**GO GREEN**

Drive less. Bike, roll and bus more!

- If trips of 5 miles or less were conducted by bicycle during good weather, 11,000 deaths from lung disease, obesity and heart disease and save $7 billion annually.
- Nationally, fewer than 15% of kids bike or walk to school, compared with 50% in 1969. In Billings, we’re making great strides – some schools now have up to 80% of kids biking or walking to school during International Walk to School Week.
- Trails and greenways bolster the resale value of nearby properties.
- The economic impact of trails promotes expansion of businesses related to travel, equipment, clothes, food, souvenirs and maps.
- Trails attract businesses and create jobs. Companies seeking to relocate or establish corporate headquarters cite the availability of trails as a significant factor in choosing where to locate. (Headwaters Economics, ‘Trails Research, March 2015).

**GO BILLYNGS**

Billings’ unique landscape is signified by our dramatic rims and the rushing Yellowstone River. Some trails connect to schools, parks and shopping, while others connect us to our Native American and frontier heritage and beautiful natural features. Pick your destination and enjoy a trail!

- Billings offers more than 45 miles of trails.
- About 7 miles along the Yellowstone River.
- The Swords-Rimrock Park (sandstone bluffs surrounding Billings) along Airport Road (Hwy 3) is a fantastic place to take in the view of the city and the mountains beyond – Pryor, Big Horn, Bell, Snowy, Crazy, Absaroka, and Beartooth ranges.
- Billings has over 100 city and natural area parks, totaling over 2,500 acres.
- Take in history and architecture with a walk through downtown Billings. Check out buildings like the Western Heritage Center and the Historic Train Depot along Montana Avenue. Dive a little deeper and see the historic buildings and businesses that began Billings’ legacy along with the modern updates that keep the city buzzing today.

**GO FIT**

Get fit. It’s your move. Get outside, play and release some energy. You’ll feel better physically and mentally. Grab a friend, and experience a game live ... go play!

- Today, nearly 1 in 3 young people are obese or overweight and at risk for serious, life-threatening health problems. Children who walk to school are significantly more physically active throughout the day, compared to those who travel to school by car, and less likely to miss school due to illness.
- Since the 1970s, children lost 12 hours per week in free time due to 25% decrease in play and 50% fewer unstructured outdoor activities.
- The CDC recommends children and teens get 60 minutes of physical activity per day. Adults should aim for 150 minutes per week. Even small segments of activity – 10 minutes at a time – have significant benefits. It can be as simple as walking!
- Physical activity reduces the risk of heart disease, diabetes, and certain cancers, and strengthens bones and muscles, improves mental health, and promotes independence among older adults.
- Safe Routes to School Programs are increasing walking and biking to school in Montana and across the nation.

**SUGGESTED ROUTES**

**GO BIKE** (approx. 35 miles) From the intersection of Shiloh Road and Rimrock Road: Ride west on Rimrock Road until it splits in a Y. Stay left and turn left (south) onto 64th Street, then take a right (west) onto Grand Ave. When it ends, turn left (south) onto 88th Street, then right (west) on Lipp Road. At the end of Lipp Road, turn right (north) onto Buffalo Trail and ride up three large hills (about 10 miles) until it ends at Molt Road. Turn right (east) on Molt Road and go down three hills until it merges back with Rimrock Road at the Y.

**GO WALK** (1-3 miles) From the historic Billings Depot on Montana Ave: Walk west to the Western Heritage Center. Head north on 29th St to 2nd Ave N then west to the Moss Mansion at Division St. Return on 2nd Ave N to Skypoint. For a longer walk add a loop around one of the nearby parks. Or, enjoy a nature walk at the Montana Audubon Center. Grab a map at the trailhead in the NW corner of the parking lot. Choose among several trails ranging from ¼ mile - 3 miles. Stop by the Center to say hello or enjoy the Shepard Nature Playspace.

**GO RUN** (1-5 miles) At Riverfront Park: start at the main parking lot by the pond. Run a 1.5-mile loop along paved paths around the pond. Explore multiple dirt trails off the main path. For a longer run, continue west from Riverfront Park under the S Billings Blvd bridge to Norm’s Island. Maps of Norm’s Island trails are available at the kiosk on the south side of Wendell’s Bridge on Norm’s Island.

**MAKE THE HEALTHY CHOICE EVERY DAY...**

- or more fruits & vegetables
  - Include at least one fruit or vegetable with every meal or snack.
  - Fill ¾ of your plate with colorful fruits and vegetables at most meals.
  - Add extra vegetable to soups, stews, rice, beans, sautéed

- hours or less of screen time
  - Remove TV and gadgets from bedrooms.
  - Take breaks or avoid TV and computers at meals.

- hour of physical activity
  - Walk or bike to school (or at least the last 5 blocks).
  - Spend family time being physically active: playing sports, walking on trails in the city.
  - Play outside daily—snow, rain, sunny, or snowy, build snow forts.

- sugary drinks, more water
  - Drink water instead of sugary drinks.
  - Drink water in moderation.
  - Avoid adding sugar or sweetened flavoring to tea and coffee.
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