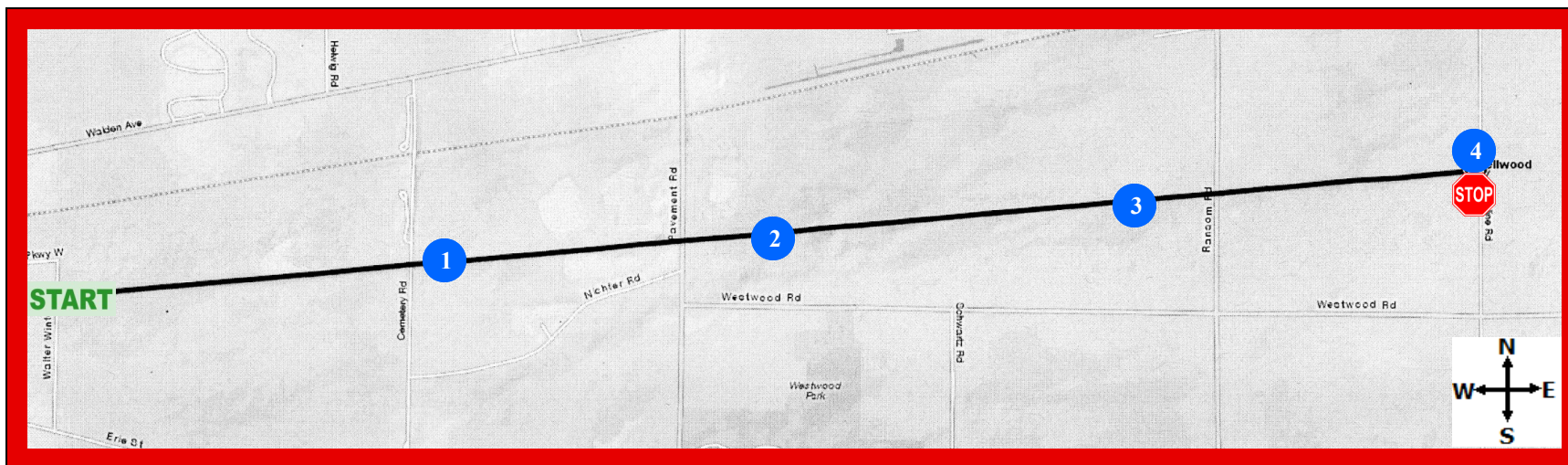


LANCASTER HERITAGE TRAIL

Lancaster, New York



TRAIL INFORMATION

Asphalt trail surface
Can accommodate 2 way traffic
Trail intersects roads; watch out for oncoming traffic

STARTS on Walter Winter Drive (across from Bimbo Bakeries USA) and **ENDS** on Townline Road

DISTANCE

1 Way: 4 Miles
Round Trip: 8 Miles

ELEVATION

Maximum: 764 ft.
Minimum: 699 ft.
Overall Ascent: +75 ft.
Overall Descent: -20 ft.
Maximum Climb: < 3%

 **FOR WEEKLY HEALTH TIPS GO TO:**
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



MADE2MOVEFITNESS.COM

777 Maple Road
Williamsville, NY 14221

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