximately 1.75 miles. These trails are:

- Little Black Bear Trail: Park Office to Canyon Campground - 0.5 miles. This trail is an easy to moderate hike.
- Old Two-Toes Trail: Park Office to Cedar Canyon - 0.75 miles. This trail is an intermediate hike.
- Freedom Trail: Little Black Bear Trail to Cedar Canyon - 0.5 miles. This trail is an easy to moderate hike.



KEY TO SYMBOLS	
	PARK OFFICE
	COMFORT STATION
	HEART HEALTHY TRAIL
	PICNIC PAVILION
	AMPHITHEATER
	PLAYGROUND
	TENT CAMPING
	FIELD SHOWER