

## **Suggested Walking Trails in Richmond**

1. **Lake Reba Park-** Located off Gibson Bay Dr.
    - a. Walking trail is 1 mile long.
    - b. Start on the walking trail next to the playground, past the lake, and next to the soccer fields. Cross over the road, go around Adventure Falls Miniature Golf Course, and around the loop.
    - c. Level and sloped course.
  2. **Million Park-** Located off of Stratford Dr. or Langford Ct.
    - a. Walking trail is ½ mile long. Take two laps and you have completed a one mile walk/run.
    - b. Sloped course.
  3. **E.C. Million Park-** Located off of Tates Creek Dr.
    - a. Stay on the paved trail to the right. Every time you intersect with another trail, stay to the right. When you get to the end, turn around and go back, keeping to the left.
    - b. Hilly, sloped, and flat course.
  4. **Richmond Mall-**
    - a. Beginning at Sears, up to JC Penney's and back (walking along the perimeter of the mall).
    - b. Great place to walk indoors.
    - c. Take the stairs for added exercise.
  5. **Goggins Lane-** Located off of Barnes Mill Rd.
    - a. Beginning at White Oak Pond Church's parking lot, take the side walk to Tates Creek Rd. This is 2 Miles. Then the trip back is an additional 2 miles.
    - b. This course is mostly flat with some hills along the way.
  6. **EKU Campus-**
    - a. Track- One lap around the track = ¼ of a mile
    - b. Loop Around Campus- Beginning at the sidewalk beside the track, continue around the perimeter of EKU (Down the Bypass to Lancaster Ave, Right on Crabbe St, Left on University, Right on Kit Carson back to the Track. This is a 2 Mile loop.
    - c. Woodchip Trail- Located off of Kit Carson Dr. behind the Dept. of Criminal Justice (across bypass from the rest of EKU Campus). Take a left next to the Ashland Building (fire training). The woodchip trail is on the right. It is a 1 mile trail.
- d. Wellness Center: walking track and treadmills available