

## Health Benefits of Walking

- Maintain a healthy weight
- Prevent or manage chronic diseases
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

## Walking Safety Rules

- Make eye contact with drivers—sometimes they don't stop
- Limit phone distractions
- Check weather before heading out
- Wear bright and reflective colors
- Always walk on the sidewalk—if there is no sidewalk, face traffic

## Additional Cass County Trails

- AMU Well Fields—Atlantic
- Cold Springs Park—Lewis
- Hitchcock Recreation Area—Lewis
- Lake Anita State Park—Anita
- Pellett Memorial Woods—Atlantic
- Schildberg Recreation Area—Atlantic
- T-Bone Trail—Atlantic
- Turkey Creek Educational Area—Lewis

## About Healthy Cass County

Healthy Cass County is a community-focused network, which promotes the health and well-being of Cass County residents. This group of individuals represents over 25 local organizations. Our purpose is to spread health information and initiate programs throughout the county.



[atlanticiowa.com/relocate/health-wellness-2/healthy-cass-county/](http://atlanticiowa.com/relocate/health-wellness-2/healthy-cass-county/)

## Disclaimer

This map was created to encourage walking as a means of recreation and to promote a healthy lifestyle. Healthy Cass County, Cass County, and local municipalities assume no risk for the accuracy of this map or the safe condition of any road, sidewalk, route, trail or facility whatsoever mentioned. Users are solely responsible for risks encountered and their own health and safety, including the use of safety equipment. Healthy Cass County, Cass County, and the local municipalities shall not be held responsible for any damages and/or claims whatsoever arising from the use of this map.




# Atlantic Walking Map



## Walk Cass County

#WalkCassCounty

#HealthyCassCounty

 Healthy-Cass-County

# Atlantic Walking Map



- Sunnyside Park—1 mile
  - YMCA Loop—1 mile
  - High School Loop—2 mile
  - AMU Well Fields—1.5 mile
  - East Ridge Park —0.45 mile
  - Downtown Loop—1 mile
  - Track Loop—0.25 mile
- #WalkCassCounty  
#HealthyCassCounty



Schildberg Walking Path ←

KJAN Radio

Atlantic Sports Complex

Additional AMU Walking Path (unpaved)

N16

East Nishnabotna River



6

6

83

71

83

N16

2<sup>nd</sup> St

3<sup>rd</sup> St

4<sup>th</sup> St

5<sup>th</sup> St

6<sup>th</sup> St

7<sup>th</sup> St

8<sup>th</sup> St

9<sup>th</sup> St

10<sup>th</sup> St

E 11<sup>th</sup> St

12<sup>th</sup> St

13<sup>th</sup> St

14<sup>th</sup> St

16<sup>th</sup> St

17<sup>th</sup> St

18<sup>th</sup> St

22<sup>nd</sup> St

Palm St

Laurel St

Hickory St

Birch St

Cedar St

Locust St

Poplar St

Chestnut St

Walnut St

Elm St

Maple St

Linn St

Oak St

Hazel St

Olive St

Spruce St

Pine St

Mulberry St

Cherry St

Plum St

14<sup>th</sup> St

12<sup>th</sup> St

13<sup>th</sup> St

14<sup>th</sup> St

16<sup>th</sup> St

17<sup>th</sup> St

18<sup>th</sup> St

Sunnyside Ln

Bull Creek Path

Heritage House

Harl-Holt Park

Lincoln Dr

Redwood Dr

Atlantic Depot

City Park

Cass County Courthouse

Tennis Courts

Sunnyside Park

East Ridge Park

AMS

AMS Track

Elem

YMCA

AHS

AHS Track