

**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:

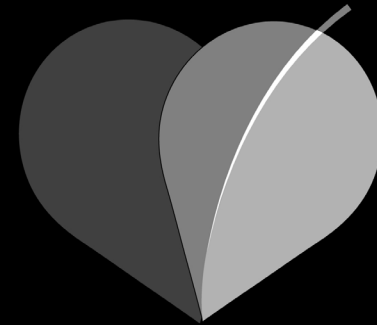
[www.TravelOK.com](http://www.TravelOK.com)

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.

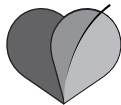
Always check with your physician before starting a new physical activity program.

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 Fort Cobb State Park's Heart Healthy Trail

Three segments of the Western Oaks Trail are designated as this park's Heart Healthy Trail. Periodically, portions of this trail are under water or are too wet to cross. Please use caution.

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From the northern tip of Eagles Nest Campground, hike to the turn around at the flood-prone area - 0.61 mile one way direction. Easy hike.

From the northwestern edge of Deer Run Campground, follow the trail to the turn around at the southern tip of the campground. Do not cross the flood-prone area - 0.41 mile one way direction. Easy hike.

From the northern tip of Blackjack Campground, follow the trail to the junction of CR1270 - 0.44 mile one way direction. Easy hike.

# KEY TO SYMBOLS



COMFORT STATION



RV CAMPING



HEART HEALTHY TRAIL  
=====



TRAIL HEAD



PICNIC PAVILION



TENT CAMPING



BOAT RAMP



RV DUMP STATION

CS2530

CR1270

WEST  
CAMPGROUND  
ENTRANCE

BLACKJACK  
COVE

AREA 1

DEER RUN  
COVE

EAGLES NEST  
COVE

TENT HILL

