

**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:

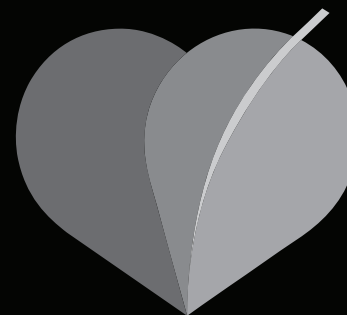
www.TravelOK.com

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 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 Roman Nose State Park's Heart Healthy Trail

This park's Heart Healthy Trail utilizes the cement-paved trail.

From the Heart Healthy trailhead, follow the trail (East) to the Lodge (0.5 miles) and return. Upon returning, continue straight (West) to the Springs Area (0.7 miles). Total distance out and back is 2.5 miles.

The multi-use trail located at the stables is open to equestrian, hiking, and mountain biking. This trail is approximately 2.75 miles in length and is an easy hike.

Four interconnected trails totaling approximately 8.0 miles located on the eastern side of Roman Nose State Park (two for hiking, mountain biking and equestrian use, and two for hiking and mountain biking only) range from beginner to intermediate skill levels and provide an additional challenge.

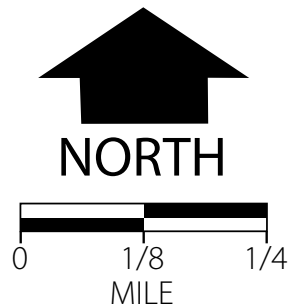
Lake Loop Trail: Open for hiking and mountain biking only.

Mesa Loop Trail: This trail is open for equestrian use as well as hiking and mountain biking.

Lakeshore Loop Trail: Open to hikers, mountain bikers and equestrian use.

Black Loop Trail: Starting at the southeast edge of the Lakeshore Loop, the Black Loop is a hiking and biking only trail. This trail provides more challenging terrain in and around a canyon.

Trail maps are available at the Park Office.

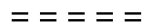


ROMAN NOSE STATE PARK

HEART HEALTHY TRAIL

KEY TO SYMBOLS

HEART HEALTHY
TRAIL



PARK BOUNDARY



PARK OFFICE



RESTROOMS



HANDICAP
ACCESSIBLE



PICNIC AREA



BIKING TRAIL



TRAIL HEAD



HIKING TRAIL



PRO SHOP



GOLF COURSE



PICNIC SHELTER



CABINS



TENT CAMPING



RV CAMPING



PLAYGROUND



SWIMMING



EQUESTRIAN
TRAIL



STABLES

