

**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:

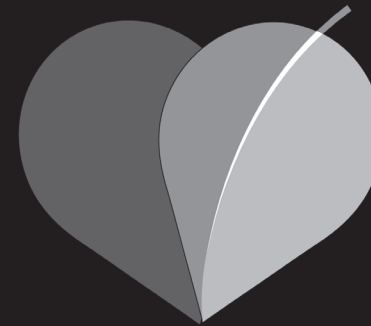
www.TravelOK.com

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 the Heart Healthy Trail Within the Bernice Area of Grand Lake State Park

The Nature Trail at Bernice State Park is this park's Heart Healthy Trail. The 0.55 mile, one way distance, trail takes visitors along the shores of Grand Lake. Along the trail are two wildlife viewing areas, both with watch towers.

Much of the trail is paved, making it handicap accessible, aside from a short portion that is considered primitive. A wildflower plot is located along the trail and is a perfect spot to view butterflies and other birds during the spring and early summer months.

Trail heads are located just east of the nature center and near to the intersection of the county road. Total combined distance from each trail head and back is just over 1 mile. Anticipate approximately 30 minutes to hike the trail.

KEY TO SYMBOLS

 NATURE CENTER	 TENT CAMPING
 RV CAMPING	 PARKING
 HEART HEALTHY TRAIL	 PLAYGROUND
 TRAIL HEAD	 BOAT RAMP
 COMFORT STATION	 FISHING PIER

