



Walking trails and paths in Bristol TN/VA

Watch for updates linked from www.bristolspromise.org

Have a favorite walking place to list? Let us know, 423-764-3336 or email bristols_promise@yahoo.com

Trail Name	Description	Location	Accessibility	Distance, Marking	Parking/lighting Times available	More info
Steele Creek Park Bristol TN	Trail around lake to Rooster front Road around the park	Bristol TN	Flat easy	Up to 3 miles, marked www.bristoltn.org Leisure Services 1.5 mile street loop with street lights	Free Parking at Rooster Front & Broad Street, in Steele Creek \$1 entry 9 am to 9 pm Daily	423-764-4023 423-989-5616
Steele Creek Park Bristol TN	Forest trails, various distances	Bristol TN	Moderate to difficult	Maps online at www.friendsofsteelecreek.org or at the Nature Center	Same as above	423-764-4023 423-989-5616
Sugar Hollow Bristol VA	Sidewalk around sports fields	Bristol VA Hwy 11W	Flat easy	Info online at www.bristolva.org 2 miles marked for 2 loops	Low intensity lighting 1 mile, available all times	276-645-7275
Sugar Hollow Bristol VA	Boardwalk around wetlands	Bristol VA Hwy 11	Flat Easy	In process of connecting & marking trails	No lighting	276-645-7275
Wes Davis Greenway Bristol TN	Neighborhood greenway past restaurants & into neighborhoods	Volunteer Parkway at the Train cars to the Stone Castle Melrose St	Flat easy for the most part	Lit, partly marked	24/7 street lighting along trail	423-764-4023 423-989-5616
Mark Vance Memorial Greenway Bristol TN	Neighborhood greenway following a built greenway & designated roadway	Volunteer & Shelby Streets to Broad Street Mill Street Steele Creek Park	Flat easy for the most part	Marked	Lighting set to come on & stay on until 9 pm	423-764-4023 423-989-5616
Tennessee High School Track	School Sports track	Edgemont Ave behind Tennessee High	Flat Easy	¼ mile one time around, or 400 meters	When track is not in use for school sports events, closed 11 pm to 6 am, low level lighting	423-652-9361
Virginia High School Track	School sports track	Behind Virginia High School	Flat easy	¼ mile one time around, or 400 meters	24/7 All times that track is not in use for school sports events, low level lighting	276-821-5880

Your Neighborhood		Out your front door		Do you enjoy your walking route? Want to mark off your neighborhood walking route & add it to the list? Let us know!		
Bristol Mall	Indoor	Gate City Hwy	Flat easy	5 times around the top level is 2 miles 4 times around the bottom is 1 mile	December 8 am to 10 pm, other times 9 to 9 Entrance through any door	276-466-8331
Viking Hall	Indoor	Tennessee High School Edgemont Ave	Flat easy	To be marked	Indoor, 6 am to 9 pm on school days, unavailable when events are in the building	423-764-4171
Downtown Bristol	Wide sidewalks, tree shaded	State Street—Volunteer Parkway to Edgemont/Randall Street Behind Cumberland Park along Beaver Creek	Flat easy	To be marked	Street lighting, public street	276-645-7275

MOVE to a Healthier YOU! We will emphasize each of these areas:

Commit to being active—increase your stepping activity. To participate: over age 10, have your height, weight, BMI calculated, and commit to setting a goal of 10,000 steps per day. Receive a Promise Passport and check in weekly at designated points to report your progress and receive further information.

Focus will be from October 29 to January 6. Celebration on January 21.

6-8 It's Great to Hydrate!

Increasing water intake helps your body function well and burns calories at the same time. Drinking water can help control overeating. Choose water over soft drinks and iced tea! The 10,000-step goal is still part of the plan!

5 Super foods for a super You! (but no Super Size!)

A total of at least 5 fruits and vegetables daily are recommended for good health—choose 5 A Day The Color Way (Better Health Foundation). Colorful vegetables are better for us—eat only a minimum of white vegetables (potatoes, rice). You can eat more than 5 if you include more green leafy vegetables, broccoli, celery, lettuces, etc. Continue to check in and receive information & recipes.

Don't worry, be healthy!

Our mental health has a huge impact on our physical health and habits. Research shows that exercise affects our mental health as well as our heart and cardiovascular health. New studies show that Alzheimer's disease is less prevalent in those who exercise and studies show that lack of sleep can lead to overeating. Smoking & tobacco use have high costs for our health care system. This focus will help us to look at eating disorders, eating habits affected by sleep loss, depression & stress, and food culture.



Bristol's Promise:
Youth Networking Alliance
www.bristolspromise.org