

#### PARKING & TRAILHEAD INFORMATION

#### **OCTOBER 2**

- -Park and meet at 5:30 p.m. at the back of the Sports Pavilion Lawrence parking lot, 100 Rock Chalk I n
- -Half way: 1.5 miles
- -Round trip: 3 miles

!EVENT CANCELED!

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## ABOUT WALK THE LOOP

Those who would like to participate in Walk The Loop events should plan to meet at the trailhead of the assigned section at 5:30 p.m. when the walk begins. In case of weather on a scheduled walk date, that date will be canceled and will not be rescheduled. Check the rainout line for updates.

https://rainoutline.com/search/extension/7853714980/5

These events are EREE and open to the public. No registration is required to attend the walks!

## OCTOBER 16

-Park and meet at 5:30 p.m. in the Baker Wetlands Discovery Center parking lot, 1365 N 1250 Rd.

-Half way: 1.5 miles -Round trip: 3 miles

#### OCTOBER 23

-Park and meet at 5:30 p.m. at the Hobbs Park Shelter 702 F 11th St

-Half way: 1.5

-Round trip: 3

# **BEFORE YOU WALK**

- Make sure you're on the same page as your healthcare provider if you are starting new physical activity.
- Take time to warm up and increase your pace at a comfortable level for you. Gradually slow your pace when it's time to cool down.
- Carry a cell phone and identification with you in case of emergency. Dial 911 incase of emergency.
- Wear comfortable shoes and bring water.

For more information on the Lawrence Loop, visit lawrenceks.org/loop





# **WALK THE LOOP TRAIL MAP 2025**



All walks begin at 5:30pm. Please see page 1 for parking instructions and trail head addresses.





