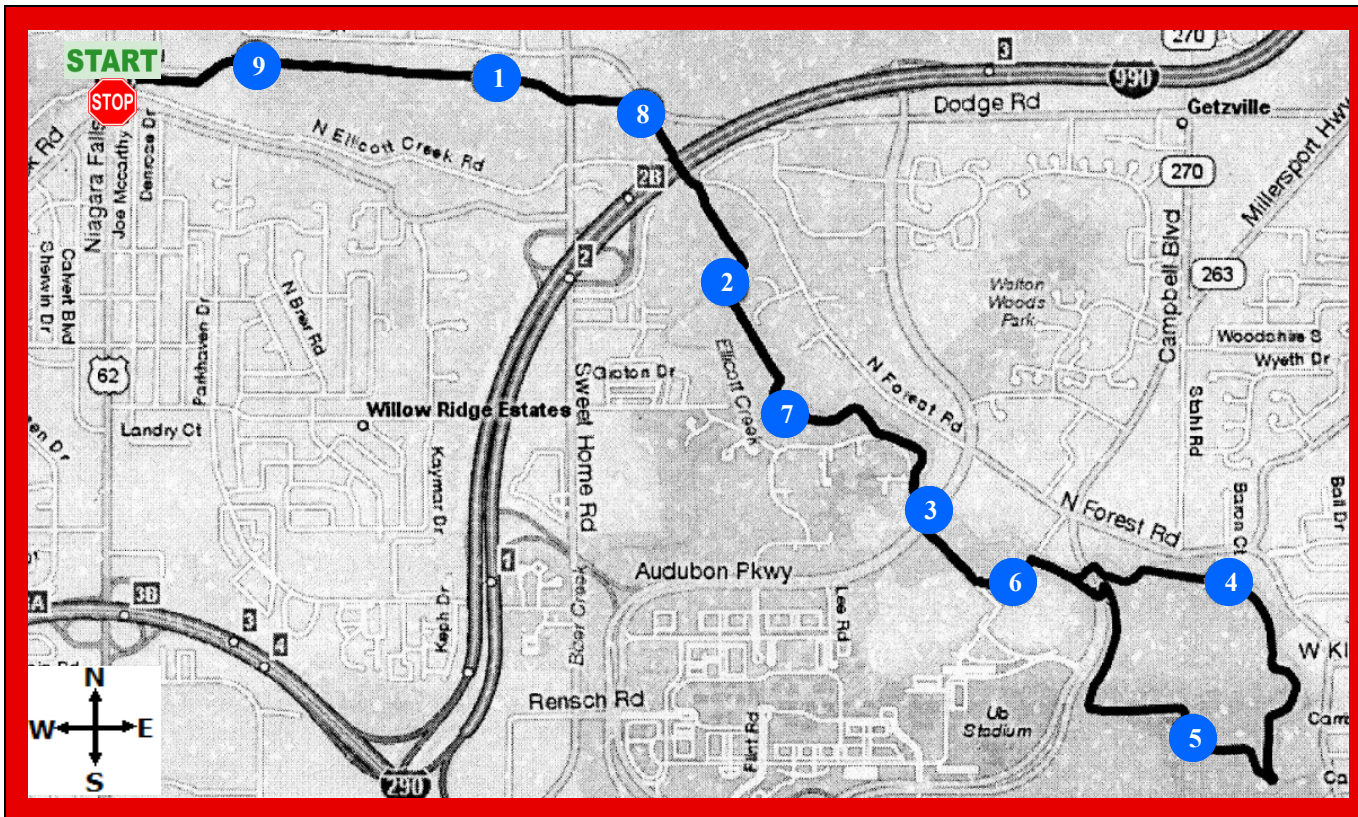


# ELLICOTT CREEK TRAILWAY-UB BIKE PATH

Amherst, New York



**DISTANCE**  
Round Trip: 9.4 Miles

**ELEVATION**  
Maximum: 607 ft.  
Minimum: 564 ft.  
Overall Ascent: +59 ft.  
Overall Descent: -59 ft.  
Maximum Climb: < 3%

**TRAIL INFORMATION**  
Asphalt trail surface  
Can accommodate 2 way traffic  
Portions of trail on the road; bike with traffic, run against traffic  
**START & END** on the corner of Niagara Falls Boulevard and Ellicott Creek Road

- 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

777 Maple Road  
Williamsville, NY 14221

 FOR WEEKLY HEALTH TIPS GO TO: FACEBOOK.COM/MADE2MOVEFITNESS