



# Walking Clubs and Trails

## Walkin' with the Y

Meet us on Wednesdays at the Four Seasons Park (Main St and 16th) at 12:00 in Lombard for 1.5 miles of walking around the track, weather permitting.

[www.tritownymca.org](http://www.tritownymca.org)

## Walking Trails

Visit [mapmywalk.com](http://mapmywalk.com) for walking trail maps and distances.

Use the [walkjogrun.net](http://walkjogrun.net) website link as a way of planning walks to achieve desired distance from home to local parks and other destinations.

## Yorktown Center

The doors open at 6:30am everyday for indoor walking. Use entrance #5 by Egg Harbor Café.

## Lombard Park Dist. Walking Club

Meets Mondays and Wednesdays at Sunset Knoll Recreation Center from 6-7pm. [www.lombardparks.org](http://www.lombardparks.org)

## Willowbrook High School

The indoor track is open every school day from 5:45-7:00am, the school is located at 1250 S Ardmore, Villa Park.

## Humana Resource Center

This group meets at 8:30 am at the Four Seasons Park (Main St and 16th) in Lombard on Mondays and Wednesdays.

## Get Inspired!

Watch "The Walking Revolution", a 30 minute documentary produced by Everybodywalk.org.

<http://www.everybodywalk.org/documentary>

## "Cook & Du Page County Hikers"

Find activities with this group and others at [www.meetup.com](http://www.meetup.com)