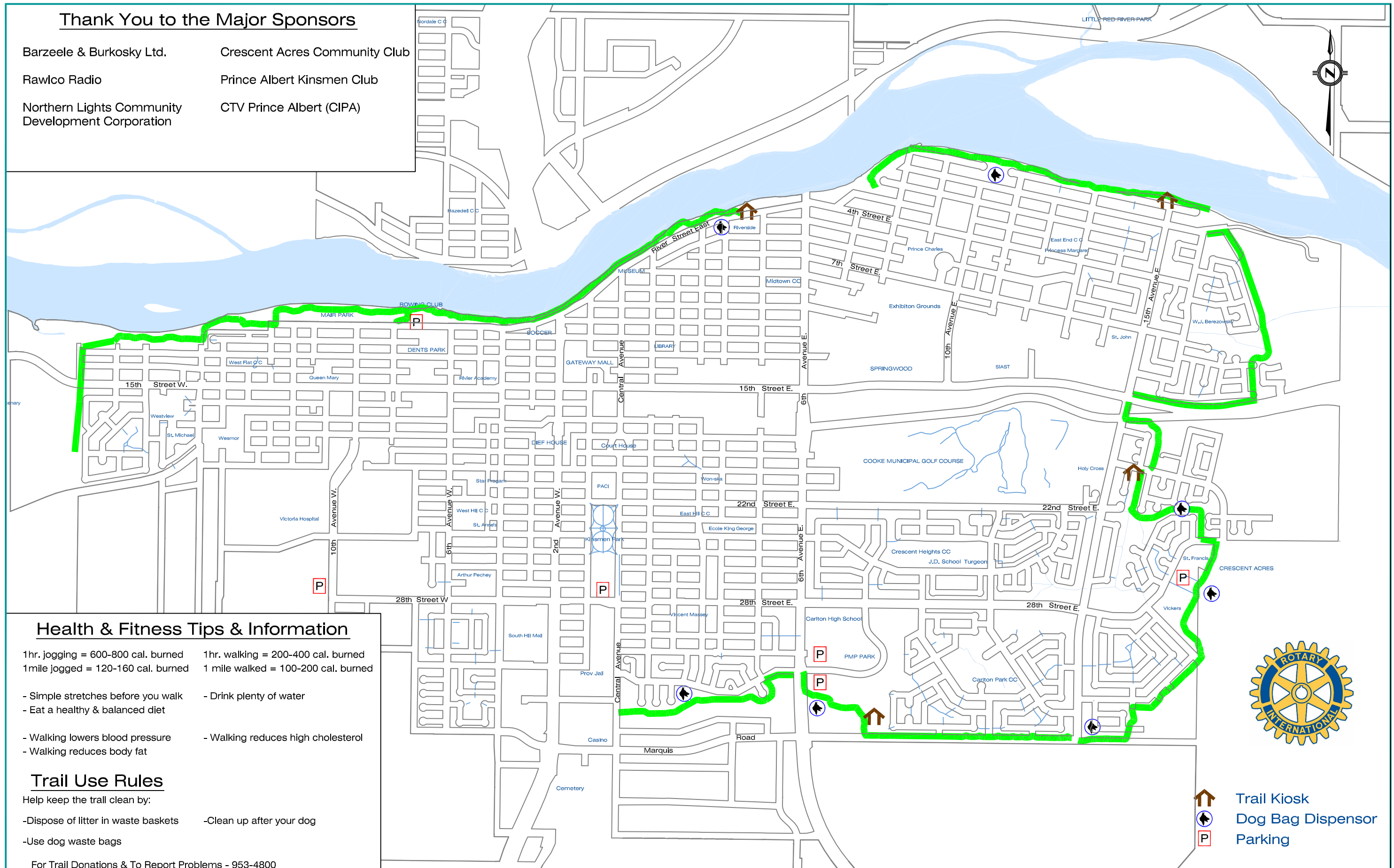


## Thank You to the Major Sponsors

- |   |                               |
|---|-------------------------------|
| Barzeele & Burkosky Ltd.                          | Crescent Acres Community Club |
| Rawlco Radio                                      | Prince Albert Kinsmen Club    |
| Northern Lights Community Development Corporation | CTV Prince Albert (CIPA)      |



### Health & Fitness Tips & Information

1hr. jogging = 600-800 cal. burned      1hr. walking = 200-400 cal. burned  
 1mile jogged = 120-160 cal. burned      1 mile walked = 100-200 cal. burned

- |                                    |                                    |
|------------------------------------|------------------------------------|
| - Simple stretches before you walk | - Drink plenty of water            |
| - Eat a healthy & balanced diet    |                                    |
| - Walking lowers blood pressure    | - Walking reduces high cholesterol |
| - Walking reduces body fat         |                                    |

### Trail Use Rules

- Help keep the trail clean by:
- Dispose of litter in waste baskets
  - Clean up after your dog
  - Use dog waste bags

For Trail Donations & To Report Problems - 953-4800

#### LEGEND

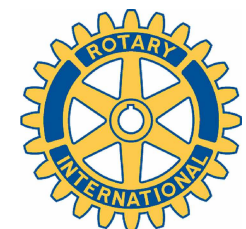
- COMPLETED TRAIL - 16.8 kms
- EXISTING PATHWAYS - 8.5 kms



**MULTI-USE TRAIL**



**CITY OF PRINCE ALBERT  
COMMUNITY SERVICES**



- Trail Kiosk
- Dog Bag Dispenser
- Parking

