

Trumbull County Park Guide

For Walking, Hiking, and Biking

- **Bolindale-Deforest Park**
3403 Ridge Rd., SE, Howland (330) 369-4845
- **Canoe City-Trumbull County Metro Park**
75 North Leavitt Rd. Leavittsburg (330) 675-2480
www.metroparks.co.trumbull.oh.us
- **Churchill Park**
4316 Belmont Ave., Liberty Twp. (330)759-1315
www.libertytwp.com
- **Covered Bridge Canoe Livery**
115 E. Jay St., Newton Falls (330)872-9977
- **Foster Park-Trumbull County Metro Park**
In Newton Twp. Near the intersection of Princetown and
Damascus/Newton Falls Rd. (330)675-2480
www.metroparks.co.trumbull.oh.us
- **Girard-Liberty Park**
100 Mosure Rd., Girard (330) 545-4625
- **Howland Township Park**
1000 Rosegarden Dr., NE, Howland (330) 856-2340
- **Kinsman Township Park**
Burnett East Rd., Kinsman, OH (330) 876-6235

- **Lordstown Village Park**
6001 Tod. Ave., Lordstown (330) 824-2500
- **Mosquito LakeState Park**
1439 State Route 305 Cortland, Ohio (330) 637-2856
- **Packard & Perkins Park**
Mahoning Ave., Warren, OH (330) 841-2641
- **Stevens Park**
North Crandon Ave. Niles, (330) 544-9000 ext. 175
- **Tod Park**
1000 Lawrence Ave., Girard (330) 545-4625
- **Waddell Park**
Warren & Park Ave., Niles (330) 544-9000 ext. 175
- **Western Reserve Greenway-Trumbull County Metro Park**
Parking is available at State Route 305 and Hyde-Oakfield Rd.
(330) 675-2480
www.metroparks.co.trumbull.oh.us
- **Woodland Park**
Corner of Fifth & Penn Ave., McDonald (330) 530-5472

For a Park Location Map:

Go to <http://planning.co.trumbull.oh.us/>



Walking Tips



1. Wear a good quality walking shoe. It will help prevent injury.
2. Use good posture, chest raised, shoulders relaxed.
3. Bend your arms to about 90 degrees. You will be able to walk faster.
4. Pretend you are walking along a straight line.
5. Land on your heel. Push off with your toes.
6. Breathe naturally. Walk fast enough that your breathing is increased, but you are not out of breath.
7. Do not over stride.
8. Look ahead, not at the ground.
9. Do not use over vigorous arm movements.
10. Do not use weighted shoes or ankle weights.



small steps, big strides

For more information contact:

Mel Milliron, Health Educator, C.H.E.S.

The Trumbull County Health Department

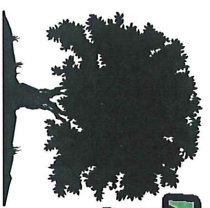
176 Chestnut Ave., N.E.

Warren, Ohio 44483

(330) 675-2489

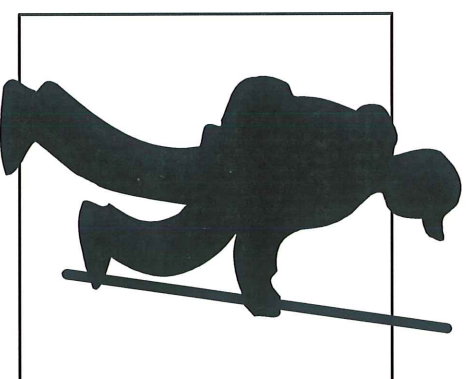
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Explore the natural beauty of our county
and strengthen your heart at the same time!

