

1 Franklin Falls Dam, US Army Corps of Engineers
1½-mile round trip from parking lot **e**

Marked in ½-mile increments, this is an easy walk on a tar surface with one downhill/uphill area. Fitness stations will be added on the route in the spring/summer of 2004. Parking is available at the dam entrance off Route 127, and bathroom facilities are available across from dam office. There is a fitness/walking log book available at the dam office. For more information contact the office at (603) 932-2116.



2 Piney Point Nature Trail, Franklin Falls Dam, US Army Corps of Engineers
1½-mile round trip from parking lot **m**

Located to the left of Franklin Falls Flood Control Dam, the Piney Point Nature Trail is marked with yellow blazes. It loops around Piney Point peninsula just downstream from the dam. Terrain and level of difficulty varies. The trailhead starts on a tar road just past the dam Project office on the left and then changes to a dirt path soon after. Parking is available at the dam entrance off Route 127, and bathroom facilities are available across from dam office. There is a fitness/walking log book available at the dam office. For more information contact the office at (603) 932-2116.



3 Heritage Trail, Franklin Falls Dam, US Army Corps of Engineers
3.8 miles one way, 7.6 miles round trip **m**

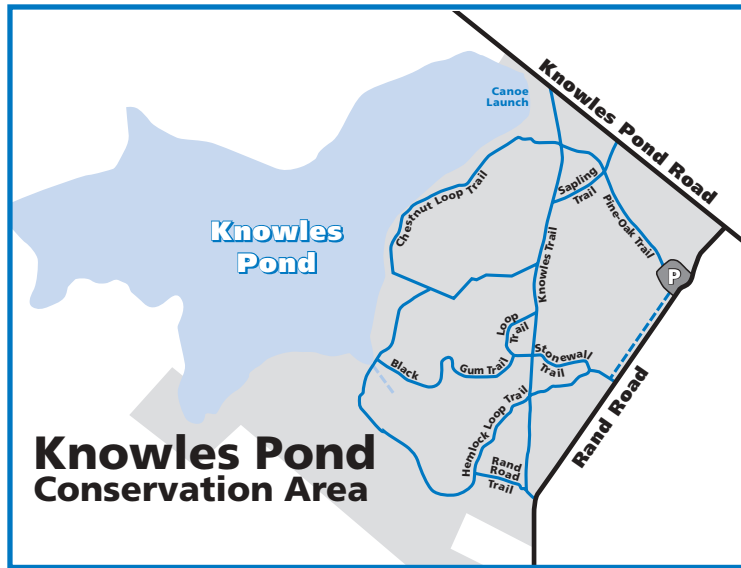
Located to the right of Franklin Falls Dam (look for Heritage Trail marker), the Heritage Trail is marked with yellow blazes. Terrain and level of difficulty varies, but is mostly level with some small hills. This dirt path passes through an old mill site, across brooks, pine and mixed forest with views of Mt. Kearsarge and the river. Trail ends at Shaw Hill Road in Sanbornton.

Parking is available at the dam entrance off Route 127, and bathroom facilities are available across from dam office. Dogs are allowed on leash—you must clean up after them. For more information contact the office at (603) 932-2116.



4 Knowles Pond Conservation Area
Several short trails (< 1 mile)
that can be connected for longer walks **e**

This trail is a dirt path that runs through the woods and along Knowles Pond. Several signs are located along the way pointing out hemlock stands, wetland sites, and several wildlife habitats. Dogs are allowed. Parking is available on Rand Road in Northfield, NH. Trail guides are available at the kiosk in the parking area.



See inside for details of downtown Franklin routes 8 through 13.

5 Tanger Outlet Center • ¼ mile around **e**

The Tanger Outlet Center is located just off Interstate 93, Exit 20. This route follows the sidewalk along the shops and then follows the outside edge of the parking lot back to the other side. If you stick under the canopy of the sidewalk alongside the shops—it cuts the length of your route to ¼ of a mile, one way. Parking is available in the mall parking lot. Bathrooms are available when stores are open. Dogs are allowed on leash, but not in stores.



6 Winnisquam High School Track
¼ mile once around — 4 times around = 1 mile **e**

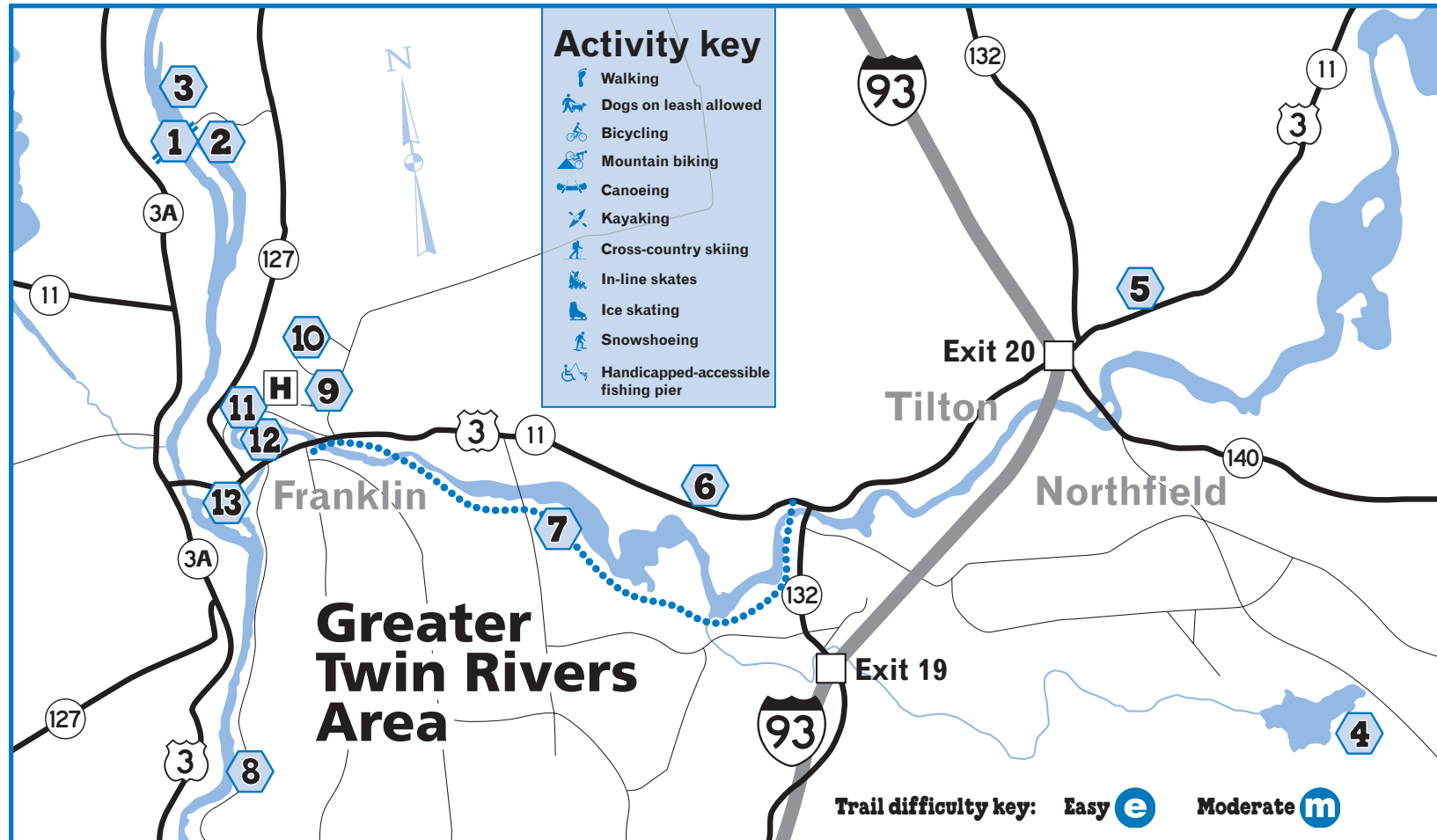
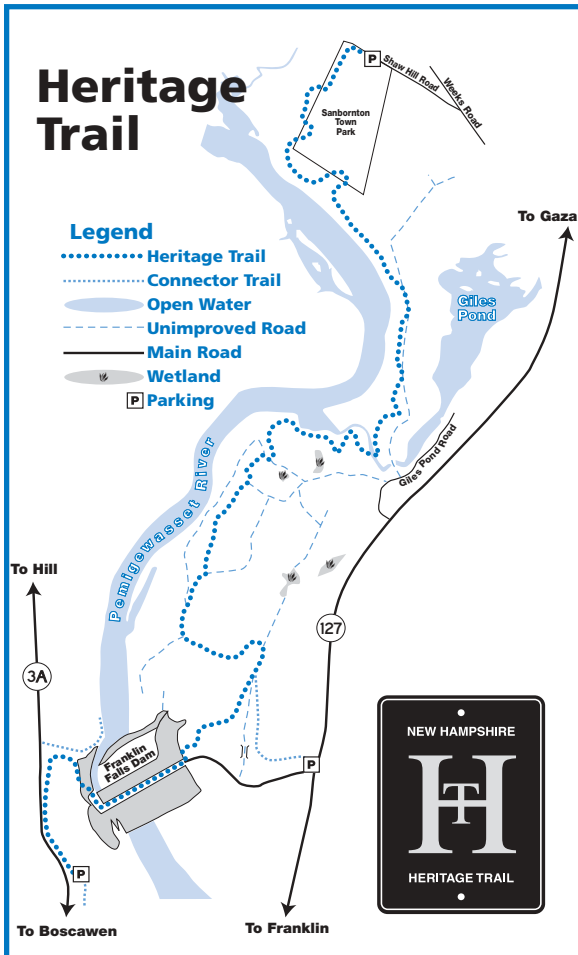
Park at high school; track is behind school. Dogs are not allowed.



7 Winnepesaukee River Trail • 3.7 miles **e**
IN PROGRESS—MAJOR TRAIL RENOVATIONS SCHEDULED FOR SUMMER 2005

The Winnepesaukee River Trail is a nature trail that runs from Central Street in Franklin to Surette Battery Park in Northfield. It is a dirt path with some grassy areas. For the long distance walker, you may continue and add another 3.8 miles to your jaunt starting on Granite Street in Northfield and walking to McDonalds on Route 140 in Tilton. Motorized vehicles are prohibited.

To start your walk at the Franklin end, park in downtown Franklin at the end of the hill on Central Street. To start at the Tilton end, you can park in downtown Tilton by the old train station. If you are picking up the trail at Cross Mills Road off Central Street you can park on Cross Mills Rd.



- Foundation for Healthy Communities
- T.R.I.P. Center
- VNA of Franklin
- Health First Family Care Center
- Franklin Regional Hospital
- LRGHealthcare

Healthy Heart for Life is a project of the Twin Rivers (CNTR) Health Promotion and Education Committee and the Foundation for Healthy Communities and includes the following partner organizations:



Walking Guide
 for the Greater Franklin Area
 Make the Move, Franklin!

How much exercise is enough?

If you are looking to improve things such as blood pressure, cholesterol, and blood glucose levels as well as reduce stress and your risk for heart disease, then here is a deal for you! Fitness experts recommend you get at least the following:

- 30 minutes of moderate exercise
- 5 days a week

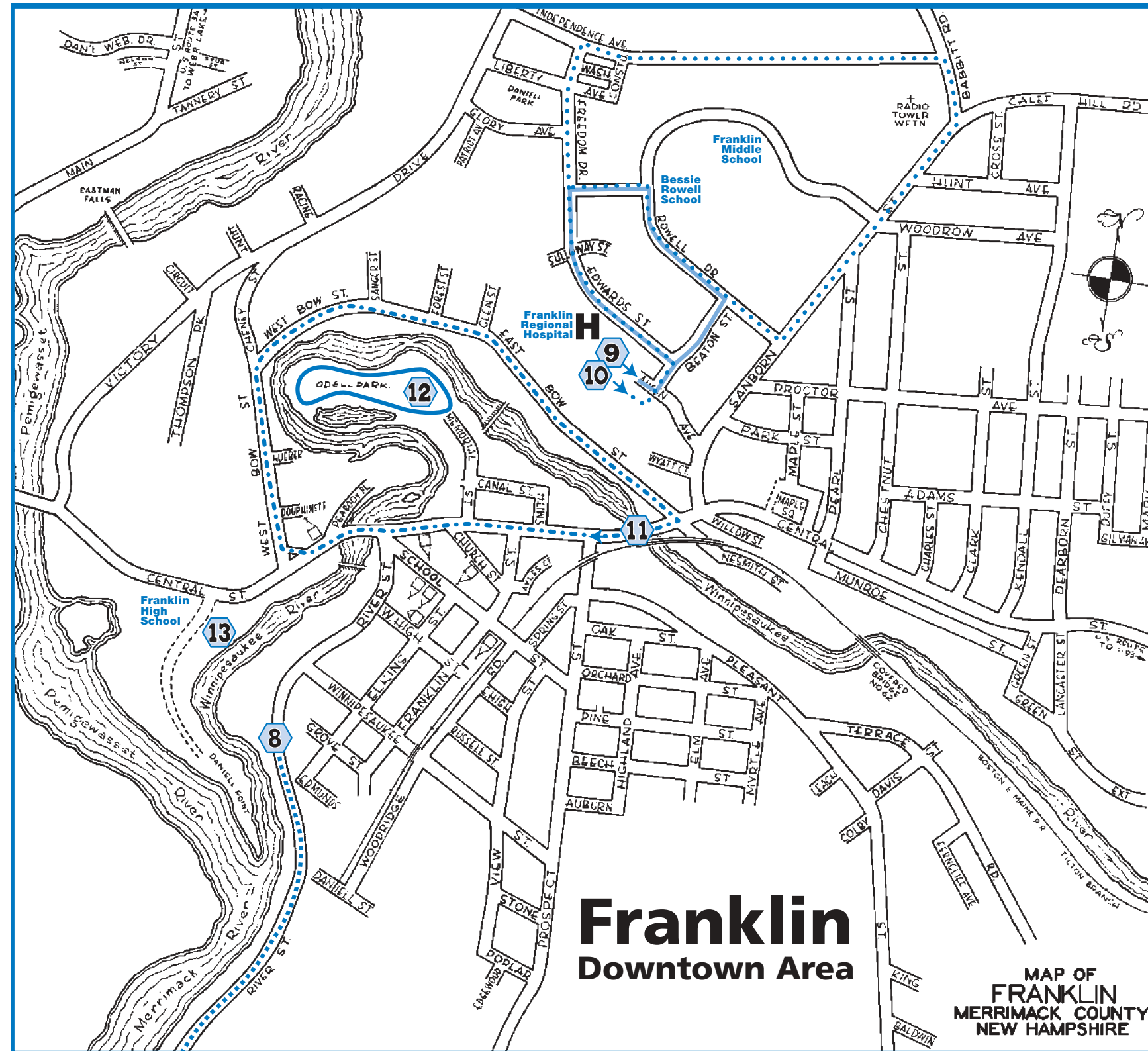
Good news! The thirty minutes a day does not have to be done all at once—you can break it up into three ten-minute sessions, or two fifteen-minute sessions! So you can do ten minutes in the morning, ten minutes at lunch and a final ten minutes after dinner. Tah-dah! Thirty minutes!

“Moderate” exercise includes things like brisk walking, gardening, taking the stairs, mowing the lawn, dancing and playing in the snow! Just be sure your activity gets your breathing and heart rate up a little higher.

So don't knock yourself out—enjoy exercise! Remember, every bit counts!

Safe walking tips

- **Face traffic.** If there are no sidewalks, be sure to face traffic so you can see oncoming traffic.
- **Wear bright colored clothing,** especially if it is early morning and evening, to make sure you are visible to on-coming traffic.
- **Carry a flashlight at night,** and wear reflective vests or clothing.
- **Stay alert.** Watch for cars and other motorists. Do not assume that everyone knows that the pedestrian has the right-of-way.
- **Wear comfortable shoes** that offer stability. This way you can avoid foot and ankle injuries!
- **Walk with a friend.** It makes it more enjoyable and safer.
- **Watch the weather.** Dress for hot and cold conditions appropriately, and stay indoors when extreme weather hits.



Downtown routes

8 River Street (“Dump Road”) • 4 miles round trip

Located just past Franklin Falls Hydro Dam (downtown Franklin), the River Street walk is a 4-mile jaunt up the road and back. It is flat and can be enjoyed for activities such as walking, biking and rollerblading. Traffic is low, but still keep an eye out for cars and stay to the side of the road. Parking can be found at the Brick Pump Station at the beginning of the road.



9 FRH Wellness Walk #1 • 1 mile

Starting at the hospital take a left on Aiken Avenue. Take a quick left onto Beaton Street. Go to the T-intersection and take a left onto Rowell Drive. Rowell Drive bends to the left and comes out on Edwards Street behind the hospital. Take a left onto Edwards Street to the T-intersection with Beaton Street. Take a right onto Beaton Street and then turn right onto Aiken Avenue to return to the hospital.



10 FRH Wellness Walk #2 • 2 miles

Starting at the hospital, take a left on Aiken Avenue. Take a quick left onto Beaton Street. Turn left onto Edwards Street, which will take you behind the hospital. Edwards Street becomes Freedom Drive. Follow this until you see Independence Drive. Turn right onto Independence Drive and follow to the T-intersection with Babbit Road. Turn right onto Babbit Road. Follow Babbit Road and turn right onto Sanborn Street. Pass Franklin Middle School on your right and take a right onto Rowell Drive. Rowell Drive bends to the left and comes out on Edwards Street behind the hospital. Turn left onto Edwards Street. Follow Edwards Street to the T-intersection with Beaton Street. Take a right onto Beaton Street and then turn right onto Aiken Avenue to return to the hospital.



11 Bow Street Circle • 1.5 miles

The Bow Street Circle is a popular walking route in the downtown Franklin area. It starts to the right of Grevior Furniture and follows Bow Street as it circles around the Winnepesaukee River. You end up on West Bow Street. Take a left onto Central Street and follow it until you reach the beginning of Bow Street again by Grevior Furniture. Parking is available along Central Street.



12 Odell Park

Located at the end of Memorial Street and bordered by the Winnepesaukee River, this is a great park to walk to (or drive to) from downtown Franklin. While you are there, enjoy a softball game or toss around a Frisbee—and why not have a healthy picnic by the river?



13 Franklin High School Track ¼ mile once around—4 times around = 1 mile

Park at high school; track is alongside school. Dogs are not allowed. Boat launch and handicapped-accessible fishing ramp open to the public.

