

KENNEBEC MESSALONSKEE TRAILS



Prescription for Nature

LOCAL TRAIL WALKS



Do you want to enjoy the benefits of being more physically active? Take the trail to fitness! Join local KMTrails volunteers for guided trail walks of varying fitness levels at various locations in the Waterville area, offered several days a week throughout the summer and fall!

Day/Time	Location	Level of difficulty
Mondays, 8am	Inland Woods/Pine Ridge Trails, Waterville	moderate
Tuesdays, 5:30pm	Rotary Centennial Trail, Benton	easy
Wednesdays, 8am	Messalonskee Stream Trail, Oakland	challenging
Fridays, 8am	Quarry Road Recreation Area, Waterville	easy

Free ~ all welcome!

***Visit www.kmtrails.org for updates
on other walk locations and times.***

*** Before beginning any new program of physical activity, talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.**

The CDC recommends: *To avoid soreness and injury, individuals contemplating an increase in physical activity should start out slowly and gradually build up to the desired amount to give the body time to adjust. People with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these problems should first consult a physician before beginning a new program of physical activity.*