

# Get Up! Get Active!

[www.hannibalparks.org](http://www.hannibalparks.org)

## Walk a Mile

**Admiral Coontz Recreation Center:** Monday-Friday 7:30 a.m. – 5 p.m. 12 laps = 1 mile

**Central Park** (Fourth and Broadway): 4 loops = 1 mile. Flat and on sidewalk

**Nipper Park** (end of Broadway): 6 loops = 1 mile. Flat and on sidewalk

**Willow Street Park** (404 Willow St.): 9 loops = 1 mile. Around grassy field

**Dulany Park** (600 Lemon St.): 3 loops = 1 mile. Flat and on road, but grass next to road is flat also.

**Norfolk & Southern Multi-Sports Complex** (Sixth Street and Warren Barrett Drive): 3 loops = 1 mile. Flat and on road but grass next to road is flat also.

**Bear Creek Trail** (South Main Street and Monroe Street) Trail is ½ mile long. Flat concrete sidewalk

