

# Nashua Walking Program

## With special support from:

- Southern NH Medical Center • St. Joseph Hospital
- Nashua Parks & Recreation
- Nashua Police Department • Senior Activity Center
- YMCA of Greater Nashua



For more information about Mine Falls Park and the Walking Program, call **589-3370** or go to: **[www.gonashua.com](http://www.gonashua.com)** (City Departments/ Parks & Recreation)

# *Spring, Summer & Fall Walks*

Spring: \*April 7 – May 30

Summer: \*June 9 – August 1

Fall: \*September 8 – October 31

\* Excluding major holidays

## *Where to meet:*

**Mondays** – 9 AM Whipple St. entrance (off Simon St) to Mine Falls Park

**Wednesdays** – 9 AM Lincoln Park entrance (off Coliseum Ave) to Mine Falls Park

**Fridays** – 9 AM Nashua River Rail Trail (parking lot on Gilson Road)

We will be walking from 1/2 to 3 miles each day.

Please do not bring your pet on these walks. Not everyone is comfortable around animals.