

A Guide to Walking Routes in Bellows Falls, Vermont



The Compass School



Cornerstone Pediatrics
(An affiliate of Brattleboro Memorial Hospital)



**BRATTLEBORO
MEMORIAL HOSPITAL**

Caring For Our Community

**BlueCross BlueShield
of Vermont**

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Blue Shield Association.*

Bellows Falls Walk Index

Playground 1: Wells Street Park

A nice open playground with a swing set, basketball court, and a baseball diamond. A nice area to play.

Playground 2: Central School Playground

A great playground for children with lots of outdoor equipment to keep them busy!

Playground 3: Recreation Center

The town recreation center including playground, swimming pool, game room, skate park, and baseball field.

Route 1

From Cornerstone Pediatrics, walk along the river toward the square. Take a left down Canal Street toward the Waypoint Center. This is the location of the Summer Farmers' Market as well as a Chamber of Commerce Welcome Center. This location offers visitors information about the town and village and surrounding area.

Route 2

From Cornerstone Pediatrics, this walk takes you North along Route 5. Just where the sidewalk ends, is a left side road, Pond Road. This is a moderately challenging walk because of the incline. Pond Road ends at the town Watershed.

Route 3

From Cornerstone Pediatrics walk south along Atkinson Street. At the intersection of School Street turn right. The Central School playground will be on your right. While the kids play, think about continuing your walk; 14 loops around the inside of the playground fence is equal to one mile!

Route 4

Beginning at the Banknorth parking lot, turn right onto Westminster Street for two blocks then turn onto Haggood Street (another right) and follow this to the end. Take a right onto Atkinson Street and go one block then take a left onto Burt Street (a slight incline). Take a left onto Pine Street. At the top of the hill, turn a sharp right onto Williams Terrace. The town Recreation Center is at the end of this street. To continue on this walk, take playground road between the ball field and tennis courts. This ends at Burt Street (an easy decline) Follow Burt Street back onto Pine Street. Take a right onto Henry Street Extension, and then across to Henry Street. Take a left onto Hadley Street, a right onto School Street, and a final right back into the Banknorth parking lot.

Parking is available around town at Banknorth, Cornerstone Pediatrics, and the Waypoint Center. Your walking route can begin at any of these locations!

Walking Facts

Walking is the number one participation sport worldwide. Some health benefits of walking are:

- Eases back pain
 - Slims your waist
 - Lowers blood pressure
 - Reduces levels of bad cholesterol
 - Reduces the risk of heart attack
 - Enhances stamina and energy
 - Improves muscle tone
 - Can be done while you're traveling
- If you run for 30 minutes at 5 mph, you will burn about 285 calories.

If you walk for 30 minutes at 4 mph, you will burn about 165 calories (level surface), 225 calories (slight incline of 5%) and 360 calories (incline of 10%).

Stretching before a walk will help loosen your muscles and reduce the chance of sore or injured muscles.

Shoes are the single most important piece of equipment for the walker. They can be the difference between having a fun, relaxing walk, and an uncomfortable, painful one!



A Project of Cornerstone Pediatrics — Bellows Falls, Vermont

Jumpstart is a project of Cornerstone Pediatrics and the Holt Foundation. It is a community-wide effort to promote healthy eating and increase physical activity among children and adults in Bellows Falls, VT.

For more information contact:

- Contact the Program Coordinator Luise Light, at (802) 460-1060 or by e-mail at lualu365@yahoo.com, or through her web site, www.luiselight.com.
- Susan Slowinski, M.D., F.A.A.P., Cornerstone Pediatrics (802) 463-2020 or www.nlmcd.com/cornerstonepeds.

Walk Checklist

Check a box each time you take one of the routes.

Bellows Falls Walk 1

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<input type="checkbox"/>					
<input type="checkbox"/>					

Bellows Falls Walk 2

<input type="checkbox"/>					
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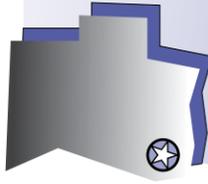
Bellows Falls Walk 3

<input type="checkbox"/>					
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Bellows Falls Walk 4

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*A project of
Windham,
Orange and
Windsor
Counties
Community
Advisory Boards
and Blue Cross
and Blue Shield
of Vermont.*



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A Walker's Guide to Bellows Falls, Vermont

Get out and walk

The most important thing is to get out and move around. The following tips are important, but don't let them slow you down. Most of us can get out for a short walk without too much extra effort.

Wear layers

Don't like the weather? Wait a few minutes. Vermont's weather can change quickly, so be prepared when you go out walking or hiking. Layered clothing is essential to comfort and wearing white or bright colors makes you more visible.

Socks

Wear socks made of fibers such as Coolmax, polypropylene, silk, wool or a cotton synthetic blend that will wick away sweat. Cotton will hold in moisture and increase the chance of getting blisters. Look for padded socks, which cushion the bottoms of your feet, but make sure they fit well inside your shoes.

Hats

A hat keeps you warm in cold weather and shades your head and face from the sun throughout the year. In warm weather, try a visor which will let the heat escape while shading your eyes.

Statewide and Local Resources

Green Mountain Club

4711 Waterbury-Stowe Road
Waterbury Center, VT 05677
Phone: (802) 244-7037

Fax: (802) 244-5867

gmc@greenmountainclub.org
www.longtrail.org

Vermont Governor's Council on

Physical Fitness & Sports programs:

- Get Moving Vermont Program
- Governor's Walking Challenge

For information call (802) 657-4202

or write:

Vermont Governor's Council on
Physical Fitness & Sports
VDH Division of Health Improvement
108 Cherry Street
PO Box 70
Burlington, VT 05402

Private Trails

Springer Trails

More than 5 miles of winding, looping family-created and maintained trails found off the Rogers Road on Springer Road. Parking available on Springer Road. Check with Springer family prior to using their trails at 728-9602.

Ready. Set. Walk.

Most of us would like to be more physically fit

and active, but often it's difficult to find the time.

Additionally, it's often hard to know where to go or what opportunities are out there to improve our health through physical activity.

To help with this problem, Blue Cross and Blue Shield of Vermont's Windham, Orange and Windsor Counties Community Advisory Boards decided to create a resource dedicated to helping people in our communities become healthier. We hope that this guide will encourage you to take advantage of the walking and hiking opportunities available in your community.

Special thanks to Cornerstone Pediatrics and the Compass School for all their help in compiling this map.