

*For a more challenging walk, turn left onto North Williams, cross the road and head up N. Mountain St. Take your first left onto Cliff St. This route rises quickly and then levels out as you reach the Civil War Monument. A worthwhile view!

WHITEHALL HISTORIC LOOP

..... WALKING ROUTE

— BRIDGE

— RAIL ROAD

— ROAD

V = VILLAGE BUILDINGS

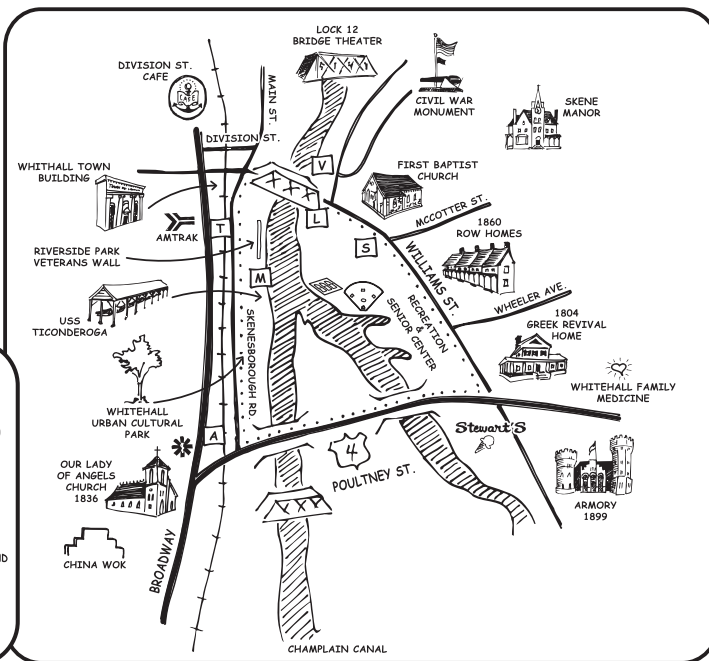
L = ISAAC C. GRISWOLD LIBRARY

S = OLD SCHOOL HOUSE

M = URBAN CULTURAL PARK VISITORS CENTER AND SKENESBOROUGH MUSEUM

T = WHITEHALL TRAIN STATION

A = SKENESBOROUGH EMERGENCY SQUAD

WHITEHALL HISTORIC LOOP

START: Urban Cultural Park on Skenesborough Rd.
TIME: Approximately 20 minutes or 2,515 steps
AREA: Whitehall Historic Loop



THE LOOP:

- Walk along the Park to Main St.
- Turn right, cross over the Sanders St. Bridge and then right onto Williams St.
- Turn right onto Rt. 4/Poultney Street.
- Turn right to be back on Skenesborough Rd.

Brought to you by:
 N.Y.S. Healthy Heart Program
 A partnership between
 Glens Falls Hospital and the
 Public Health Services of
 Warren & Washington County

BE HEALTHY. BE ACTIVE.
 at least 30 minutes a day
 10 minutes at a time
 5 days a week

REMEMBER WALKING OR ANY FORM OF PHYSICAL ACTIVITY IS ONLY ONE PART OF A HEALTHY DAY...

SAFETY TIPS:

- LOOK BOTH WAYS BEFORE CROSSING (ALWAYS LOOK LEFT, RIGHT, AND LEFT AGAIN).
- CROSS AT CROSSWALKS WHENEVER POSSIBLE & ABIDE BY TRAFFIC LIGHTS.
- WEAR REFLECTIVE OR LIGHT COLORED CLOTHING WHEN WALKING AT DUSK, DAWN, OR IN THE DARK.
- KNOW YOUR NUMBERS: CHOLESTEROL-BLOOD PRESSURE-BMI-BLOOD GLUCOSE.

HAVE FUN! EXPLORE WHITEHALL ON AND OFF THE MAP!

• ALWAYS CHECK WITH A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.