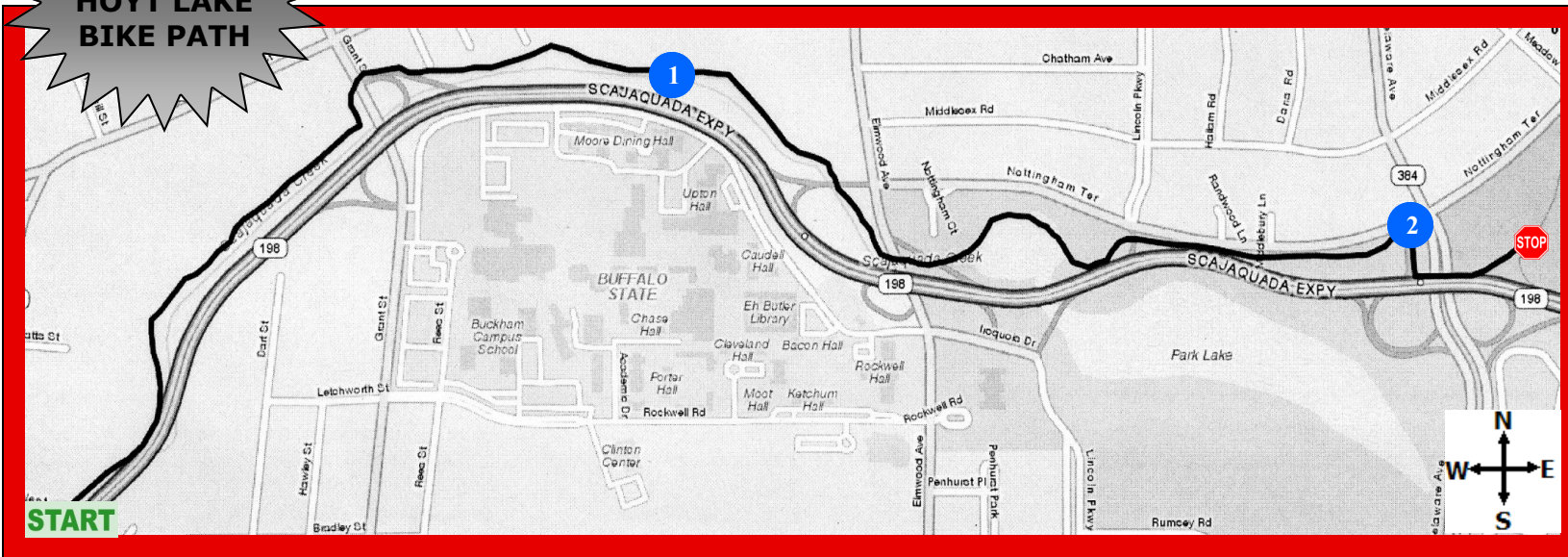


SCAJAQUADA TRAILWAY

Buffalo, New York

CONNECTS TO
HOYT LAKE
BIKE PATH



MADE2MOVEFITNESS.COM

777 Maple Road
Williamsville, NY
14221

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

ELEVATION

Maximum: 623 ft.
Minimum: 558 ft.
Overall Ascent: +66 ft.
Overall Descent: -46 ft.
Maximum Climb: < 3%

TRAIL INFORMATION

Asphalt trail surface
Can accommodate 2 way traffic
Trail intersects roads; watch out for oncoming traffic
STARTS on West Avenue (off Tonawanda Street) & **ENDS** on Meadow Drive in Delaware Park

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

DISTANCE

1 Way: 2.2 Miles
Round Trip: 4.4 Miles



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