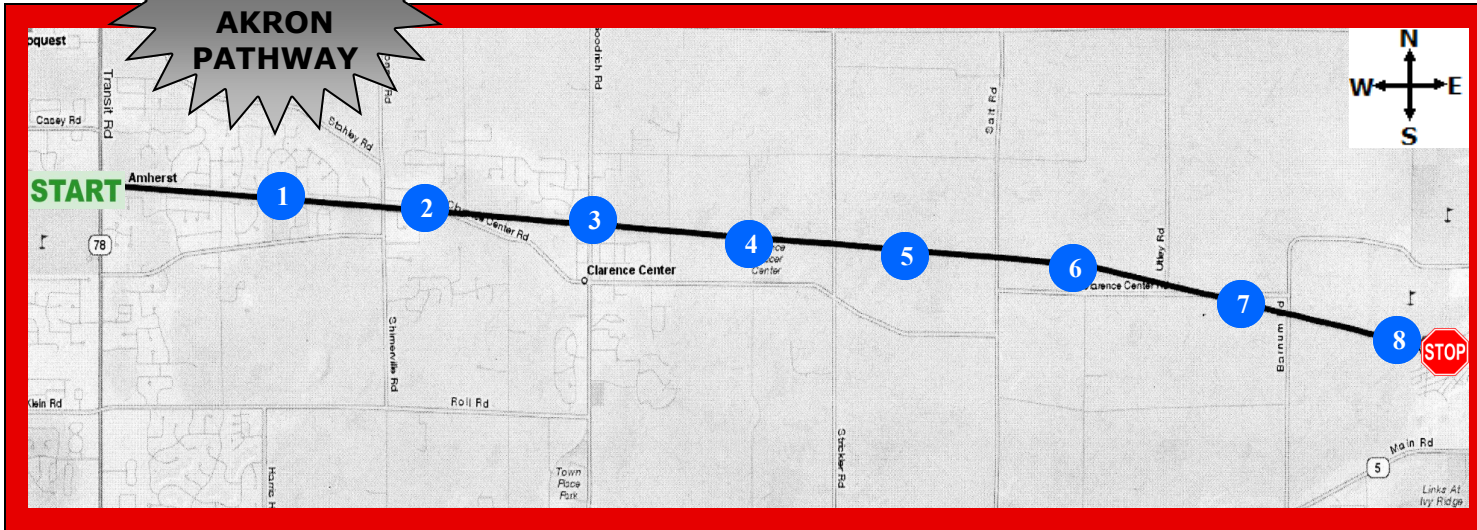


NEWSTEAD BIKE PATH

Clarence/Newstead, New York



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

TRAIL INFORMATION

Asphalt trail surface
 Can accommodate 2 way traffic
 Trail intersects several roads;
 watch for oncoming traffic
STARTS on Transit Road (across from Grover's Bar and Grill) & **ENDS** at the Clarence Akron Pathway

CALORIES BURNED IN 30-MIN

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

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

ELEVATION

Maximum: 712 ft.
 Minimum: 594 ft.
 Overall Ascent: +121 ft.
 Overall Descent: -36 ft.
 Maximum Climb: < 3%

DISTANCE

One Way: 8.3 Miles
 Round Trip: 16.6 Miles



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**777 Maple Road
 Williamsville, NY 14221**