heart smart TRAILS

Park Planning & Stewardship Division, Montgomery Parks
Maryland-National Capital Park & Planning Commission
Montgomery County, Maryland

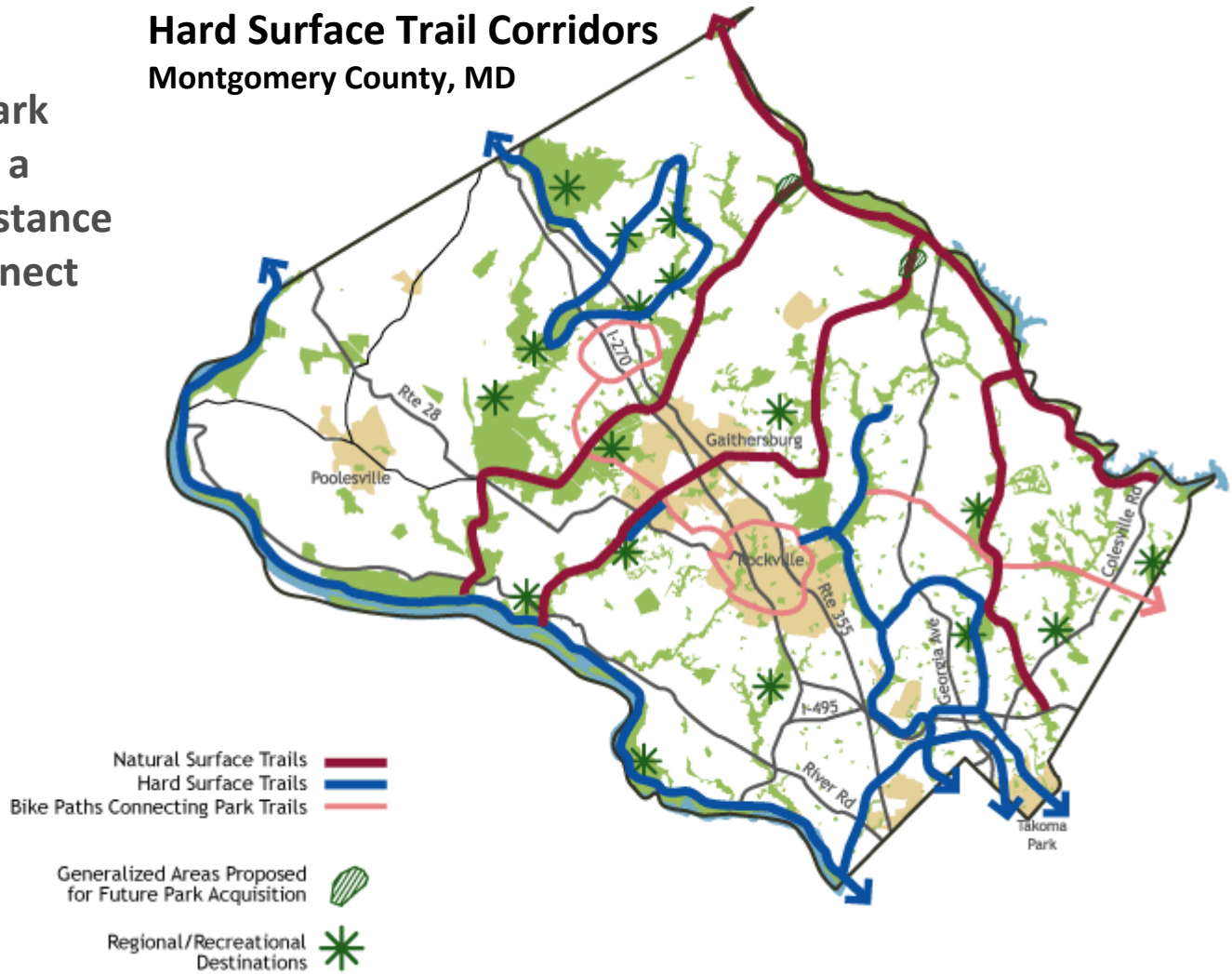
Countywide Park Trails Plan

heart smart TRAIL

Our Countywide Park Trails Plan calls for a network of long distance trails that interconnect the county.

Hard Surface Trail Corridors

Montgomery County, MD



Countywide Park Trails Plan

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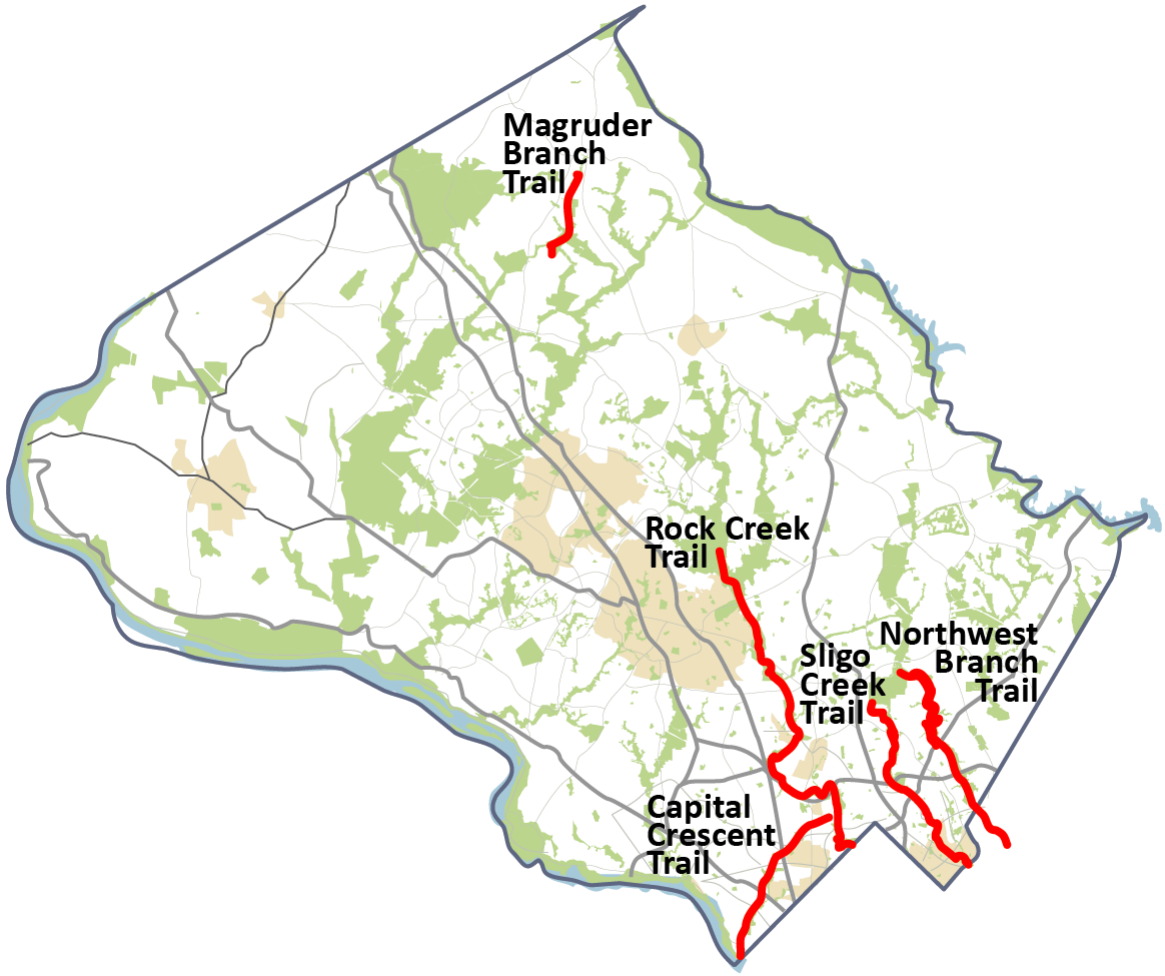
Most of the existing hard surface trails are long distance and linear.



The First Plan

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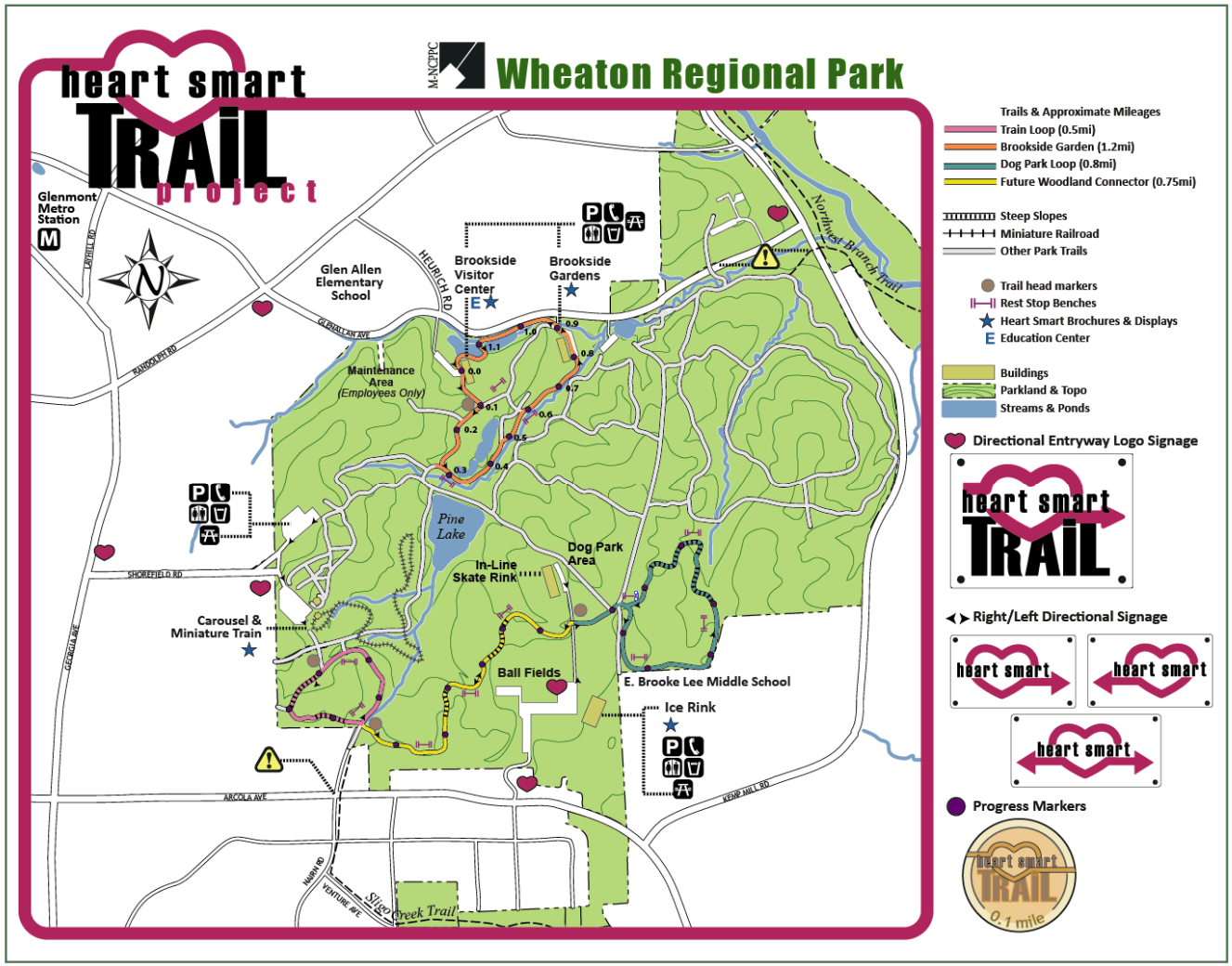
In 2003 the County Recreation Department suggested shorter distance trails for more sedentary trail users.

Wheaton Regional Park was selected for our “pilot project”.

Brookside Gardens became our top priority for implementation out of 4 proposed trails.



Trail Requirements

- A loop trail of 1 mile or less
- A paved path
- Relative flat terrain
- Kiosk at start of trail
- 1/10 mile Markers
- Printed pamphlets and web trail maps with walking logs

HeartSmart Pamphlets

heart smart TRAiL

Language translations support our Spanish speaking communities

Walking ... What's in it for You?

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Healthy Hearts ... One Step at a Time!

Walking is an easy yet effective way to be physically active. Start with some light stretching exercises. Begin at a gradual pace. Walk with your chin up and shoulders slightly back. Roll your weight forward from heel to toe. To burn more fat, swing your arms as you go. To burn more calories, take quicker - not longer- steps.

Adults who have not been active for a while should start slowly. Gradually build up to the recommended 30 minutes a day of moderate-level activity. Begin with a 10-15 minute walk three times a week. As you become more fit, increase the sessions to every day, and lengthen your session or increase your pace.

More Information on Walking ...

The Centers for Disease Control and Prevention Nutrition and Physical Activity site:
http://www.cdc.gov/nccdphp/dnpa/nutrition.htm

US Department of Health and Human Services
www.healthierUS.gov

The Montgomery County Recreation Department
www.montgomerycountymd.gov/rec

The Department of Park and Planning, M-NCPPC
www.mcparkandplanning.org

Montgomery County Trail Maps
www.montgomerytrails.org

Heart Smart Trail Partners

A heartfelt THANKS to all sponsors whose generous donations make Heart Smart Trails a gateway to a healthier lifestyle:

Kaiser Permanente
Eakin/Youngentob Associates, Inc.
Pulte Homes, Inc.
Brookside Gardens, M-NCPPC
The Residents of Montgomery County

To make a donation, contact

The Montgomery Parks Foundation, Inc.
6910 Greentree Road
Bethesda, MD 20817
301.767.0002
www.montgomeryparksfnd.org

For Heart-Healthy Programs in Montgomery County, Contact:

The Montgomery County Recreation Department
4010 Randolph Road
Silver Spring, MD 20902
240-777-6821
www.montgomerycountymd.gov/rec

Hearts N' Parks

The Maryland-National Capital Park and Planning Commission Brookside Gardens
1800 Glenallan Avenue
Wheaton, MD 20902
301-962-1400
www.brooksidegardens.org

M-NCPPC
THE MARYLAND-NATIONAL CAPITAL PARK & PLANNING COMMISSION

heart smart TRAiL
at
Brookside Gardens
Wheaton Regional Park
1800 Glenallan Avenue
Wheaton, MD 20902
301.962.1400

Healthy Hearts... One step at a time!

M-NCPPC
THE MARYLAND-NATIONAL CAPITAL PARK & PLANNING COMMISSION

HeartSmart Pamphlets

heart smart TRAIL

Maps show markers and track trail users progress

heart smart TRAIL

Welcome.....

To your heart smart trail!

By regularly walking along this beautiful mile-long trail, you can improve your health and increase your longevity. The trail follows a popular pathway in Brookside Gardens, a 50-acre public display garden that is open year-round, sunrise to sunset.

The trail begins at the rear of the Visitors Center. Bronze markers are embedded in the path every 1/10 of a mile. When you walk across the marker labeled "0.3," for example, you have walked 3/10 of a mile from the trailhead.

Use the "Walking Log" to keep track of the date, the distance you've traveled and the time it took.

Take The First Step

The Heart Smart Trail awaits you. Go ahead...take your first step toward a healthier lifestyle!

M-NCPPC
THE MARYLAND-NATIONAL CAPITAL PARK & PLANNING COMMISSION

Walking Log

Please check with your physician before beginning any new exercise program. Additional copies of this map can be found on our website at:
www.montgomerytrails.org

Date	Distance	Time

HeartSmart Pamphlets

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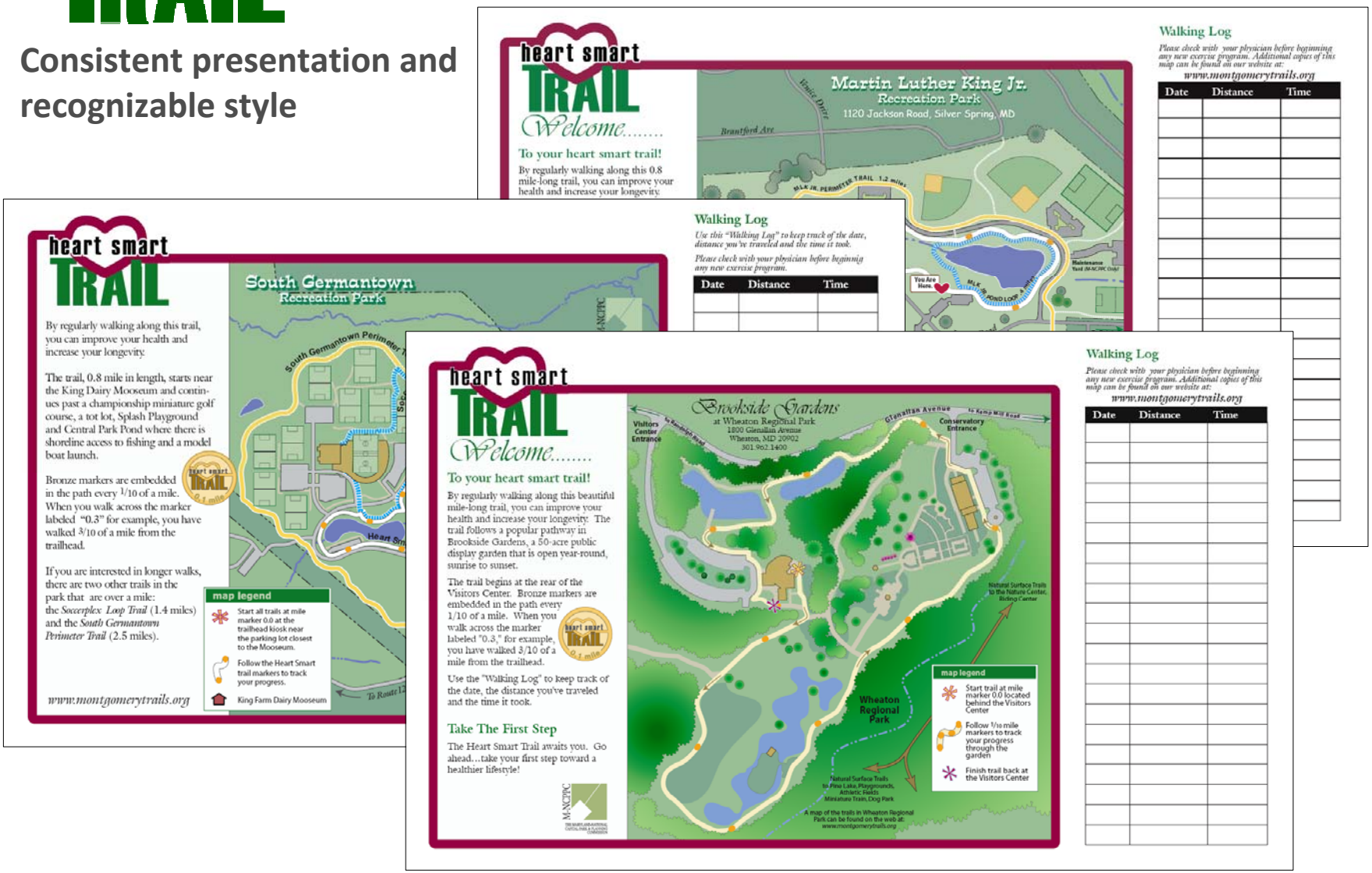
Consistent presentation and recognizable style



www.MontgomeryTrails.org

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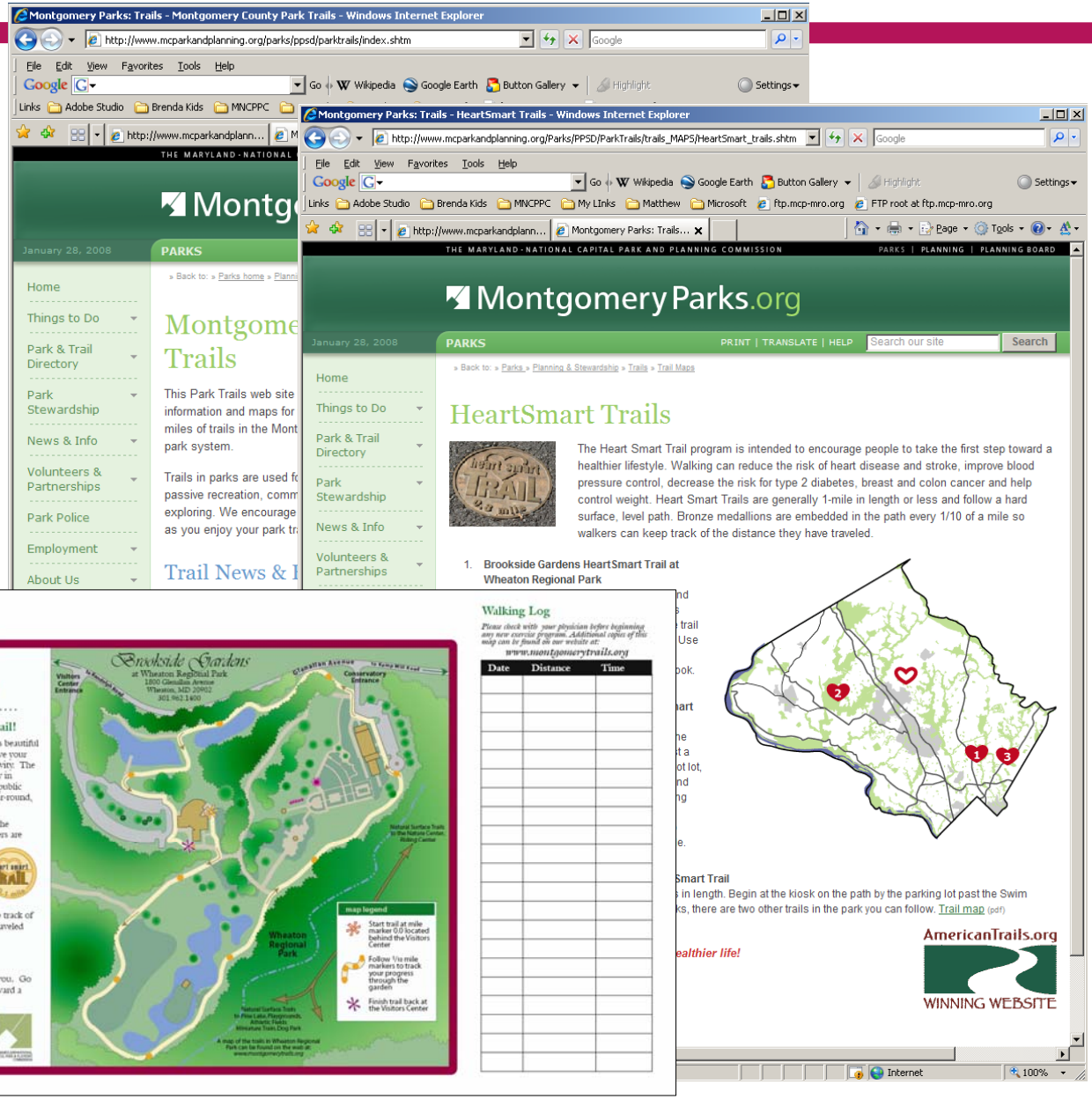
Website provides easy-to-find, one-stop shopping for trail maps

HeartSmart trails are always featured under our “Quicklinks”.

The maps are easy to locate and print.



Popular from the Start

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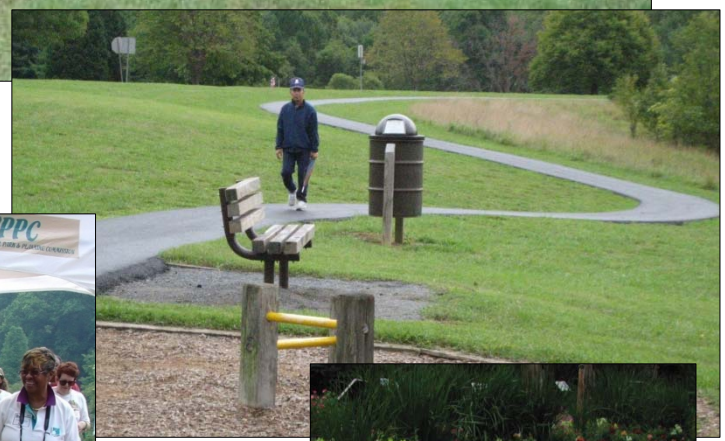
Since opening the trail has been so popular Brookside Gardens opens an hour earlier each morning.



happy trails to you.
heart smart
TRAIL
0.8 mile