

PLACES TO WALK IN MILES CITY

With all these beautiful and convenient places to walk in our own backyard, why not get those legs moving?



Fairgrounds/Riverside Walk

Parking is available by the lake, baseball fields, tennis courts or 5th street.

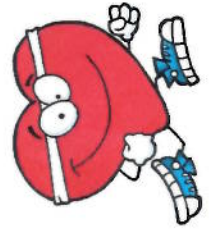
| Loop | Distance | ~Cal. Burned |
|------|-----------|--------------|
| Red | 1.8 miles | 180 per lap |
| Blue | 2.0 miles | 200 per lap |



Miles Community College Track

Parking is available off S. Sewell Ave. on the west side of the track.

| Loop | Distance | ~Cal. Burned |
|-------|----------|--------------|
| Track | ¼ mile | 25 per lap |



Pirogue Island State Park

Directions: Take 7th St. North (becomes MT-59) for 2.2 miles. Turn right (North) on MT-489 (Kinsey Rd.). After 1.5 miles, turn right. Drive 0.7 miles to Pirogue Island State Park.

| Loop | Distance | ~Cal. Burned |
|------------|------------|--------------|
| Outer Loop | 2.25 miles | 225 |



Holy Rosary Walk (Story Walk)

Start anywhere along the loop. Parking is available on Wilson St., by the community garden or at the hospital. This is a great walk for families; has a story walk, so you can read to the little ones while you walk!

| Loop | Distance | ~Cal. Burned |
|----------|-----------|--------------|
| Sidewalk | 1.3 miles | 130 per lap |

P = parking



Spotted Eagle Recreation Area

Directions: Take Garryowen Rd. heading west. Turn south on Spotted Eagle Rd. (south of fairgrounds)

| Loop | Distance | ~Cal. Burned |
|--------------------|------------|--------------|
| Dirt Trail (above) | 0.7 miles | 70 per lap |
| Lake Loop (below) | 1.44 miles | 144 per lap |

