

Have you walked your heart today?



Children age 6-17 require 60 minutes of daily exercise.



City of Nashua Division of Public Works  
Parks and Recreation offers many opportunities for exercise! Find out more:

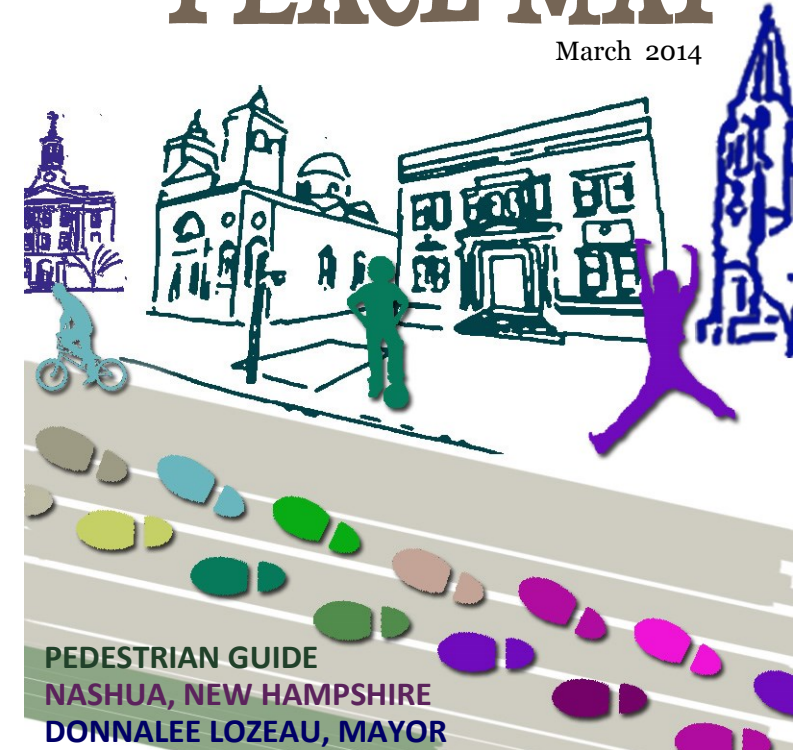
<http://www.nashuanh.gov/CityGovernment/Departments/ParksandRecreation/tabid/342/Default.aspx>

Fit exercise into every day by walking to work or school.



# TREE STREETS PLACE MAP

March 2014



PEDESTRIAN GUIDE  
NASHUA, NEW HAMPSHIRE  
DONNALEE LOZEAU, MAYOR



Did you know?

Studies show that increased cell phone use results in decreased levels of fitness.



Build up to an hour of power. Start with just 5 minutes per day and build up to 60 minutes per day. ANY exercise is better than none!

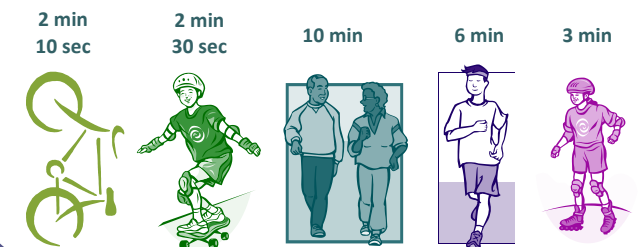


Trails are for walking and other activities too; biking, bird watching, dog walking, exploring wetlands, fishing, geocaching, photography, snowshoeing, etc.



How long does it take to get there?

\*Based on 1/2 mile of distance at an average speed\*



|          | Mountain Bike<br>(avg. 14 mph) | Skateboarding<br>(12 mph) | Walking<br>(3 mph) | Jogging<br>(5 mph) | Roller Blading<br>(10 mph) |
|----------|--------------------------------|---------------------------|--------------------|--------------------|----------------------------|
| 1/4 Mile | 1 min 4 sec                    | 1 min 15 sec              | 5 min              | 3 min              | 1 min 30 sec               |
| 1/2 Mile | 2 min 10 sec                   | 2 min 30 sec              | 10 min             | 6 min              | 3 min                      |
| 3/4 Mile | 3 min 15 sec                   | 3 min 45 sec              | 15 min             | 9 min              | 4 min 30 sec               |
| 1 Mile   | 4 min 18 sec                   | 5 min                     | 20 min             | 12 min             | 6 min                      |

Design by: NRPC Nashua Regional Planning Commission

## Facts on Fruit



1. Fruit makes you glow.
2. Fruit boosts brain power.
3. An average strawberry has 200 seeds.
4. Early explorers used watermelons to carry water on long expeditions.
5. Blackberry juice was used to dye cloth navy blue and indigo.

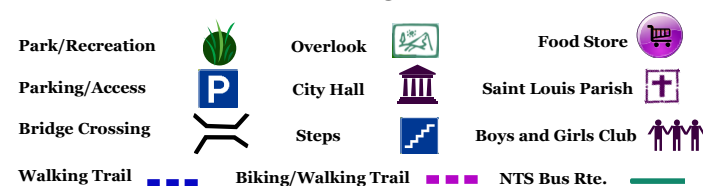


Get Your Green Time!

Exercise in a natural environment improves physical and mental well-being.

You CAN!  
Start where you are.  
Use what you have.  
Do what you can.  
-Arthur Ashe

## MAP LEGEND



## WALKING ROUTES

Blue Trail  
PAL -> Ledge Street Elementary = 1.0 MILES

Yellow Trail (City Hall Loop)  
= 4.0 MILES (City Hall, to Simon St, to Whipple St, through Mine Falls Park, to Seventh St, return to City Hall)

Red Trail (City Hall -> YMCA)  
= 3.5 MILES (Take Yellow Trail to Mine Falls Park, connect with Red Trail, continue to Nashua YMCA)



# CITY OF NASHUA RECREATION SITES

- 1 ARTILLERY LANE

B
- 2 ASH ST PLAY LOT
- 3 ATHERTON AVE PARK

B
- 4 BELVEDERE PARK
- 5 CAMPTON ST BOAT RAMP
- 6 CONWAY ICE ARENA
- 7 CROWN HILL POOL
- 8 DAVID DEANE SKATEBOARD PARK

RELOCATION IN PROCESS
- 9 ELKS PLAYGROUND

B
- 10 ERION FIELD

B
- 11 FIELDS GROVE
- 12 GREELEY PARK

B
- 13 GREELEY PARK
- 14 GREELEY PARK
- 15 GREELEY PARK BOAT LAUNCH
- 16 GREENWICH COMMONS
- 17 HOLMAN STADIUM

B
- 18 JUNE CARON PARK
- 19 KIRKPATRICK PARK

B
- 20 LABINE PARK

B
- 21 LINCOLN PARK

B
- 22 LYONS FIELD

B
- 23 MAIN DUNSTABLE SOCCER FIELDS
- 24 MARK ROWLAND FIELD

B
- 25 MASSACHUSETTS DR
- 26 MEMORIAL PARK

B
- 27 MINE FALLS PARK

B

STELLOS STADIUM ENT.
- 28 MINE FALLS PARK

WHIPPLE ST ENTRANCE
- 29 NASHUA RIVER RAIL TRAIL

GILSON RD ENTRANCE
- 30 NASHUA RIVER RAIL TRAIL

WEST GROTON RD ENTRANCE
- 31 NAVAHO PARK

B
- 32 NORTH COMMON / 4 CORNERS

B
- 33 PARK SOCIAL AT LABINE
- 34 HERITAGE RAIL TRAIL
- 35 ROBY PARK

B
- 36 ROTARY POOL
- 37 ROUSSEL / GARDNER

B
- 38 SAINT ANDREWS PARK

B
- 39 SALEM ST PLAY LOT
- 40 SANDY POND
- 41 SARGENTS AVE

B
- 42 SHATTUCK ST PLAYGROUND
- 43 SOUTHWEST PARK

B
- 44 STELLOS STADIUM
- 45 SULLIVAN PARK
- 46 SUNSET HEIGHTS

B
- 47 THORNTON RD PLAYGROUND

## LEGEND

- B

BASEBALL / SOFTBALL
- PLAYGROUND
- SKATEBOARD
- WALKING TRAILS
- BICYCLE TRAILS
- POOL / SWIMMING
- WADING / SPLASH PAD
- SKATING
- X-COUNTRY SKIING
- SLEDDING
- SNOW SHOEING
- BOAT LAUNCH
- GARDENING
- TENNIS
- BASKETBALL
- RECTANGULAR SPORTS FIELD
- LIGHTED FACILITY
- HOME OF THE NASHUA SILVER KNIGHTS

### NOTE

Not all activities could be shown on this map.  
For more information, please visit the Parks  
and Recreation link on the city web site.  
[www.NashuaNH.gov](http://www.NashuaNH.gov)

MAP PREPARED IN JANUARY 2014 BY  
NASHUA, NEW HAMPSHIRE **GIS**

