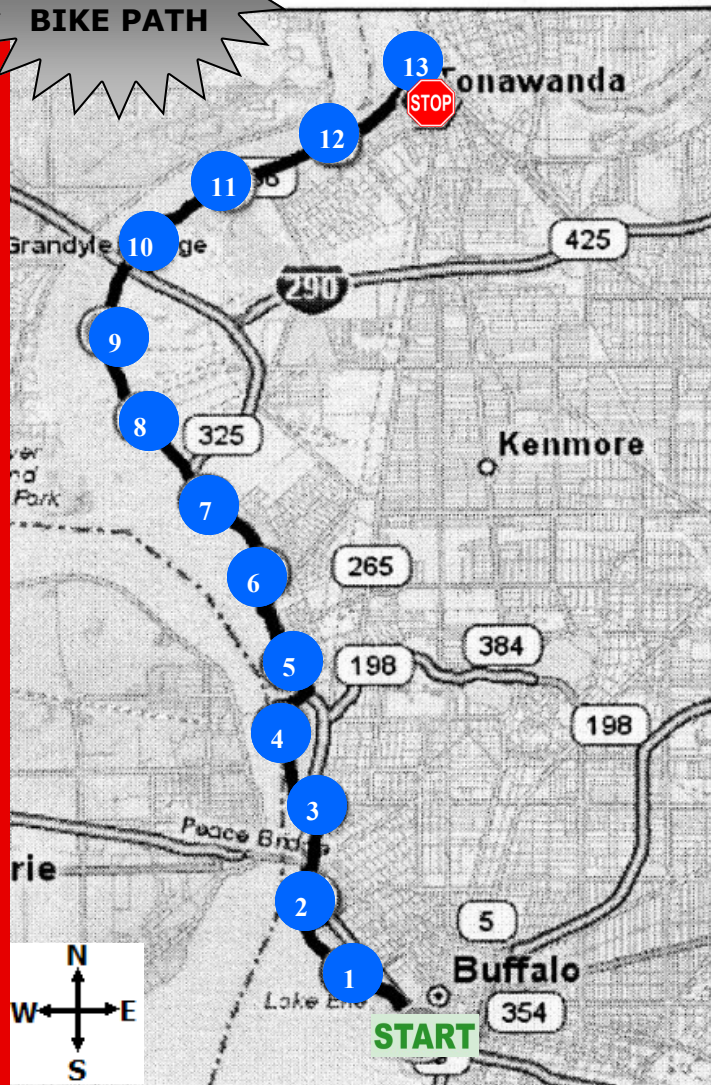


# RIVERWALK TRAIL

Buffalo/Tonawanda, New York

CONNECTS TO 2 MILE CREEK BIKE PATH



## TRAIL INFORMATION

Asphalt/Cement trail surface

Most portions of trail can accommodate 2 way traffic; single lane in some portions

Trail intersects roads; watch out for oncoming traffic

Portions of trail on the road; bike with traffic, run against traffic

**STARTS** at corner of Erie Street & Lakefront Boulevard and **ENDS** on Niagara Street in North Tonawanda



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**777 Maple Road  
Williamsville, NY 14221**

## ELEVATION

Maximum: 640 ft.

Minimum: 554 ft.

Overall Ascent: +125 ft.

Overall Descent: -138 ft.

Maximum Climb: < 3%



## 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

## DISTANCE

One Way: 13.2 Miles  
Round Trip: 26.4 Miles

## 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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