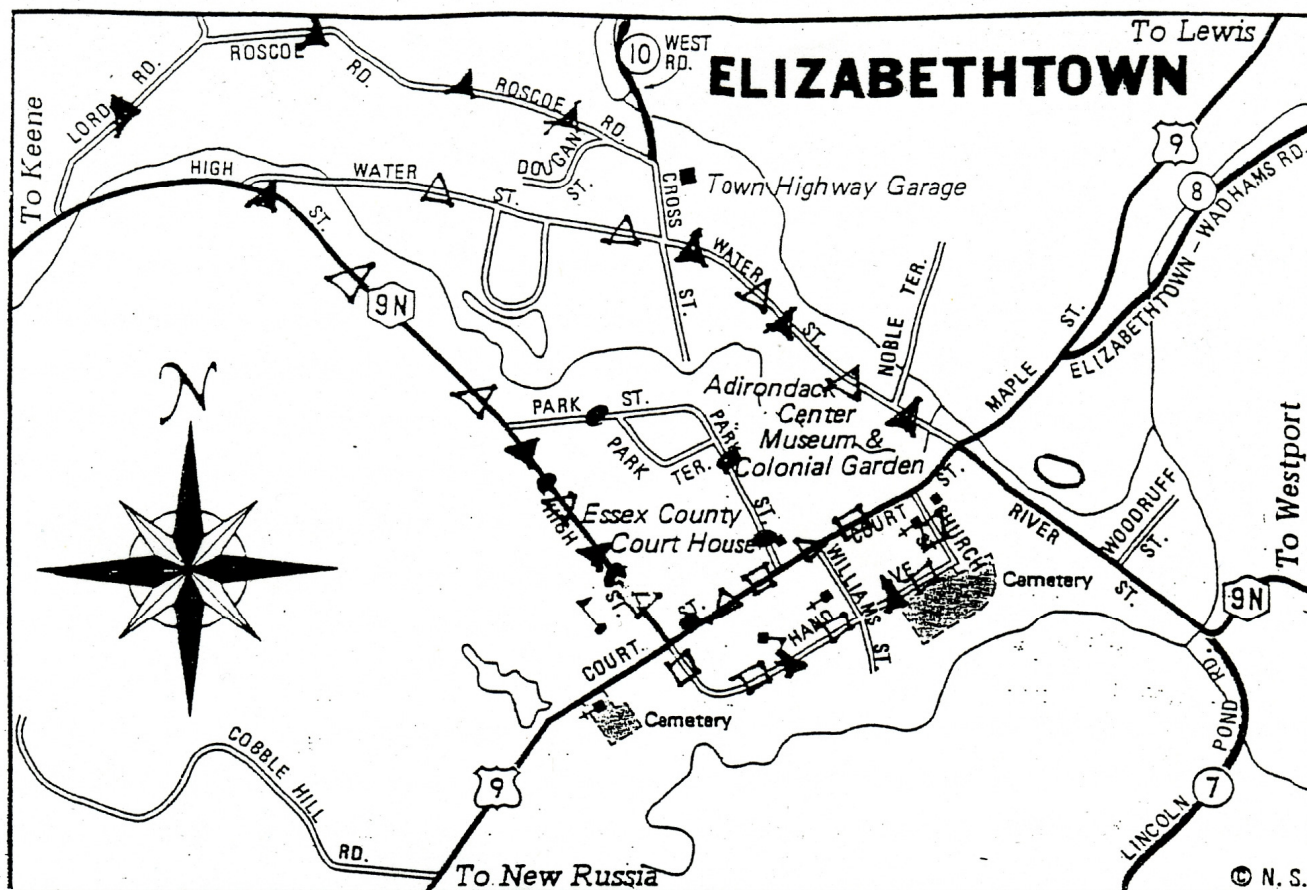


# Elizabethtown Walking Map



*When you walk on a road with no sidewalk,  
walk on the left side of the road, facing traffic.*

- △ = 2.5 miles, no sidewalk on Rt. 9N
- = .9 mile, no sidewalk on parts of Hand Ave.
- ▲ = 3.4 miles, no sidewalk on Rt. 9N
- = 1 mile, no sidewalk on Rt. 9N or parts of Park St.
- = walking track by Hale House.

## Hints for determining your mileage:

- ♥ Determine a safe one-mile walking course by using a car odometer
- ♥ Walk exactly one-mile at your usual, comfortable pace. Note how long it takes you to finish.
- ♥ Now that you know how long it takes to walk one mile, you can time yourself to find out how far you walk on any route. For example, if it takes you 20 minutes to walk the mile, you know that a ten-minute walk means you have walked a half-mile. If it takes you 15 minutes to walk the mile, you know that in seven and a half minutes you have walked a half-mile.