A Guide to Walking Routes in Newport, Vermont

1. Bike Path
3.8 miles to the Canadian Border
Park at North Country Hospital. One way, you will need to turn around and come back. Buggy in the springtime.

1A. Primeau Trails
Walk length depends on route
Off the Bike Path. All trails have distance markers. Open to all non-motorized traffic. Please, no bikes during mud season.

2. City Loop
3.5 miles
A good walk with a couple of pleasant hills.
A nice trip around the city.

3. North Country High School
2.5 miles
Takes you past the high school and hospital.

4. Shaded Walk
1 mile
Park at the hospital. A nice quiet walk with low traffic, partly on sidewalks.

5. Gardner Park
1.2 miles including three bridges
A nice tour of Gardner Park.

6. Short-But-Sweet
0.7 miles
Depending on which way you go, there is one steep section. Great for those days when you don’t have a lot of time.

7. Highland Avenue
2 miles
All sidewalks except for Longview Avenue. Counterclockwise includes some steep climbs.

8. Quarry Trails (inset)
For those that enjoy a bit of a hike!
At the top of Darling Hill you are rewarded with a gorgeous 360 degree view that includes the Lake Memphremagog and Willoughby Gap. Please be courteous and respectful when using these trails.

A Rewarding Hike:
Derby Line Trail (not shown)
Begins behind the Derby Elementary School, in Nelson’s Cornfield. It goes across the MSTF (Memphremagog Ski Touring Foundation) bridge, spanning Johns River. Then up the hill on Regis Beloin’s land. Beautiful view of Derby Line and Stanstead.

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BlueCross BlueShield of Vermont
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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 235 calories. If you walk for 30 minutes at 4 mph, you will burn about 165 calories (level surface), 295 calories (light incline of 3%) and 360 calories (inclines 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!

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

Newport Walk 1
1. Face Traffic
   - Eases back pain
   - Slims your waist
2. Never walk alone
   - Reduces the risk of heart attack
   - Improves muscle tone
3. Lose the jewelry
   - Accessory you really need is a wristwatch.
4. Leave the Tunes at Home
   - That way you will be alert to any potential dangers, be it a dog, a fast approaching car or the sound of other people around you.
5. Self-defense
   - Some individuals carry hand-held spray for protection. Use sparingly and with caution.
6. Carrying ID
   - Always carry some form of identification in case of an accident or medical emergency. If you are away from home, make a note of the address where you are staying.
7. Keep right:
   - If you are walking on a cycling or pedestrian path, always keep right so that the fast walkers or cyclists can easily pass.
8. Bug Protection
   - Enjoy getting outside but hate those pesky mosquitoes and black flies? To keep yourself comfortable while walking and safe from the West Nile Virus use insect repellent that contains DEET, Picaridin or oil of lemon eucalyptus. Follow directions carefully and consult your doctor when using insect repellent on children under 3 years of age.
9. Identification
   - Don’t leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in the case of an emergency.

Walking Safety

1. Face Traffic—If your route does not have a path or sidewalk and you are forced to walk on the road, always walk in the direction facing on coming traffic.
2. Dress correctly—Dress to be seen. Light-colored clothes and reflective material.
3. Never walk alone—If all possible walk with a friend, it makes it safer and more enjoyable. Always let someone know where you’re going and what time you expect to return.
4. Walk defensively—Don’t simply assume that all drivers know that the pedestrian has right of way. Many of them don’t.
5. Lose the jewelry—Leave valuables back at home. The only accessory you really need is a wristwatch.
6. Vary your routes—Don’t establish regular patterns by walking the same way every day. Randomly vary your routes and the times that you go. Non-linear is safer but it a more interesting.
7. Self-defense—Some individuals carry hand-held spray for protection. Use sparingly and with caution.
8. Carry ID—Always carry some form of identification in case of an accident or medical emergency. If you are away from home, make a note of the address where you are staying.
9. Keep right—If you are walking on a cycling or pedestrian path, always keep right so that the fast walkers or cyclists can easily pass.
10. Leave the Tunes at Home—That way you will be alert to any potential dangers, be it a dog, a fast approaching car or the sound of other people around you.

Get out and walk
The most important thing to is 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, polycotton, lime, 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 will keep 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.

Packs
On short walks, pockets will probably suffice for carrying the minimum essentials. However, for longer walks and hikes, it’s important to distribute the weight of water, keys, wallet, etc. evenly.

Backpacks, waist packs, or wrist/shoe wallets are great for this purpose.

Water
Drink water before, during, and after walking. You need to drink every half-hour while walking at a moderate pace and more often if you are sweating.

Sun protection
Never leave home without sunscreen, even on cloudy days. Your skin needs protection against skin cancer, wrinkles and sunburn. A waterproof sunscreen with an SPF of 15 or higher is key. Don’t forget your ears and that bald spot!

Bug Protection
Enjoy getting outside but hate those pesky mosquitos and black flies? To keep yourself comfortable while walking and safe from the West Nile Virus use insect repellent that contains DEET, Picaridin or oil of lemon eucalyptus. Follow directions carefully and consult your doctor when using insect repellent on children under 3 years of age.

Identification
Don’t leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in the case of an emergency.