

NEW TRAIL COMING SOON!!!!

RIVER WALK (Length: TBA)

When this trail is complete, it will begin at the flag poles next to the Hilton and continue behind the Hilton passing underneath the bridge to Union Point. This river walk will then continue up East Front Street looping back around to the starting point at the flagpoles. This side walk based trail gives great views of the rivers of New Bern as well as downtown.

Calories Burned Per Mile By Walking

Speed/ lbs	100 lb	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	250 lb	275 lb	300 lb
2.0mph	57	68	80	91	102	114	125	142	156	170
2.5mph	55	65	76	87	98	109	120	136	150	164
3.0mph	53	64	74	85	95	106	117	133	146	159
3.5mph	52	62	73	83	94	104	114	130	143	156
4.0mph	57	68	80	91	102	114	125	142	156	170
4.5mph	64	76	89	102	115	127	140	159	175	191
5.0mph	73	87	102	116	131	145	160	182	200	218



Walking Schedule

Sample Walking Routine

Sun: Long Day - 60min

Monday: Day Off

Tue: Short Day—30min

Wed: Short Day— 30min

Thu: Long Day—60min

Fri: Short Day—30min

Sat: Long Easy Day—60min

Short Day: Warm up 5-10min. Stretch. Walk at target pace for 30min. Cool down slow to easy pace for 5min. Finish with gentle stretching reducing heart rate.

Long Day: Warm up 5-10min at easy pace. Stretch. Walk at target pace for 60min. Cool down slow to easy pace for 5min. Finish with gentle stretching.

Long Easy Day: Warm up 5-10 at easy pace. Stretch. Walk at target pace for 60min. Cool down slow to easy pace for additional 10-15min. Finish with gentle stretching.

Day Off: When walking for weight loss, you should take no more than 1 to 2 days off a week.

Alternate these days to fit your schedule

If you are feeling sore, take a day off. If this continues to happen after each time that you walk. You may want to consult your doctor.

How do I check my heart rate?

To find out more info about your heart rate and how it applies to your workout go to www.thewalkingsite.com/thr.html

Walking Trails In City Parks



City of New Bern Parks and Recreation

Director : Thurman C. Hardison
recadmin@newbern-nc.org
252-639-2900

Athletics/ Outdoors Division

Taurance Williams
Athletic Supervisor
recathletic@newbern-nc.org
252-639-2903
Trevor Freitas
Athletic Coordinator
Freitast@newbern-nc.org
252-639-2907

UNION POINT PARK (Length: .3mi)

210 E. Front St.

This is one of our most scenic walking trails showing the true beauty of New Bern. The side walk trail follows the perimeter of the park with views of the Neuse and Trent Rivers. A children's playground lays inside the park as well as a covered structure that faces the river.



HENDERSON PARK (Length: .4mi)

940 Chapman St.

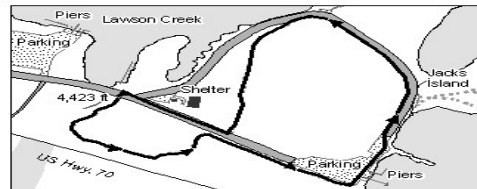
This smooth gravel trail has the added benefit of an outdoor workout area. Located just behind the parking lot of the Stanley White Rec. Center, this trail has children's playground and 2 lighted basketball courts for added activities.



LAWSON CREEK PARK (Length: .8mi)

1309 Country Club Rd.

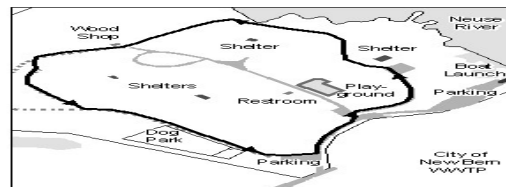
The Lawson Creek Trail has a great balance of the water and nature of New Bern. This trail is a mixture of wooden planks, gravel and grass that takes you through a winding maze of Lawson Creek Park.



GLENBURNIE PARK (Length: .8mi)

340 Glenburnie Dr.

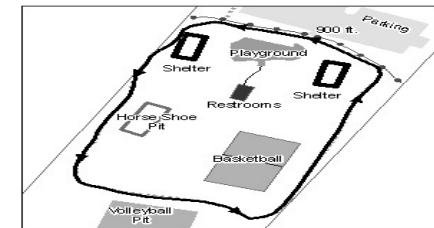
If you like a hilly rough terrain that is a bit more challenging, this is the trail for you. Great for a nature walk or a good cross country style run. The trail goes around the perimeter of the park. Inside the trail lies an 18 hole Frisbee golf course and nearby dog park.



PLEASANT HILL PARK (Length: .2mi)

427 NC 55 Hwy W

This trail is a simple circular gravel walking trail surrounded on one side by tall trees. In addition, the trail has a sand volleyball court closeby. Inside the trail is a children's playground, basketball court, and two shelters for other outdoor activities.



Leander Morgan Park (Length: .3mi)

Walt Bellamy Drive

Enjoy a peaceful walk in Walt Bellamy Drive residential area. Morgan Park has picnic tables, benches, and piers over looking Lawson Creek.

