Walking Trails Locations

This map will help you find paths and trails near your home, work, or school.

Special thanks to the individuals and organizations that have provided financial and in-kind support in the development of this guide.

Printed by Signature Offset
The Grant County Prescription Trails Program is designed to provide all health care professionals the tools to increase walking and wheelchair rolling along suggested routes, promoting healthy lifestyles for all families in our county.

This guide will help you find some of the best parks, trails and walking areas in Silver City, Santa Clara, Bayard, and Gila National Forest (Gomez Peak), NM.
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How to Use This Guide

Maps with information about each walking route are organized by area: Silver City Area, Mining District Area, and Gomez Peak Area. Maps within each area are organized with Prescription Trails first, then followed by area hiking trails.

**Grades**

Trails are identified and graded according to their level of difficulty. Most trails are loops that go around parks, open spaces, or around town!

**Grade 1 = Fully accessible to all users**

A flat, paved pathway located in or around a park that is suitable for wheelchairs.

**Grade 2 = Mostly accessible**

A paved or packed crusher-fine pathway that may have minor grade changes.

**Grade 3 = Slightly challenging**

A paved, packed crusher-fine, or dirt pathway with variations in grade.

*It’s never too late to get up and get moving!*  

How much activity should you get? The Dietary Guidelines for Americans say that most adults should be physically active on a moderately intensive level for 30 minutes most days of the week. Breaking up the period into 10 – 15 minute segments works great!
Other Information Provided

- Walking route length is in fractions of a mile, total feet, and number of footsteps.
- Trail Surface descriptions and wheelchair accessibility
- Amenities, lighting, and access to public restrooms
- Attractions – Ball fields, playgrounds, etc.
- Nearby general and handicap accessible parking
- Nearby transit stops – Corre Caminos Ride schedules:

  www.correcaminos-swrtd.com  
  Phone: (575) 388-3180 or (866) 934-3866  
  E-mail: yoyotoms@yahoo.com

- Site hours and special restrictions

  You can also find a walk on the website:  
  www.prescriptiontrailsnm.org  
  Print and share your favorite walking trails!

**Trails of Grant County** is not a comprehensive list of all the trails in Grant County. This is not a definitive source of routes, locations, distances, conditions, and or other information included in the guide.

The Grant County Trails Group (GCTG) works closely with the Town of Silver City’s Community Development Department and Silver City MainStreet, among many other local health, environmental, and arts and cultural non-profits and community groups dedicated to revitalizing Silver City through trail and open space development.
Pedestrian Safety Considerations

Walking is a great way to improve your fitness level and stay healthy. Before you start your walk, please make sure you review the following safety tips:

- Walk with a friend – it not only makes the walk more enjoyable, but there is also safety in numbers.
- Always tell someone where you are going and what time you expect to return from walking.
- Wear bright colors or reflective clothing while walking to make it easier for cars to spot you.
- Carry water and a cell phone with you while you walk.
- Be aware of your surroundings. If you walk while listening to music, make sure to adjust the volume so you can still hear noises such as traffic, dogs barking, and bike traffic. Look for cracks in the pavement, wildlife, and other hazards along your path.
- Always walk facing oncoming traffic if you are walking by a roadway.
- Vary your walking route.
- Walk during daylight hours.
- During the summer months, walk early in the morning or in the evening to avoid the extreme mid-day heat.
- If you are afraid of stray pets or the occasional wildlife in our area, try walking downtown or at town parks. These self-contained walking routes are ideal locations to get out and move!

*Before crossing the street, stop at the curb, look left-right-left, for traffic in all directions, then cross when clear.*
Walking Tips

Before You Start:

- If you have a medical condition, have had a recent injury or have not been physically active in recent years, it is a good idea to check first with your doctor before beginning a walking program.
- Invest in some good walking shoes. Quality walking shoes will help protect your feet.
- Wear comfortable clothing.
- Take the time to use the first and last several minutes of your walk to warm up and cool down by walking at a slower pace. Light stretching before and after you exercise is a good idea because it warms up your muscles.
- Invest in a pedometer. Using a pedometer is a great way to track your steps and monitor your progress.

As You Walk:

- Start slow and begin at a gradual pace.
- Roll your weight forward from heel to toe.
- To burn more fat, swing your arms as you go.
- To burn more calories, take quicker steps.
- Find a walking partner and challenge each other.
- Monitor your level of fatigue, heart rate, and breathing.
- Walk at a pace that is comfortable for you.
- Hydrate; bring water to drink during your walking.
- Exercise smartly, pace yourself and choose an activity that you enjoy, increase your exercise program gradually, and pay attention to your body.
- Set realistic goals for yourself.
- Foot health and walking information can be obtained from the American Podiatric Medical Association.

(1-800-FOOTCARE or www.APMA.org)
Walking With Your Pet

Our pets also need daily physical activity to stay healthy and should be active for at least 20 minutes, three times a day. They also can experience health concerns such as being overweight, heart disease, diabetes, cancer, and joint ailments. We have a responsibility to our pets to provide them with a healthy lifestyle. They can make the best walking buddy because they never turn you down. By starting a walking routine with your pet, you will find that you have a very enthusiastic and grateful companion.

Here are some simple tips to walk your dog safely:

- Adjust your dog’s collar to where they can’t slip their head through. Slip two fingers through to assure the collar is not too tight.

- Use a harness if your dog likes to pull. Harnesses allow for a better grip and more control. Also, the pressure is distributed more evenly when you pull, so you aren’t stressing the neck area.

- Make sure to bring water along for your dog. Shorter and more frequent walks are better for older dogs with health issues such as arthritis.

- Remember when walking your dog that they are pedestrians too!

- Place your hand on the pavement; if it is too hot for your hand, it is too hot for your dog’s paws.

- Leave your dog on leash when walking out in public. Check out dog parks where they can be off their leash and have the opportunity to socialize.

- **Be a responsible walker:** Any waste produced by your dog should be cleared away and properly disposed of. This simple act will be greatly appreciated by those who follow in your footsteps.
BIG DITCH PARK

- **Trail Distance:** Grade 1: 0.34 miles/ 1,800 feet/ 720 steps Grade 2: 0.17 miles/ 923 feet/ 369 steps Grade 3: 0.54 miles/ 2,864 feet/ 1,146 steps

- **Difficulty:** Grade 1, Grade 2, and Grade 3

- **Trail Surface:** Transitions between concrete and hard packed gravel. The Grade 1 section is wheelchair accessible.

- **Park Hours:** From one hour before sunrise to 10:00 PM.

- **Lighting:** Within the park grounds and in the parking lots and adjacent streets.

- **Amenities:** Benches, picnic tables, shade structures and trees, water fountains, rest rooms, and trash cans.

- **Attractions:** Historical info signs and monuments, Billy the Kid’s homestead, Silver City Visitors Center, Big Ditch Park, and live music when available.

- **Parking:** General and disabled parking at Visitors Center parking lot and along adjacent streets.

- **Local Transit:** The Corre Caminos Silver Route stops at E Market St. and N Bullard St., and E 7th St. and N Bullard St. Pickup times are between 6:58 AM – 5:58 PM and 7:00 AM – 6:00 PM respectively.

- **Notes:** Learn about the history of the Big Ditch from the info signs near the Visitors Center.
FOX FIELD TRACK

- **Trail Distance**: 0.25 miles/ 1,320 feet/ 528 steps
- **Difficulty**: Grade 1
- **Trail Surface**: Rubberized track surface with wheelchair accessibility from the southern parking lot.
- **Park Hours**: Dawn to dusk. Silver City Consolidated Schools has priority from 3:30PM – 6:00PM weekdays.
- **Lighting**: Surrounding the track and field, in the southern parking lot, and along the adjacent streets.
- **Amenities**: Benches, water fountains, shade trees, trash cans, wheelchair accessible bleachers, and rest rooms.
- **Attractions**: Large grass field, Silver City Municipal Pool, and the Silver City Tennis Courts.
- **Parking**: General and disabled parking available to the north and south of Fox Field. The southern lot offers wheelchair accessibility.
- **Local Transit**: The Corre Caminos Silver Route stops at 32nd St. and Silver St. Pickup times are between 7:33 AM – 5:32 PM.
- **Notes**: Use of Fox Field Track may be restricted due to scheduled events.

Photo by Andrew Lindlof
GOUGH PARK 3

- **Trail Distance:** Outer Loop: 0.24 miles/ 1,267 feet/ 507 steps. Inner Loop: 0.12 miles/ 634 feet/ 253 steps.
- **Difficulty:** Grade 1
- **Trail Surface:** Concrete path with wheelchair access and curb cuts at all entrances.
- **Park Hours:** From one hour before sunrise to 10:00PM.
- **Lighting:** Within the park grounds and on the adjacent streets.
- **Amenities:** Benches, picnic tables, shade structures and trees, water fountains, rest rooms, and trash cans.
- **Attractions:** Large open grass field, basketball courts, historic monuments, and art and murals.
- **Parking:** General and disabled parking along E 12th St., N Pope St., N Main St., E 13th St., and in the southern parking lot.
- **Local Transit:** The Corre Caminos Silver Route stops at W 12th St. and West St., and W College Ave.

and N Pope St. Pickup times are between 7:08AM – 6:08PM and 7:01AM – 6:01PM respectively.

- **Notes:** Gough Park features large grass fields that are great for many activities.

Photo by Andrew Lindlof
**Senior Center Trail**

- **Trail Distance:** 0.56 miles / 2,956 feet / 1,182 steps
- **Difficulty:** Grade 2
- **Trail Surface:** Transitions from paver-stone to compact crusher-fines.
- **Park Hours:** From one hour before sunrise to 10:00 PM.
- **Lighting:** None.
- **Amenities:** Benches, picnic tables, shade structures, trash cans, pet waste bag dispenser, and bike racks.
- **Attractions:** The trail features upland desert and riparian wildlife.
- **Parking:** General and disabled parking available at the Silver City Senior Center.
- **Local Transit:** The Corre Caminos Silver Route stops at Cooper St. and La Capilla Rd. Pickup times are between 6:54 AM – 5:54 PM.

- **Notes:** Enjoy the riparian and upland desert habitats along the trails.

*Photo by Andrew Lindlof*
SILVA CREEK BOTANICAL GARDENS

- **Trail Distance:** 0.21 miles/ 1,109 feet/ 444 steps
- **Difficulty:** Grade 2
- **Trail Surface:** Transitions between concrete and hard packed gravel. Non-slip curb cuts are at the park entrances.
- **Park Hours:** One hour before dawn to dusk.
- **Lighting:** None.
- **Amenities:** Benches, water fountains, picnic tables, shade structures and trees, and trash cans.
- **Attractions:** Dozens of native plants with ID cards, Silver City Historic Waterworks, and volleyball courts, basketball courts, and a playground at Virginia Street Park.
- **Parking:** General parking available along N Virginia Street.
- **Local Transit:** None.

- **Notes:** As you walk, learn about the many different native plants planted along the paths.
SILVER CITY DOWNTOWN WALKING LOOP 6

• **Trail Distance:** 1.0 mile/ 5,280 feet/ 2,112 steps
• **Difficulty:** Grade 1
• **Trail Surface:** Concrete sidewalk with asphalt crosswalks. Curb cuts and wheelchair ramps are at all street corners.
• **Park Hours:** From one hour before sunrise to 10:00 PM.
• **Lighting:** Streetlights are along all sections of the walking loop.
• **Amenities:** Benches, water fountains, rest rooms, trash cans, and shade trees.
• **Attractions:** Big Ditch Park, Silver City Visitors Center, Billy the Kid’s Homestead, historical info signs, storefronts, and restaurants.
• **Parking:** General and disabled parking available at the Silver City Visitors Center and along adjacent streets.
• **Local Transit:** The Corre Caminos Silver Route stops at E Market St. and N Bullard St., and E 7th St.

and N Bullard St. Pickup times are between 6:58 AM – 5:58 PM and 7:00 AM – 6:00 PM respectively.

• **Notes:** Explore some of the storefronts along Historic Downtown Silver City as you walk.
**Boston Hill**

- **Trail Distance:** Boston Hill has a network of trails, offering miles of walking and hiking opportunities.
- **Difficulty:** Varies between areas of low incline to areas of extreme incline.
- **Trail Surface:** Natural dirt surface with areas of outcropping bedrock.
- **Park Hours:** Dawn to dusk.
- **Lighting:** None.
- **Amenities:** Benches, shade, water fountains, trash cans.
- **Attractions:** Historic mining district, scenic view, mountain bike trails, and rich geology.
- **Parking:** General parking available at the Market Street, Spring St., Cheyenne Street, and Cooper Street Trailheads.
- **Local Transit:** The Corre Caminos Silver Route stops at S Cooper Street and W Bremen Street, near the Spring Street Trailhead. Pickup times are between 6:55 AM – 4:55 PM.

**Notes:** The Boston Hill Open Space Trail System is surrounded by private property, and some trailheads exist on easements. Please respect private property and wildlife by staying on trail.
**LA CAPILLA VISTA**

- **Trail Distance:** The paved route is 0.14 miles/750 feet.
- **Difficulty:** Some sections have a medium incline.
- **Trail Surface:** Paver stone path with no wheelchair accessibility.
- **Park Hours:** Dawn to dusk.
- **Lighting:** None.
- **Amenities:** Benches and trash cans.
- **Attractions:** Historic La Capilla chapel grounds, scenic views, and memorial flagpole.
- **Parking:** General parking available in the southern parking lot and along S Arizona St.
- **Local Transit:** The Corre Caminos Silver Route stops at S Cooper St. and La Capilla Rd. Pickup times are between 6:54 AM – 4:54 PM.
- **Notes:** Standing near the historic chapel grounds allows for a great view of Silver City and the surrounding mountains.

*Photo by Craig Freas*
SAN VICENTE CREEK TRAIL 9

- **Trail Distance:** 0.88 miles / 4,644 feet
- **Difficulty:** Varies between areas of low incline to areas of high incline.
- **Trail Surface:** Natural dirt surface with areas of outcropping bedrock. Includes stream crossings.
- **Park Hours:** Dawn to dusk.
- **Lighting:** None.
- **Amenities:** Shade.
- **Attractions:** Riparian and Upland Desert environments, varied wildlife, outdoor classroom, archeological remains, and open water.
- **Parking:** General parking at the S Mill Rd. trailhead accessed from S. Bullard St.
- **Local Transit:** The Corre Caminos Silver Route Stops at W Broadway St. and N Bullard St. Pickup times are between 6:56AM – 4:56PM.

- **Notes:** Some sections of the San Vicente Creek Trail exist on private property. Please respect private property by not trespassing.

*Photo by Andrew Lindlof*
BATAAN MEMORIAL RECREATIONAL PARK

- **Trail Distance:** There are four loops available, marked and designated by distance:
  - The 1/3 mile loop is approx. 0.33 miles/1,682 feet/673 steps
  - The 1/2 mile loop is approx. 0.50 miles/2,640 feet/1,053 steps
  - The 5/8 mile loop is approx. 0.63 miles/3,326 feet/1,330 steps
  - The 3/4 mile loop is approx. 0.75 miles/3,960 feet/1,584 steps
- **Difficulty:** Grade 1 and Grade 2
- **Trail Surface:** Transitions between asphalt to packed crushed rock.
- **Park Hours:** Dawn to dusk.
- **Lighting:** Around the paved areas and ballparks.
- **Amenities:** Benches, picnic areas, shade structures and trees, grilling stations, water fountains, rest rooms, public buildings, and trash cans.
- **Attractions:** Ball fields, baseball courts, tennis courts, horseshoe courts, playgrounds, and the Forgotten Veterans Memorial.

- **Parking:** General and disabled parking at the front parking lot.
- **Local Transit:** The Corre Caminos Copper Loop, Santa Clara Route can make pickups at the Fort Bayard Medical Center upon request.
- **Notes:** Bataan Memorial Recreational Park provides many opportunities for exercise and active play.

*Photo by Andrew Lindlof*
**Bayard Community Center Park**

- **Trail Distance:** 0.12 miles / 617 feet / 247 steps
- **Difficulty:** Grade 1
- **Trail Surface:** Concrete path with wheelchair access and curb cuts at the park entrance.
- **Park Hours:** Between 7:00AM to 10:00PM.
- **Lighting:** At the main gazebo and along adjacent streets: Hurley Ave. and Park St.
- **Amenities:** Benches, shade structures, picnic tables, water fountain, and trash cans.
- **Attractions:** Playground, swing set, Skate Park, and ball fields.
- **Parking:** General and disabled parking exists at the Bayard Community Center parking lot.
- **Local Transit:** The Corre Caminos Copper Loop, Bayard Route stops at the Bayard Community Center. Pickup times are between 6:59AM – 3:24PM. Pickups after 3:24PM are available upon request.

**Notes:** The Bayard Community Center Park is a great place for everyone to exercise and play.

*Photo by Andrew Lindlof*
**Bayard Mining Park**

- **Trail Distance:** 0.14 miles / 729 feet / 292 steps
- **Difficulty:** Grade 1
- **Trail Surface:** Concrete path with wheelchair access and curb cuts at the park entrance.
- **Park Hours:** Dawn to dusk.
- **Lighting:** Streetlights exist along the park and adjacent streets.
- **Amenities:** Benches, shade structures, picnic tables, and trash cans.
- **Attractions:** Mining relics with info signs and mining memorials.
- **Parking:** General and disabled parking exists at the Cobre Consolidated Schools District No. 2 Administrative Offices parking lot.
- **Local Transit:** The Corre Caminos Copper Loop, Bayard Route stops at N East St. and Coffey St. Pickup times are between 7:04AM – 3:29PM. Pickups after 3:29PM are available upon request.

**Notes:** Learn about Grant County’s mining history from the info signs located throughout the park.

*Photo by Andrew Lindlof*
Trail Distance: 0.14 miles / 729 feet / 292 steps

Difficulty: Grade 1

Trail Surface: Concrete path with wheelchair access and curb cuts at the park entrance.

Park Hours: Dawn to dusk.

Lighting: Streetlights exist along the park and adjacent streets.

Amenity: Benches, shade structures, picnic tables, and trash cans.

Attraction: Mining relics with info signs and mining memorials.

Parking: General and disabled parking exists at the Cobre Consolidated Schools District No. 2 Administrative Offices parking lot.

Local Transit: The Corre Caminos Copper Loop, Bayard Route stops at N East St. and Coffey St. Pickup times are between 7:04 AM – 3:29 PM. Pickups after 3:29 PM are available upon request.
COBRE HIGH SCHOOL TRACK

- **Trail Distance:** 0.25 miles/1,320 feet/528 steps
- **Difficulty:** Grade 1
- **Trail Surface:** Rubberized track surface with wheelchair access from the northern entrance.
- **Park Hours:** Dawn to dusk. The Cobre Consolidated Schools had priority over the track grounds during school hours 8:00AM – 3:30PM weekdays.
- **Lighting:** Surrounding the track grounds and throughout the school campus.
- **Amenities:** Bleachers, portable rest rooms, and trash cans.
- **Attractions:** Open grass field and ball fields.
- **Parking:** General and disabled parking exists in the front and rear school parking lots. General parking exists in the southern ball field lot. Parking is available before and after school hours.
- **Local Transit:** The Corre Caminos Copper Loop, Bayard Route stops at W Central Ave. and Rosemary St. Pickup times are between 7:09AM – 3:34PM. Pickups after 3:34PM are available upon request.
- **Notes:** Use of Cobre High School Track may be restricted due to scheduled events.
FORGOTTEN VETERANS MEMORIAL WALK 14 MINING DISTRICT AREA

**Trail Distance:** 0.24 miles/ 1,259 feet/ 504 steps

**Difficulty:** Grade 1

**Trail Surface:** Concrete with wheelchair access and curb cuts at the entrance.

**Park Hours:** Dawn to dusk.

**Lighting:** Both overhead and trail lighting are available throughout the grounds.

**Amenities:** Benches and shade structures.

**Attractions:** Remembrance memorials, historic info signs, and sculptures.

**Parking:** General and disabled parking exists at the parking lot near the memorial entrance.

**Local Transit:** The Corre Caminos Copper Loop, Santa Clara Route can make pickups at the Fort Bayard Medical Center upon request.

**Notes:** The Forgotten Veterans Memorial offers a place for quiet reflection.

Photo by Andrew Lindlof
FT. BAYARD PARADE GROUNDS

- **Trail Distance:** Outer Loop: 0.40 miles/ 2,105 feet/ 842 steps. Inner Loop: 0.19 miles/ 908 feet/ 363 steps
- **Difficulty:** Grade 1 and Grade 2
- **Trail Surface:** Transitions between asphalt on the outer loop to crusher-fines on the inner loop.
- **Park Hours:** Dawn to dusk.
- **Lighting:** Streetlights exist along the outer walking loop.
- **Amenities:** Benches, shade trees, and trash cans.
- **Attractions:** Historic Fort Bayard Museum, Fort Bayard guided/self-guided walking tours, historic info signs and memorials, large grass field, tennis courts, and basketball courts.
- **Parking:** General and disabled parking at the Fort Bayard Hospital parking lot and along the streets.
- **Local Transit:** None.
- **Notes:** Fort Bayard features a museum, open Saturday mornings, with guided tours on the 2nd and 4th Saturday monthly at 9:30 AM.
BIG TREE TRAILHEAD

- **Trail Distance:** Big Tree Trailhead gives access to a network of trails, offering miles of hiking and biking opportunities.

- **Difficulty:** Varies between minimal incline to occasional high incline.

- **Trail Surface:** Natural dirt surface with occasional outcropping bedrock.

- **Park Hours:** Dawn to dusk. Winter hours vary by conditions.

- **Lighting:** None.

- **Amenities:** Rest rooms.

- **Attractions:** The Big Juniper Tree and scenic views.

- **Parking:** General parking is available at the trailhead parking lot.

- **Local Transit:** None.

- **Notes:** The Big Juniper Tree is nationally ranked as the second largest alligator Juniper Tree, and has a diameter of over 5 ¾ feet.

Photo by Andrew Lindlof
DRAGONFLY TRAILHEAD

• Trail Distance: Dragonfly Trailhead gives access to a network of trails, offering miles of hiking and biking opportunities.

• Difficulty: Varies between minimal incline and occasional high incline.

• Trail Surface: Natural dirt surface with occasional outcropping bedrock.

• Park Hours: Dawn to dusk.

• Lighting: None.

• Amenities: Picnic tables and rest rooms.

• Attractions: Extensive variety of petroglyphs and scenic views.

• Parking: General and disabled parking available at the trailhead parking lot.

• Local Transit: None.

• Notes: Explore the area and try to find the Dragonfly Petroglyph.
**Gomez Peak Picnic Area Trailhead**

- **Trail Distance:** Gomez Peak Picnic Area Trailhead gives access to a network of trails, offering miles of hiking and biking opportunities.

- **Difficulty:** Varies between minimal incline to extreme incline.

- **Trail Surface:** Natural dirt surface with occasional outcropping bedrock.

- **Park Hours:** From 8:00AM to dusk. Winter hours vary by conditions.

- **Lighting:** None.

- **Amenities:** Picnic tables, shade, water fountains, and rest rooms.

- **Attractions:** Scenic views and diverse environments.

- **Parking:** General and disabled parking is available at the trailhead parking lot.

- **Local Transit:** None.

- **Notes:** Standing on Gomez Peak allows for a great view of the area.

Photo by Andrew Lindlof
• **Trail Distance:** Little Walnut Picnic Area Trailhead gives access to a network of trails, offering miles of hiking and mountain biking opportunities.

• **Difficulty:** Varies between minimal incline to high incline.

• **Trail Surface:** Natural dirt surface with occasional outcropping bedrock.

• **Park Hours:** From 8:00 AM to 7:00 PM. Winter hours vary by conditions.

• **Lighting:** None.

• **Amenities:** Picnic tables, shade, water fountains, and rest rooms.

• **Attractions:** Scenic views and diverse environments.

• **Parking:** General parking is available at the trailhead parking lot.

• **Local Transit:** None.

• **Notes:** These trails are great for hiking and mountain biking.
TRAILS OF GRANT COUNTY
Made possible by
“Community Enhancement Fund”
Freeport–McMoRan
Copper & Gold Foundation
and the
Grant County
Community Health Council

Trails of Grant County was also made possible by in-kind donations of time and expertise from

Patricia Taber – Graphic Design
and
Joe Kenneally – Great West Trail
and
Andrew Lindlof – AmeriCorps OSM/VISTA

Thank You

Patricia Taber studied graphic arts in New York City and has always worked in the commercial art field until retiring. Being a hiker, an avid bird-watcher and plein-air painter brings her out into the nature of the southwest. She currently does graphic design work from her home in Silver City. www.patriciataberart.com

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Andrew Lindlof has a B.S. degree in Geoscience and Water Science from Northland College. He is currently an AmeriCorps OSM/VISTA with the Western Hardrock Watershed Team, working with the Gila Resources Information Project in Silver City, NM and was project manager for this guide.
Walking Log

Tracking your progress helps you stay motivated. 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 regimen.

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The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose.

—Charles Dickens

The longest journey begins with a single step.

—Lao Tsu
Everywhere is walking distance if you have the time.

—Steven Wright