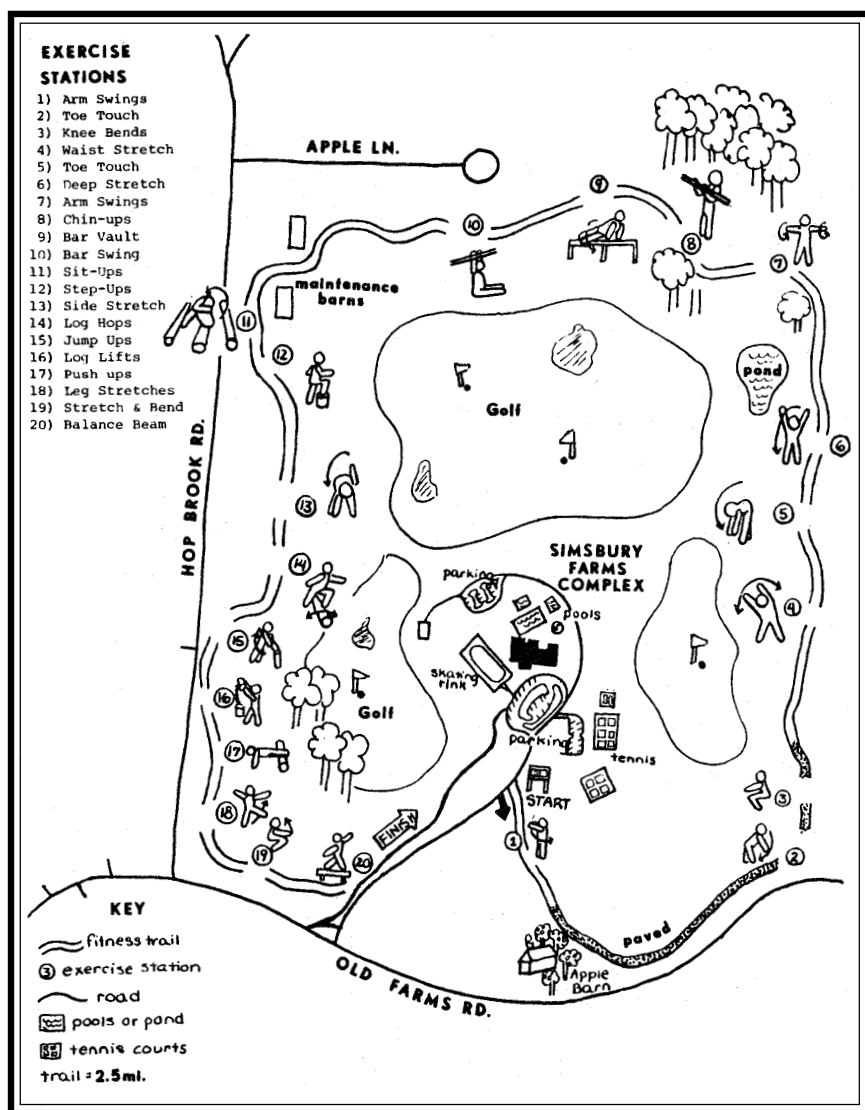


SIMSBURY FARMS FAMILY FITNESS TRAIL



SIMSBURY FARMS FAMILY FITNESS TRAIL

Along this 2 1/2 mile long trail are a series of twenty exercise stations. The trail is well maintained and easy to walk or run with each station encouraging a type of exercise including: warm-up, stretching, muscle strengthening, cardiovascular conditioning, and cool down combined with walking or running between stations.

The Fitness Trail exercises were designed by the President's Council on Fitness and Sports for both children and adults. Each station has guidelines for the recommended repetitions for beginner and advanced exercisers.

Enter Simsbury Farms Complex off Old Farms Road north of Route 309. The trail begins on the right before the parking lot and follows the perimeter of a golf course that was once an apple orchard. There remain many apple and pear trees which still blossom in the spring. To the west there is a stunning view of the Hedgehog ridge. The fields across Old Farms Road from the Apple Barn are town owned. A trail in the grass to the north of that field connects to Meadow Pond Park, another lovely spot to walk.

