

**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:

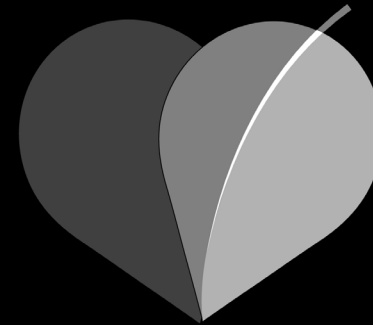
www.TravelOK.com

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



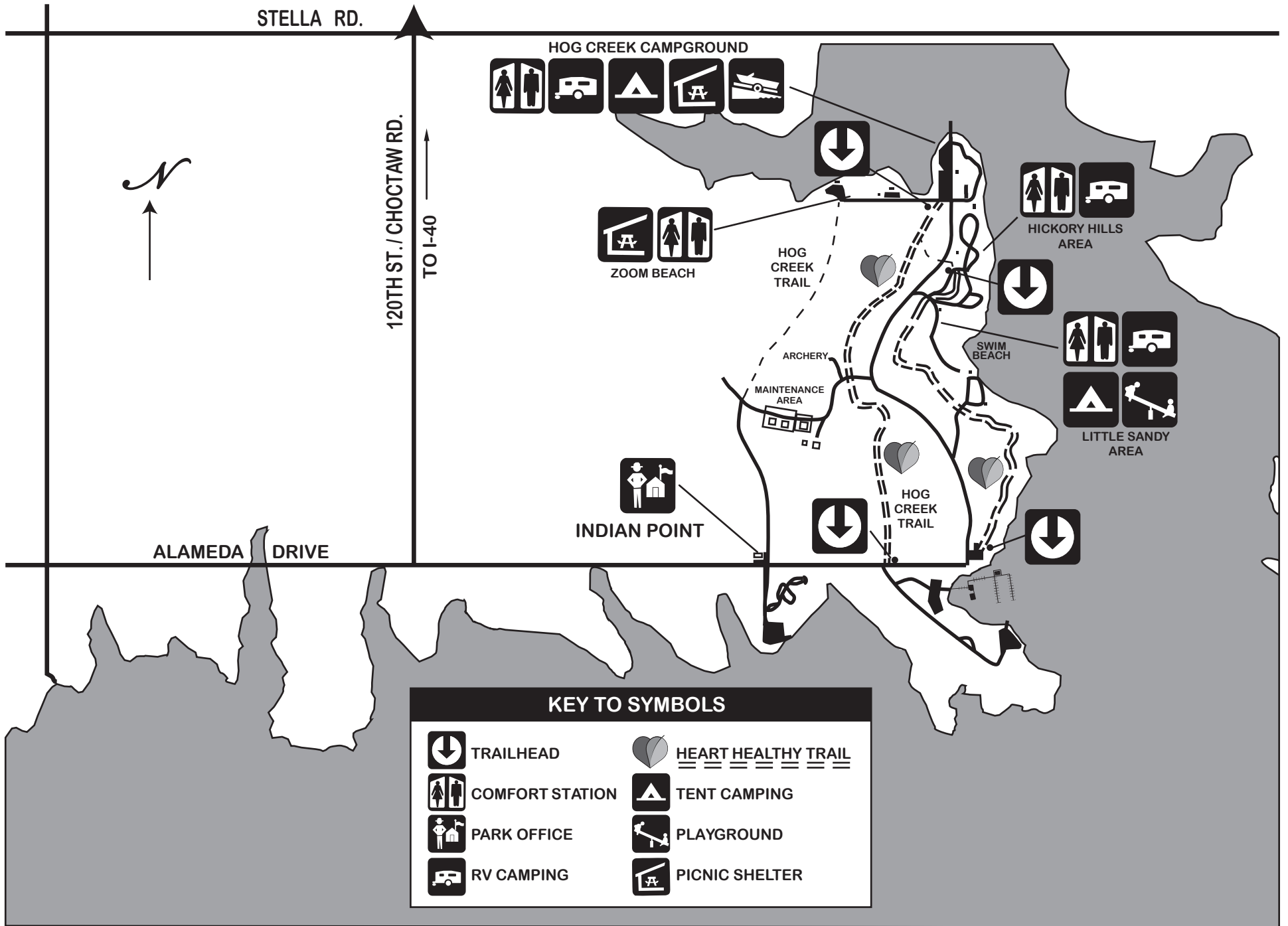
Welcome to Lake Thunderbird State Park's Heart Healthy Trail

Two different portions of the Hog Creek Trail make up this park's Heart Healthy Trail. The western leg of the trail extends from Alameda Drive to Hog Creek Campground and is 1.13 miles one-direction. The eastern leg of the trail extends from the corner of Alameda Drive and Indian Point Road to the Hickory Hill Area and is 1.03 miles one-direction.

Here are a few things to remember during your hike. When you encounter wildlife, please keep a safe distance. Do not attempt to catch or harm any of the park's wildlife. Be on the lookout for Poison Ivy and ticks which are abundant here during spring and summer months. Your best course of action would be to stay on the trail. Poison Ivy can be identified by its leaves of three.

Leaves of Three, Let It Be!

Other hiking opportunities can be found on the south side of Lake Thunderbird. The Clear Bay Recreation Area Trail System offers 18.5 miles of hiking trails for hikers and mountain bikers of all skill levels. Each of the five trails is interconnecting, and they can also be hiked on their own as a loop. Beginners are best suited to the 1.5 mile Green Loop and the 1 mile Yellow Loop, while intermediate hikers will be comfortable on the 1.25 mile Red Loop and 4.75 mile Blue Loop. The Gold Loop, which consists of 10 miles of switchbacks, should be left to expert-level hikers only.



STELLA RD.

120TH ST./ CHOCTAW RD.

TO I-40

ALAMEDA DRIVE

HOG CREEK CAMPGROUND

HICKORY HILLS AREA

ZOOM BEACH

HOG CREEK TRAIL

SWIM BEACH

LITTLE SANDY AREA









MAINTENANCE AREA

ARCHERY

INDIAN POINT

HOG CREEK TRAIL

KEY TO SYMBOLS

- | | | | |
|---|-----------------|---|----------------------------|
|  | TRAILHEAD |  | <u>HEART HEALTHY TRAIL</u> |
|  | COMFORT STATION |  | TENT CAMPING |
|  | PARK OFFICE |  | PLAYGROUND |
|  | RV CAMPING |  | PICNIC SHELTER |