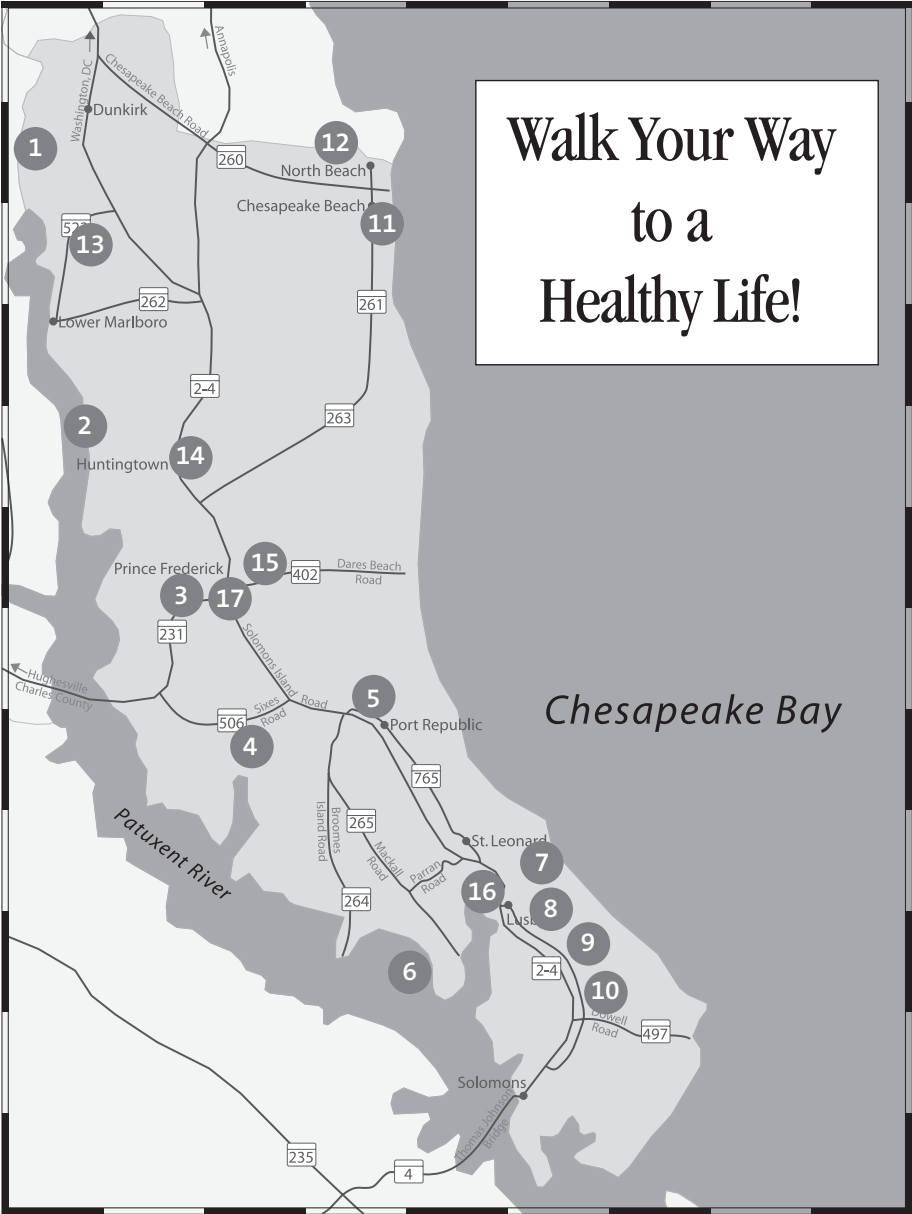


Walk Your Way
to a
Healthy Life!



Locations in Calvert County to Walk

1	Dunkirk District Park: www.co.cal.md.us/residents/parks	13
2	Kings Landing Park: www.calvertparks.org	16
3	Hallowing Point Park, Barstow: www.co.cal.md.us/residents/parks	17
4	Battle Creek Cypress Swamp: www.calvertparks.org	18
5	American Chestnut Land Trust: www.acltweb.org	19
6	Jefferson Patterson Park, St. Leonard: www.jefpat.org	20
7	Flag Ponds Park: www.calvertparks.org	21
8	Calvert Cliffs State Park: www.dnr.state.md.us/publiclands/southern/calvert.asp	22
9	Cove Point Park, Lusby: www.co.cal.md.us/residents/parks	23
10	Annmarie Garden, Dowell: www.ecalvert.com/guide/sculpturegarden	24
17	Prince Frederick Boulevard Route:	27

Boardwalks

11	Chesapeake Beach Boardwalk Park: www.chesapeake-beach.md.us	14
12	North Beach Boardwalk: www.ci.north-beach.md.us	15

Local High School Tracks

13	Northern High School: www.calvertnetk12.md.us	25
14	Huntingtown High School: www.calvertnetk12.md.us	25
15	Calvert High School: www.calvertnetk12.md.us	26
16	Patuxent High School: www.calvertnetk12.md.us	26