

# CARRIAGE HILL METROPARK

## LEGEND

- E** Entrance
- P** Parking
- ♿** Restrooms
- 🎣** Fishing
- 🚣** Paddling
- 🏠** Reservable Shelter
- 🌳** Picnic Area
- ♿** Wheelchair Accessible
- ❤️** Heart Healthy Trail
- Woods
- Water
- Stream
- Park Road
- Park Boundary
- Public Road
- Access Trail

## TRAIL KEY

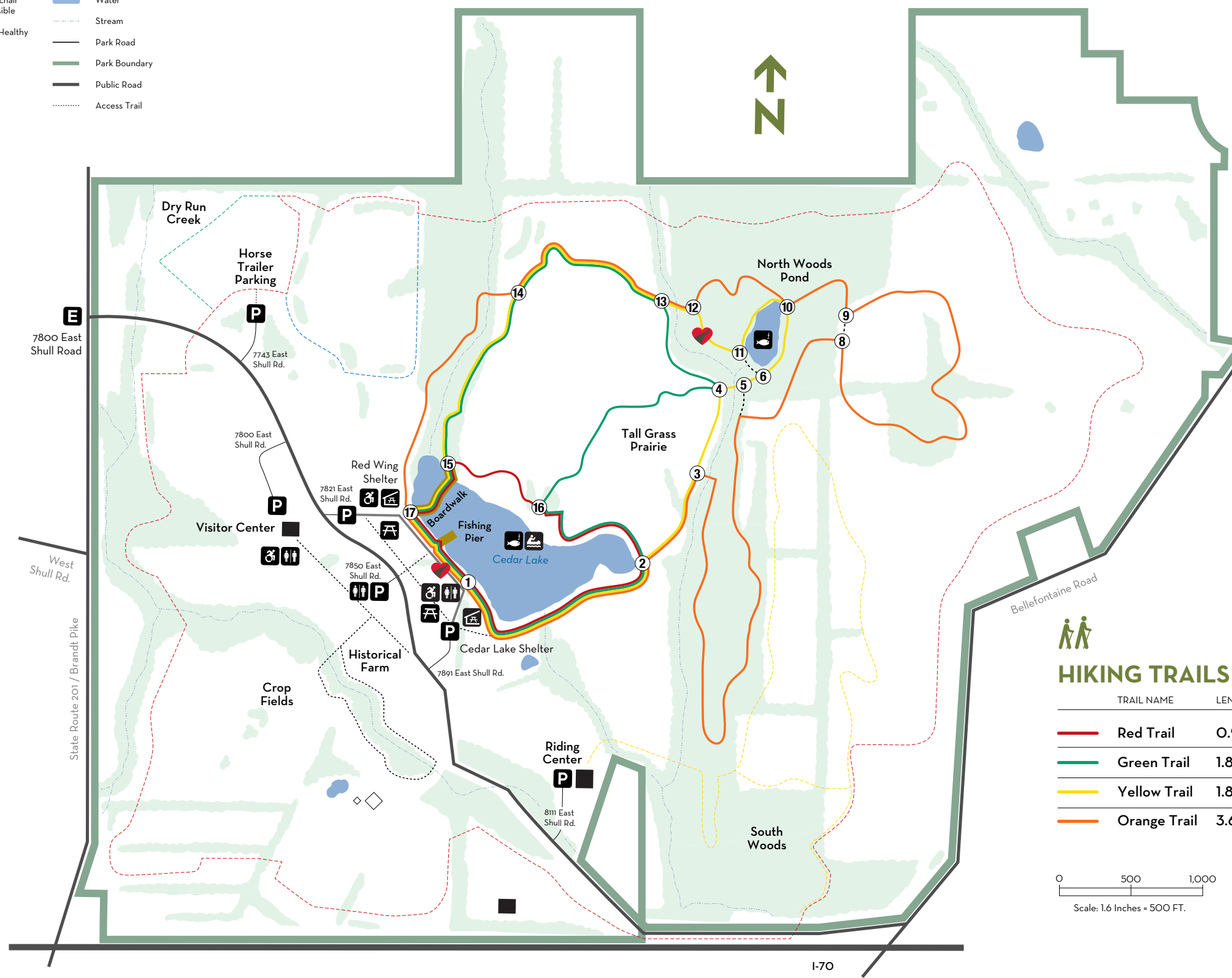
### HORSE TRAILS

Horse trails are accessible at 7742 East Shull Rd. and are indicated on the map by colored, dashed lines.







### HEART HEALTHY TRAILS

To make it easy for you to exercise outdoors, Five Rivers MetroParks has designated several Heart Healthy Trails. These easy, entry-level trails on paved or flat surfaces are marked every quarter mile to help you track your pace. The American Heart Association recommends walking at a brisk pace of 24 minutes per mile and work toward walking at least 2.5 miles per hour. METROPARKS.ORG/HEART-HEALTHY



### HIKING TRAILS

Hiking times based on a 3 MPH pace with no break time.

TRAIL NAME	LENGTH	ESTIMATED HIKE TIME
 Red Trail	0.9 miles	20 MIN.
 Green Trail	1.8 miles	40 MIN.
 Yellow Trail	1.8 miles	40 MIN.
 Orange Trail	3.6 miles	1 HR. 30 MIN.

