

Walking Safety Tips



- Don't overdo it if you are a beginner.
- Wear shoes that offer stability and cushioning.
- If walking hurts, consult your physician.
- Monitor your time spent walking.
- Set small goals to gradually increase your amount of walking time.
- Find a walking buddy.
- Dress to be seen.
- Vary your route.
- Be aware of your surroundings.
- If you have a dog, bring it along for companionship. Don't forget to leash your dog and pick up dog droppings!
- Carry a water bottle, cell phone, and pepper spray.

For more information check out these websites:

<http://www.dnr.state.oh.us/Default.aspx?alias=www.dnr.state.oh.us/parks>.

<http://www.metroparks.co.trumbull.oh.us/>.

<http://www.bike.ohiotrail.com/>.

<http://www.stateparks.com/oh.html>.

<http://www.trails.com/toptrails.aspx?state=OH>.



For more information contact:

The Trumbull County Health Department
176 Chestnut Ave. N.E.
Warren, OH 44483
Phone (330) 675-2489

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Trumbull County Park Guide



Explore Your Local Walking and Biking Trails



❖ Canoe City- Trumbull County Metro Park:

This 18-acre park has a mile-long paved walking trail and a canoe/kayak launch site on the Mahoning River above the dam in Leavittsburg.

Address: 75 North Leavitt Rd. Leavittsburg (330) 675-2480

❖ Clarence Darrow-Trumbull County Metro Park:

This 32-acre park includes a 15-hole permanent disc golf course and an 18-hole tournament layout with a 1 ½ mile walking trail.

Address: 483 Educational Highway NW. Champion Township (330) 675-2480

❖ Foster Park- Trumbull County Metro Park:

This three acre park is a canoe/kayak launch site below the Lake Milton Dam on the East Branch of the Mahoning River. The river runs almost 14 miles to Canoe City and is adjacent to Ohio Bicycle Route J. Park also provides a walking trail less than a ½ mile long.

Address: 3940 Damascus-Newton Falls Rd. Newton Township (330) 675-2480

❖ Girard-Liberty Park:

Benefit from a nice, relaxing walk on this park's 2 mile trail.

Address: 100 Moisor Road. Girard.

❖ Howland Township Park:

This park's windy 2 mile walking trail provides plenty of scenery!

Address: 1000 Rosegarden Dr. Howland (330) 856-2340

❖ Lordstown Village Park:

Take an invigorating walk on this park's 1 mile trail!

Address: 6001 Tod Ave. Lordstown (330) 824-2500

❖ Mosquito Lake State Park:

Want to hike or walk? Take your pick since this park offers three different trails: Beaver Trail (1 ¼ mile), Squirrel Run (1/4 mile long) and Turkey Run (4.1 mile long including trail's loops).

Address: 1439 State Route 305 Cortland (330) 824-2500



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❖ Newton Falls Community Trail

Take a lovely, brisk walk through town on this ¾ mile walking trail.

Address: 52 E. Quarry St. Newton Falls (330) 872-5261

❖ Perkins Park:

Called the River Walk, this 1 ½ mile walking trail that ends at Mahoning Ave. is scenic and relaxing.

Address: 1703 Mahoning Ave. NW Warren (330) 841-2641

❖ Tod Park:

Get pleasure from a soothing walk on this park's 2 mile trail.

Address: 1000 Lawrence Ave. Girard (330) 545-3306

❖ Western Reserve Greenway Metro Park:

Go biking or hiking on this 14.65 mile long, ten-foot wide paved surface that extends from Ashtabula County to Champion Township. The two addresses provided below are for the Sunside and Oakfield Trailheads, where parking and restrooms are available year round.

Address: 547 Center St. Champion Township/1328 Hyde-Oakfield Rd. Bristol Township (330) 675-2480