



Wellness Walks

Build a healthy habit or hit that 10,000 step goal with **Stroud Recreation**

Weekly

10am Monday

Brodhead Creek Park

10am Wednesday

rotating trail schedule, view at StroudRec.org/wellnesswalks

Various trails, 1.5-2 miles. Some hills.

Grass, gravel, and packed soil surfaces.

Monthly

9am

Third Saturday every month

Levee Loop Trail

Dansbury Trailhead

A 4.5 Mile Trail Loop crossing four parks alongside a picturesque portion of the Brodhead Creek.



Let us know you're coming & receive weather updates.

Register at StroudRec.org/wellnesswalks or email recreation@stroudrec.org