



Why are Trails Important?

by Sam Ristich

- Inexpensive method to get physical, mental, spiritual therapy.
- Inexpensive convenient way to enjoy companionship, community and family.
- Seasonal way to enjoy natural history.
- Additional way for schools to educate and instill a sense of wonderment especially in young children.

Function of trails

- Great way of having togetherness without traffic and noise.
- Great mental therapy.
- Learning process.
- Sense of wonderment. The forest is a combination of producers and recyclers that produce oxygen, wood, food, leaves, lichens, ferns, fruits, seeds, condominiums for birds and rodents. Recyclers are fungi, birds, mammals and insects.
- Patterns.

APPROXIMATE DISTANCES (IN MILES)

Kiosk to end of Railroad Bed Trail and back	3.5
Kiosk to Sam Ristich Loop, around and back	2.1
Kiosk to Oak Hill Road and back*	1.2
Sam Ristich Loop	.9
Railroad Bed Trail	.7

*Please note that there is no parking allowed on Oak Hill Road.

Veterans Memorial Park & Sam Ristich Trail System