



STEPTember

Walking as regular exercise is great because it's free and you can do it anywhere. But if you're looking for a change of scenery, try out these locations!

Crestwood, Pewee Valley, & Centerfield Parks

- 6826 W HWY 22
Crestwood
Maples Park: features walking paths, splash park & more!
- 312 Mt. Mercy Dr
Pewee Valley
Central Park: Walking path, garden & gazebo
- 7400 E Orchard Grass Blvd
Crestwood
Briar Hill Park: Hiking trails, playgrounds, and recreational areas
- 6887 RTE 2858
Crestwood
Peggy E. Baker Park: paved walking trail and dog park

LaGrange & Buckner Parks

- 1151 Hwy 393
LaGrange
Wendall Moore Park: 2+ miles of paved walking paths, multiple facilities
- Commerce Parkway,
LaGrange
Commerce Parkway Walking Trail: 3.2 miles of paved walking/bike trail. Parking available at 71 exit 18 or at LaGrange Library.
- 308 Yager Ave,
LaGrange
Storybook Trail: A short paved trail featuring a children's book to enjoy on the way! Perfect for small children

Goshen & Westport Parks

- Creasey Mahan Nature Preserve:
walking trails, playgrounds, and facilities
12501 Harmony Landing Rd,
Goshen
- Morgan Conservation Park:** Hiking trails featuring mixed terrain (for the experienced walker)
1200 Kentucky 524,
LaGrange
- Harrods Creek Park:** 4 miles of walking trails from easy to moderate difficulty
6530 Montero Dr.
Prospect

Record your steps at bit.ly/STEPTEMBER21 or scan the QR code:

