

**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:

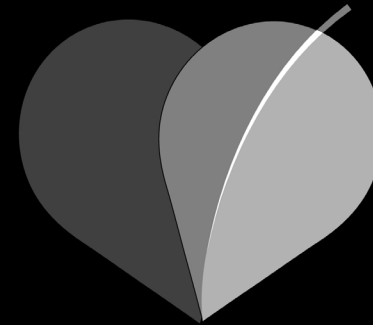
www.TravelOK.com

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

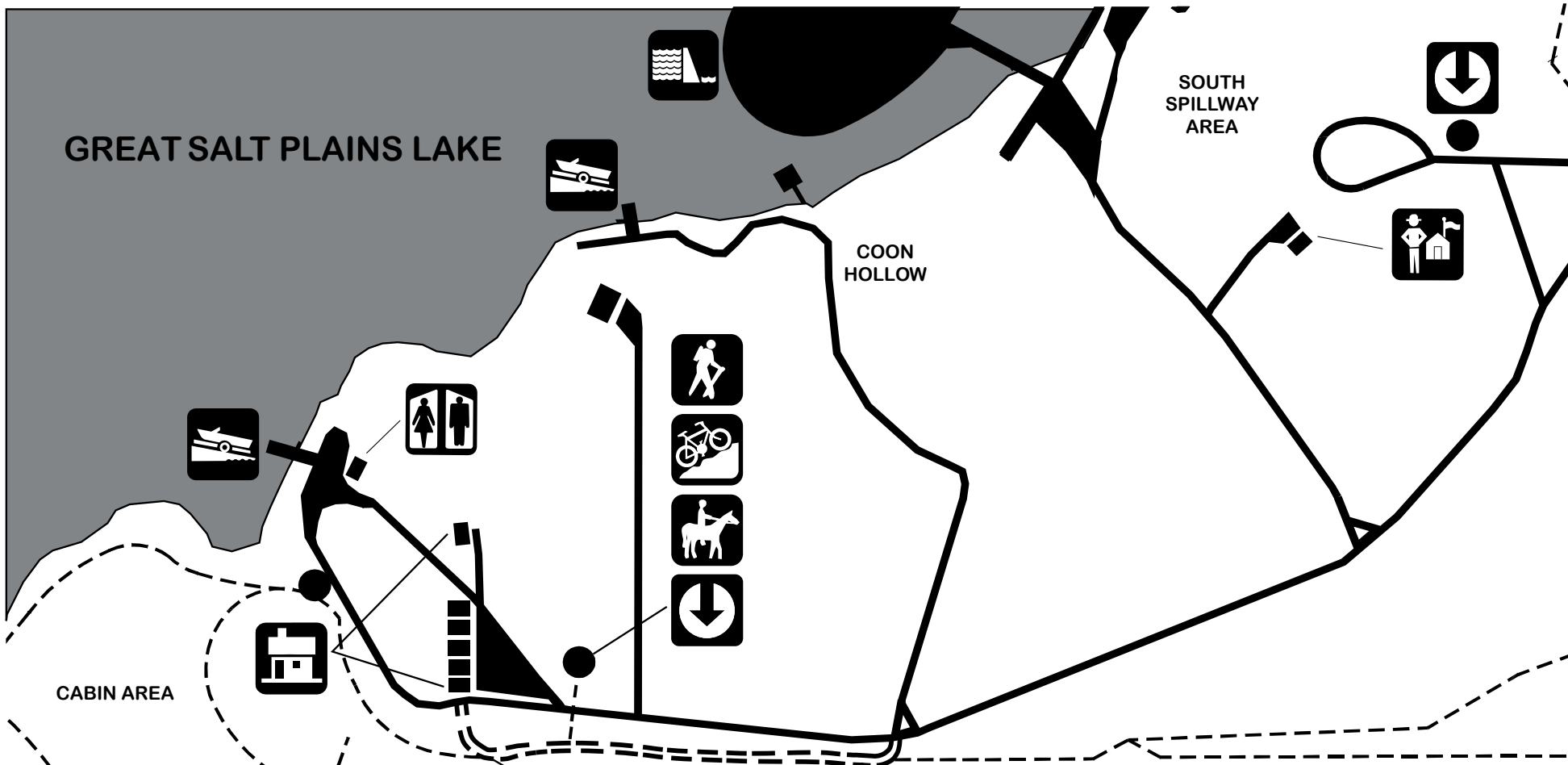


Welcome to Great Salt Plains State Park's Heart Healthy Trail

An easy-to-walk portion of the Nathan Boone Trail is this park's Heart Healthy Trail. The trail is approximately 0.30 mile, one way, from the trailhead to the turn-around across from Coon Hollow Road. This trail is an easy hike.

The Great Salt Plains State Park Trail System consists of two trails on the north side of the Great Salt Plains Lake. Located off River Road near the comfort station and picnic pavilion, the Tonkawa Interpretive Trail offers guests a quarter mile paved trail that is fully handicap accessible. An interpretive brochure is available at the park office to guide you along this enjoyable trail. This beginner-level trail can be enjoyed by all ages.

The George Sibley Trail consists of seven miles of intermediate to advanced-level hiking, biking and equestrian riding. This multi-use hiking trail has an equestrian staging area complete with picket posts, as well as several convenient comfort stations. Guests traversing this area will enjoy beautiful views of the lake from the North Spillway Area.








GREAT SALT PLAINS LAKE

SOUTH SPILLWAY AREA

COON HOLLOW

CABIN AREA

KEY TO SYMBOLS

-  PARK OFFICE
-  CABINS
-  HEART HEALTHY TRAIL
-  TRAIL HEAD
-  COMFORT STATION

