

9

WAYS TO LIVE WELL IN ALLEGHENY COUNTY PARKS



- 1 Boyce Park**
 Play in the Wave Pool.
burn 300 calories
- 2 Deer Lakes Park**
 Walk on the Accessible Trail around the Lakes.
burn 102 calories
- 3 Harrison Hills Park**
 Walk the Rachel Carson Trail along the bluff overlooking the Allegheny River.
burn 306 calories
- 4 Hartwood Acres Park**
 Dance to the music at a Summer Concert.
burn 459 calories
- 5 North Park**
 Paddle a kayak on North Park Lake.
burn 340 calories
- 6 Round Hill Park**
 Learn about farm to food connections.
maintain calories
- 7 Settler's Cabin Park**
 Bike the new Connector Trail from Settler's Cabin Park to the Panhandle Trail.
burn 281 calories
- 8 South Park**
 Walk around the Oval four times.
burn 176 calories
- 9 White Oak Park**
 Play a game of Bocce or Horseshoes.
burn 197 calories





Live Well Allegheny

There are hundreds of ways to Live Well.
Let us know how you like to Live Well in
the Allegheny County Parks.

 **#howdoyoulivewell**

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