

**THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
NEWS RELEASE**

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PARK TRAILS PROVIDE GREAT WINTER EXERCISE

SILVER SPRING, MD - For a jogger, a walker, a cyclist or an equestrian, trails in Montgomery County's parks offer something for everyone. There are more than 73 miles of paved trails and 115 miles of natural surface trails threading through The Maryland-National Capital Park and Planning Commission's 32,639-acre park system.

Two Heart Smart trails offer safe, measurable routes to track progress with personal exercise programs. Located in Brookside Gardens in Wheaton and South Germantown Recreational Park in Germantown, these trails are marked every one-tenth of a mile and measure a mile in length.

Thirteen exercise courses can be found along several paved paths. These stations challenge you with stretching and flexibility exercises.

Several natural surface trails can be shared by equestrians, mountain bikers and hikers. They include locations in Black Hill Regional Park in Boyds, the Seneca Greenway in Germantown and Fairland Recreational Park in Silver Spring.

All trails are open from dawn to dusk. For more information and maps of park trails, go to www.mc-mncppc.org/trails.

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