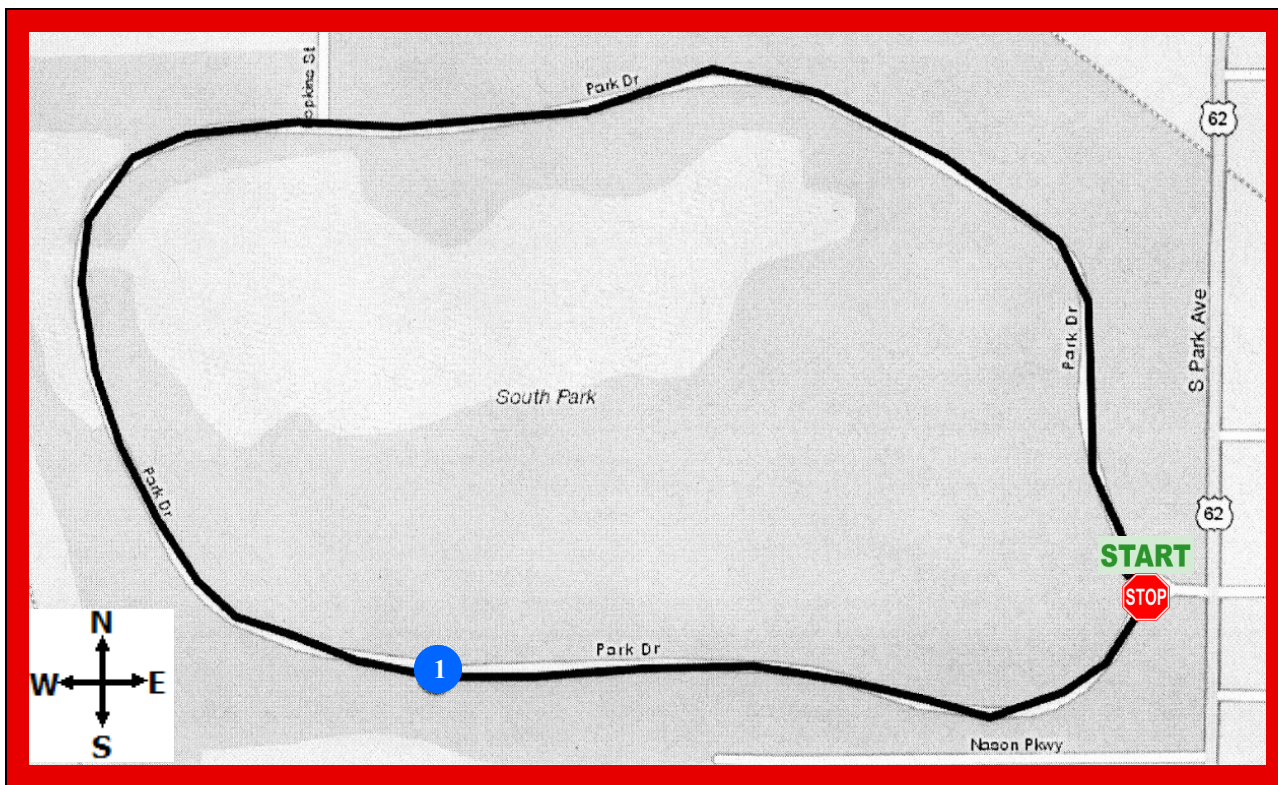


BOTANICAL GARDENS-SOUTH PARK

Lackawanna, New York



ELEVATION

Maximum: 627 ft.

Minimum: 577 ft.

Overall Ascent: +49 ft.

Overall Descent: -49 ft.

Maximum Climb: < 3%

TRAIL INFORMATION

Asphalt trail surface

Trail open to motor vehicles; bike with traffic & run against traffic

Enter park via McKinley Parkway;

START & END on Park Drive in South Park

DISTANCE

1 Loop: 1.4 Miles

EXERCISE TIPS

- Drink plenty of water before, during & after exercise; also make sure you stretch properly before & after exercising
- Always exercise with a friend for safety & fun
- Do NOT wear earphones while biking & rollerblading outside; not only is it dangerous, but it is also against the law
- Remember to wear your helmet while biking & rollerblading; also wear wrist guards while rollerblading to avoid injury

777 Maple Road
Williamsville, NY 14221



MADE2MOVEFITNESS.COM

CALORIES BURNED IN 30-MIN

Activity	Slow	Moderate	Fast
Walking	68	90	136
Running	217	299	381
Biking	163	217	272
Rollerblading	252	326	429

Choose types of physical activity that are appropriate for your current fitness level



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