

**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:

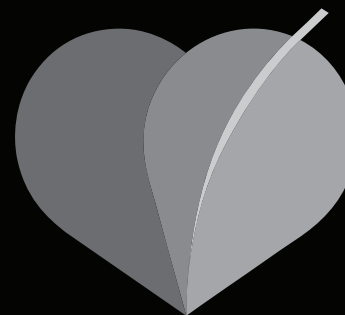
www.TravelOK.com

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

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a sponsorship from

AARP[®]
Oklahoma



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

Fort Cobb State Park

Foss State Park

Lake Murray State Park

Lake Texoma State Park

Lake Thunderbird State Park

Lake Wister State Park

Quartz Mountain State Park

Roman Nose State Park

Salt Plains State Park

Sequoyah State Park



Welcome to Quartz Mountain State Park's Heart Healthy Trail

This park's Heart Healthy Trail is a 1.80 mile, one-way distance, paved trail which runs along the North Fork of the Red River through River Run Tent Area and along HWY 44A. This trail is an easy hike. Estimate that it may take you 2 ½ hours to hike this trail from one trailhead to the other and back.

Before you begin any hike, consider informing someone about where you are going. Bring along plenty of water to stay hydrated and sunscreen on hot summer days. Be aware of native wildlife and watch your step, rattlesnakes may be present along the trail.

If you are looking for more hiking opportunities here at Quartz Mountain State Park, consider the New Horizon Trail, a ½ mile distance trail, which is a moderate to difficult in challenge level. This trail climbs the face of Quartz Mountain. The view from the top is worth the climb.

Thrill seekers may find what they are looking for at the Baldy Point Climbing Area.

