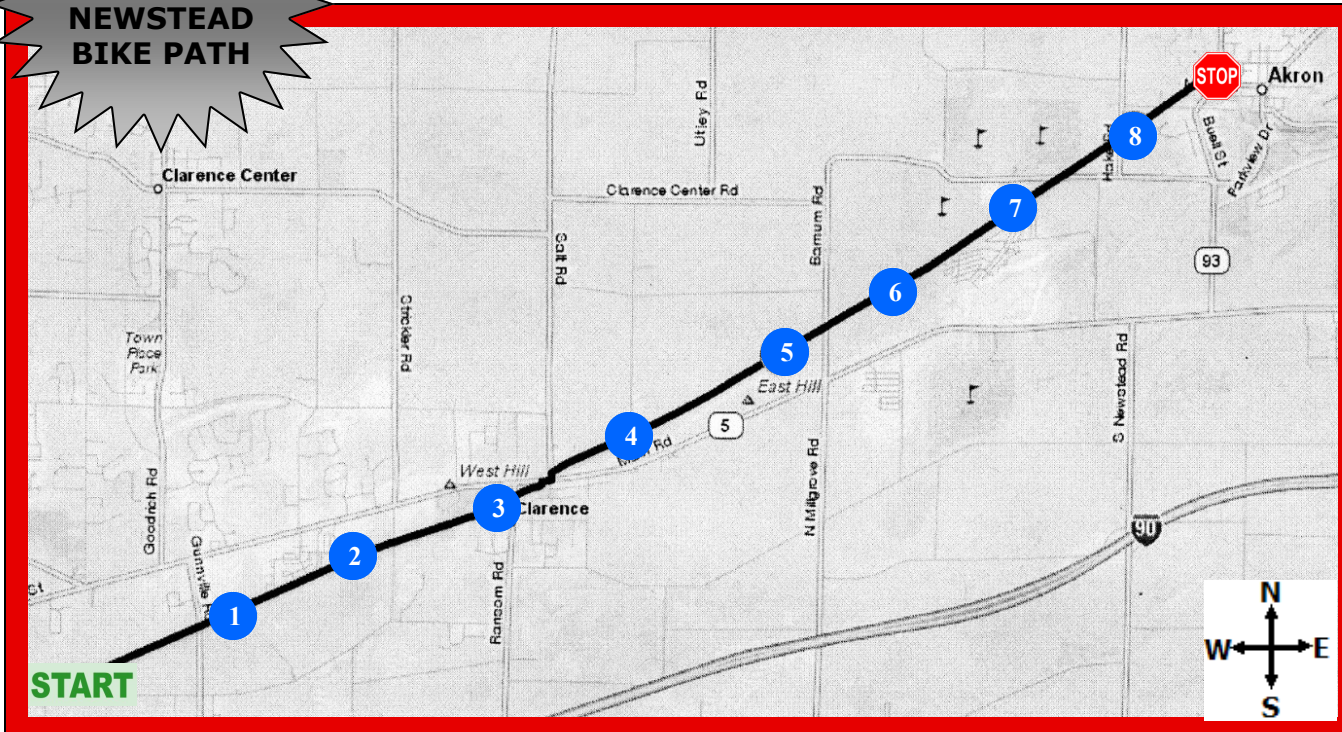


# CLARENCE AKRON PATHWAY

Clarence/Akron, New York

**CONNECTS TO  
NEWSTEAD  
BIKE PATH**



## DISTANCE

One Way: 8.7 Miles  
Round Trip: 17.6 Miles

## ELEVATION

Maximum: 771 ft.  
Minimum: 673 ft.  
Overall Ascent: +62 ft.  
Overall Descent: -131 ft.  
Maximum Climb: < 3%

## TRAIL INFORMATION

Asphalt trail surface  
Can accommodate 2 way traffic  
Trail intersects roads; look out for  
oncoming traffic  
**START** on Wehrle Drive & **ENDS** on  
Cedar Street in Akron, NY



FOR WEEKLY HEALTH TIPS GO TO: [FACEBOOK.COM/MADE2MOVEFITNESS](https://www.facebook.com/MADE2MOVEFITNESS)

## 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

## 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



[MADE2MOVEFITNESS.COM](https://www.made2movefitness.com)

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