

**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:

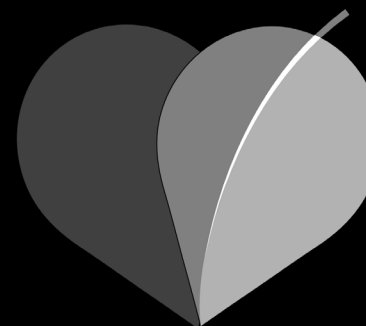
www.TravelOK.com

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

 **Telligen®**
Community Initiative



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.

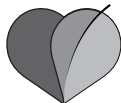
Always check with your physician before starting a new physical activity program.

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 Boiling Springs State Park's Heart Healthy Trail

Scout Trail is this park's Heart Healthy Trail. This easy to walk trail has a one way distance of 0.83 mile. Beginning at the northern tip of Shaul Lake, the Scout Interpretive Trail will take you through the park's best flora and fauna.

Boiling Springs State Park also has four additional hiking trails. These trails are:

- Spring Trail - 0.25 mile long, located off of Spring Hill campground. Easy hike.
- River Nature Trail - 0.75 mile long. One of the most popular with visitors because it runs from the main park road alongside the banks of the North Canadian River and up to the Boiling Springs Well, the park's namesake. Easy hike.
- Burma Road Hiking Trail - 1.50 miles long, located just south of Group Camp 1. Easy hike.
- Whitetail Trail - 0.25 mile long. Located off the Whitetail campground. Easy hike.

