












## TRAIL KEY




### HIKING TRAILS AT THIS ENTRANCE

TRAIL NAME	LENGTH	ESTIMATED HIKE TIME
 Red Trail	0.5 mile	15 minutes
 White Trail	0.5 mile	15 minutes
 Blue Trail	1 mile	30 minutes
 Green Trail	1.4 mile	45 minutes
 Yellow Trail	1.9 miles	1 hour
 Purple Trail	2 miles	1 hour
 Brown Trail	0.7 miles	20 minutes
 Orange Trail	9.2 miles	4 hours 30 minutes
 Twin Valley Backpacking Trail	29 miles	2-3 days
























### OTHER HIKING TRAILS Hiking times based on a 3 MPH pace with no break time.

TRAIL NAME	LENGTH	ESTIMATED HIKE TIME
 Pink Trail	2.6 mile	1 hour 15 minutes
 Silver Trail	1.6 miles	50 minutes

Trails are open year-round, but during periods of high water, trails along river may be muddy or impassable. Visit [metroparks.org/alerts](http://metroparks.org/alerts) for park closure information.

 Easy  Medium  Hard

## LEGEND

-  Park Entrance
-  Parking
-  Restrooms
-  Picnic Area
-  Reservable Shelter
-  Fishing
-  Wheelchair Accessible
-  Camp Site
-  Drinking Water
-  Sledding
-  Paddling Launch
-  Fossil Collection Area
-  Heart Healthy Trail
-  Park Feature
-  Woods
-  Water
-  Stream
-  Park Road
-  Park Boundary
-  Public Road
-  Access Trail
-  Heart Healthy Trail
-  Twin Valley Trail

**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](http://METROPARKS.ORG/HEART-HEALTHY)

## GERMANTOWN METROPARK