

**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:

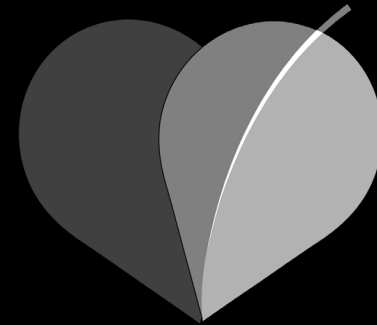
www.TravelOK.com

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

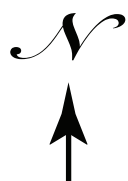
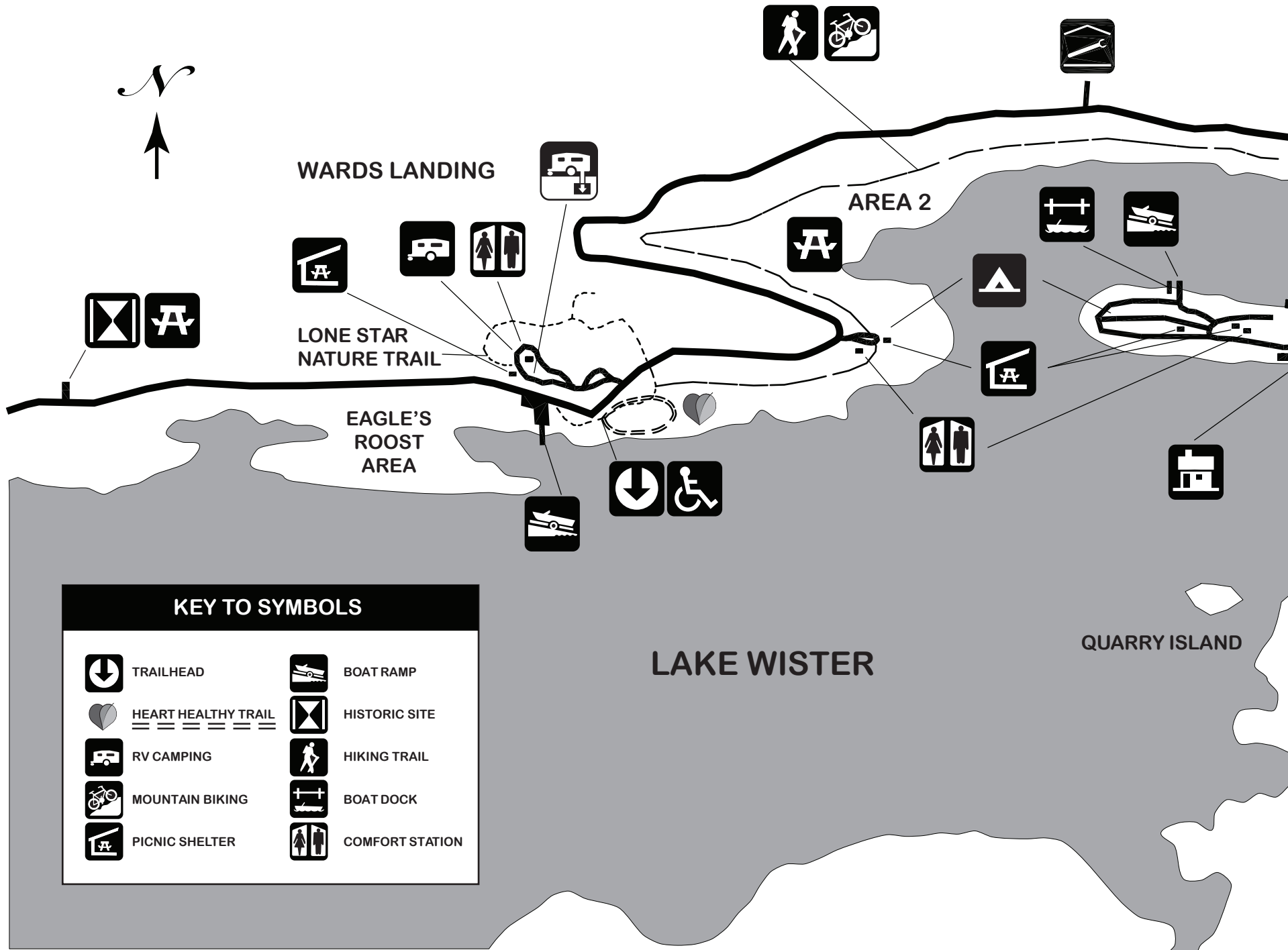


Welcome to Lake Wister State Park's Heart Healthy Trail

The ADA compliant, paved trail just south of Wards Campground is this park's Heart Healthy Trail. The trail is a 0.40 mile loop trail along the shores of beautiful Lake Wister. This trail is an easy hike.

Lake Wister State Park Trail System offers a variety of multi-purpose trails that can be enjoyed by everyone. The Lone Star Interpretive Trail, located in Wards Campground, is three quarters of a mile long and is intended for beginning to intermediate hikers. Visitors to this self-guided interpretive nature trail will be treated to a winding trail that runs through the forest to a rocky ridge that runs along the park.

Hiking and mountain biking are available on the popular Lighthorseman Trail, a 6.2 mile trail that offers something for visitors of all skill levels. Travel along the shore of Lake Wister while enjoying beautiful views of the lake along the way. The trail has minor elevation change and may have some brushy areas during certain months of the year. The Lone Star Interpretive Trail is located at the end of the Lighthorseman Trail, so guests can use it to loop around and return on the same path back to the trail entrance.



WARDS LANDING

AREA 2

LONE STAR NATURE TRAIL

EAGLE'S ROOST AREA

LAKE WISTER

QUARRY ISLAND