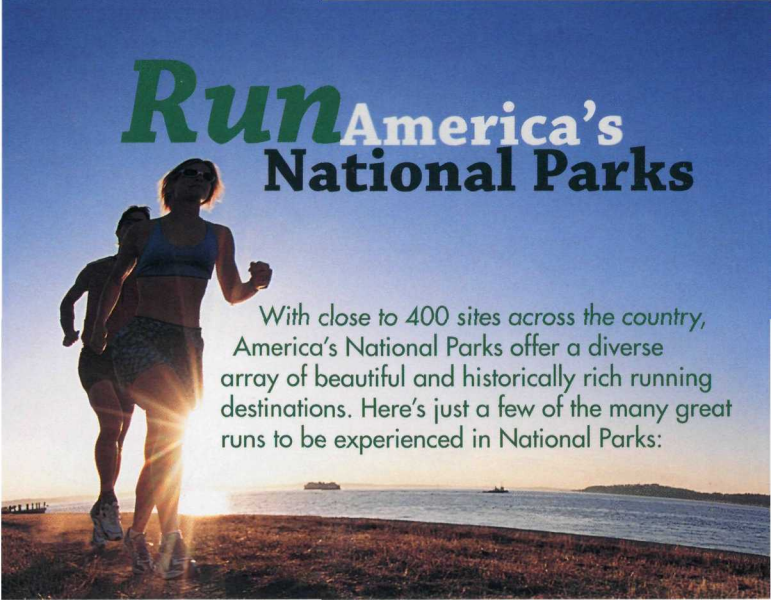


# Run America's National Parks



With close to 400 sites across the country, America's National Parks offer a diverse array of beautiful and historically rich running destinations. Here's just a few of the many great runs to be experienced in National Parks:

## **Boston Freedom Trail at Boston National Historical Park**

**MASSACHUSETTS** [www.nps.gov/bost](http://www.nps.gov/bost)

This 2.5-mile marked route on city streets and sidewalks takes you through the heart of downtown Boston and by many historical landmarks, including the Old North Church and USS Constitution. The trail is primarily flat until it reaches the Bunker Hill Monument, where there are 294 steps to the top of the Monument. *Park amenities: Public restrooms, water fountains*

## **C&O Canal Towpath at Chesapeake and Ohio Canal National Historical Park**

**DC, MARYLAND, WEST VIRGINIA** [www.nps.gov/choh](http://www.nps.gov/choh)

Recognized by Runner's World Magazine, this 184-mile towpath of packed earth and shale features two uninterrupted sections spanning 75 and 90 miles in length. The flat towpath, which follows the route of the Potomac River from Washington, D.C. to Cumberland, MD, traverses both urban and extremely rural areas, where bears, coyotes and bobcats can sometimes be seen. With more than 50 entry points, the towpath is easily accessible to runners. *Park amenities: Public restrooms, water wells*

## **Crissy Field Promenade, Dipsea Trail, Tennessee Valley Trail and Lands End Trail at Golden Gate National Recreation Area**

**CALIFORNIA** [www.nps.gov/goga](http://www.nps.gov/goga)

Golden Gate National Recreation Area offers a wide array of trails for runners of all levels. Lengths range from a 3-mile loop to a 7-mile, one-way path, while terrain varies from flat to extremely hilly. All trails feature unsurpassed scenic beauty, including coastal, ocean and city views. *Park amenities: Public transportation, public restrooms, water fountains, food concessionaires*

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A program of the National Park Foundation, [www.NATIONALPARKS.ORG](http://www.NATIONALPARKS.ORG)  
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## **Bailey/Chellberg and Little Calumet River Trail at Indiana Dunes National Lakeshore**

**INDIANA** [www.nps.gov/indu](http://www.nps.gov/indu)

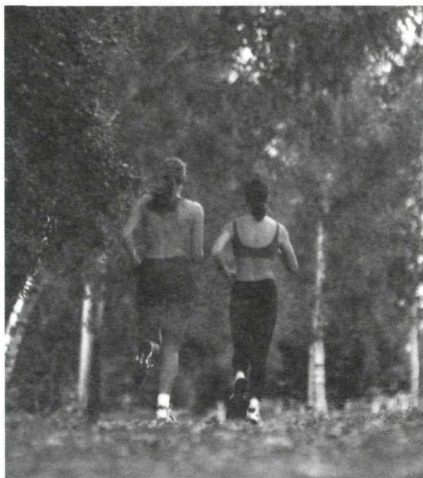
More than 3.5 miles long, these trails combine to form a route which passes through a wide diversity of landscapes, including a mature beech–maple woodland, the Little Calumet River and the Mnoke Prairie. The trails also take you back in time as you pass an 1820's furtrading outpost and a Swedish farmstead erected in the early 1900's. *Park amenities: Public restrooms, water fountains*

## **Backbone Trail System at Santa Monica Mountains National Recreation Area**

**CALIFORNIA**

[www.nps.gov/samo](http://www.nps.gov/samo)

This trail stretches 70 miles and follows the crest of the Santa Monica Mountains from Point Mugu State Park to Will Rogers State Historic Park. With a cumulative altitude gain and loss of 13,000 feet, the trail is known for its outstanding views, as well as its spring wildflowers. The trail has many access points throughout the mountains



with the possibility of a one-way, 13-mile route in the middle of the trail using the ParkLink shuttle to return to the runner's starting point. *Park amenities: In-park shuttle, public restrooms*

## **Great Kills Path, Sandy Hook Path and Breezy Point Path at Gateway National Recreation Area**

**NEW JERSEY and NEW YORK** [www.nps.gov/gate](http://www.nps.gov/gate)

Located in a quiet coastal environment within close proximity to the New York Metropolitan Area, Gateway National Recreation Area offers a multitude of easily accessible running routes. The multi-use path at Great Kills Park, which is constructed of concrete with a crushed stone border, extends 2 miles from the park's entrance to Crooke's Point. A multi-use path also can be found at Sandy Hook Park; this paved path begins at the park's entrance and extends 5 miles to the ferry landing at Fort Hancock. At Breezy Point there is a popular running path which extends along the Atlantic Ocean from Jacob Riis Park approximately 2 miles to the western end of Fort Tilden. *Park amenities: Bike racks, public restrooms and water fountains*

*This information card was produced as part of the Healthy Parks — Healthy Living program. The Healthy Parks — Healthy Living program, sponsored by the National Park Service and the National Park Foundation and supported by LIPTON® Tea, a brand of Unilever, Proud Partner of America's National Parks, is encouraging people to get their "daily minimum outdoor recreation requirement" at a National Park near their home. By highlighting the recreational resources inherent in National Parks, Healthy Parks — Healthy Living is helping visitors lead healthy and vital lives.*