

Loop #1—Easy Level

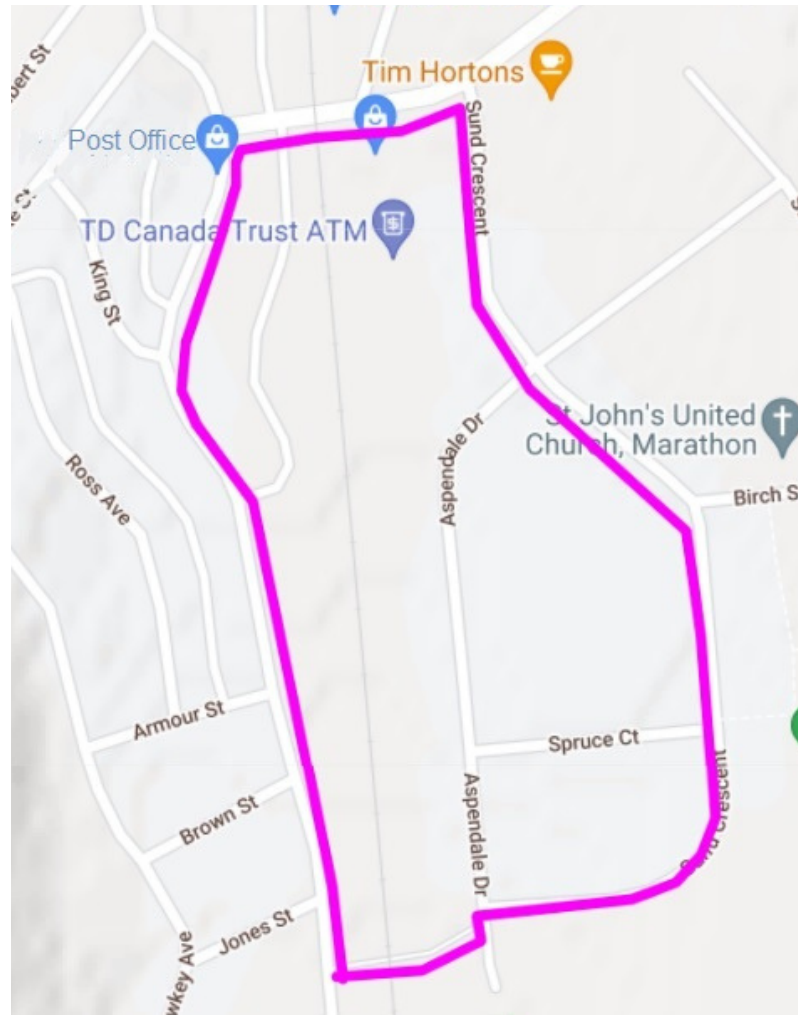
This relatively easy urban, sidewalk trail begins at the Post Office and continues down Stevens Ave through the first tunnel and onto Sund Cres and back to the Post Office for a short and flat surface loop. Walkers can access this trail from any point in town and follow the same path back to their starting location

Time to Walk: ~ 10 - 15 mins

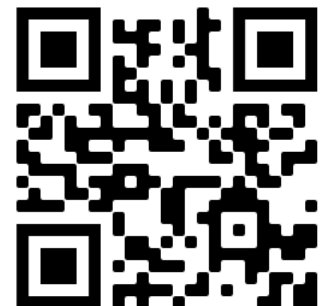
Length: 1.75 kms

Some areas can be slightly slippery in the winter and wet in the tunnel section of the path.

Access: Post Office. Parking available across the street at the museum.



Walking Loop #1 will add 2,200 steps to your day. Did you know that walking can help improve your mood and lower your blood pressure? For more information on the benefits of walking and spending time in nature, visit Marathon Family Health Team's website at mfht.org/stepoutside or **scan the QR code**. While you're there, discover other trails in the Marathon area that you can explore!



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Group of Seven
Lake Superior Trail