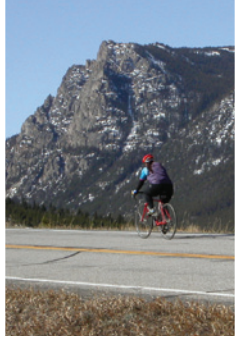

GO GREEN

A bike- and pedestrian-friendly city is good for the **environment** and the **economy**!

- Run your errands on foot or by bike. About 40% of all trips are shorter than 2 miles, and short car trips are the most polluting. 60% of the damaging emissions happen in the first few minutes of driving, before pollution control devices can work effectively.
- Today, fewer than 15% of kids bike or walk to school, compared with 50% in 1969.
- Trails and greenways bolster the re-sale value of nearby properties.
- Lanesboro, MN, a town of 880 residents, boasts an annual economic impact of more than $5 million due to their trail system.
- Trails attract businesses and create jobs. Companies seeking to re-locate or establish corporate headquarters cite the availability of trails as a significant factor in choosing where to locate. Quality of life is the third most important factor in locating a business (NPS, 1990).

GO BILLINGS

A bit of the old west, a bit of the new west, and a whole lot to see and do! Trails can take you back in time or to the top of the world; anywhere or nowhere at all. So, get ready for the trek of a lifetime, and then decide: **Where ya headin'?**

- Billings offers 36 miles of trails.
- About 7 miles of trail follow the Yellowstone River.
- The Rim Rock trail (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, Bull, Snowy, Crazy, Absaroka, and Beartooth ranges.
- Billings has 39 city parks and several wild land parks outside the city limits.
- Take in history and architecture with a ride, walk, or run through downtown Billings. Check out buildings like the Western Heritage Center and the Historic Train Depot along Montana Avenue. Dive in 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!**

- Only 28% of high school students participated in daily physical education in 2003, down from 42% in 1991.
- Since the 1970s, children lost 12 hours per week in free time (25% less play & 50% less unstructured outdoor activities).
- Children, teens and adults need 60 minutes of physical activity each day.
- Small segments of activity –15 minutes at a time – have significant health benefits.
- Physical activity reduces the risk of heart disease, diabetes, and certain cancers.
- Heart disease is the leading cause of death for men and women nationwide.
- Physically inactive people are twice as likely to develop coronary heart disease as regularly active people.
- 60% of Americans lead sedentary lives.
- Most 3rd -12th graders spend 6½ hours per day in front of the TV or computer.

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 onto 64th Street, then take a right onto Grand Ave. When it ends, turn left onto 88th Street, then right on Lipp Road. At the end of Lipp Road, turn right onto Buffalo Trail and ride up three large hills (about 10 miles) until it ends at Molt Road. Turn right on Molt Road and go down three hills until it merges back with Rimrock Road at the Y.

GO WALK (1-5 miles) From the historic Billings Depot on Montana Ave, walk west to the Western Heritage Center. Turn north on 29th Street. Walk to 2nd Ave N and head west to the Moss Mansion at Division Street. Return on 2nd Ave N to many cafes, restaurants and shops near the Skypoint at the center of downtown. Walk north on Broadway past Alberta Bair Theater and Parmly Billings Library. For a longer walk, cross 6th Ave, head west, then turn north at 3rd Street to Pioneer Park .

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.

BikeNet
Trails For People
www.bikenet.org

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Billings
MONTANA'S TRAILHEAD

GO PLAY

HEALTHY LIFESTYLES

Scientific evidence shows that communities with trails, greenways and sidewalks have higher levels of physical activity. Spending time outside in fresh air and sunshine reduces stress. Physical activity reduces the risks of heart disease, depression and obesity. People who bike or walk to work or school are less likely to be overweight and more likely to live longer.

Phipps Park
Ironwood Dr
Molt Rd
Rimrock Rd
Downtown
6th Ave N
4th Ave N
N Broadway
N 29th St
N 30th St
N 31st St
N 32nd St
N 33rd St
N 34th St
3rd Ave N
2nd Ave N
1st Ave N
Montana Ave
N 27th St
N 23rd St
N 24th St
N 25th St
N 26th St
Division St
Rehberg Estates
Alkali Creek
Alkali Creek Rd
South Fork Alkali Creek
Lake Elmo State Park
Lake Elmo
Rolling Hills Rd
Pemberton Ln
Annandale Rd
Mary St
Bitterroot Dr
Siesta Ave
High Sierra Blvd
Farlan St
Glenteagle Blvd
Clubhouse Way
Lakehills Dr
Glenhaven Dr
Laurie Ln
Kyhl Ln
Elaine St
Wicks Ln
Castle Rock Park
Constitution Ave
Kootenai Ave
Nutter Blvd
Babcock Blvd
Governors Blvd
Senators Blvd
Arrowson Ave
Lake Elmo Dr
Main St
Bench Blvd
Hawthorne Ln
Windsor Circle S
Yellowstone River Rd
Hilltop Rd
Two Moon Park
Pow Wow Park
Alkalai Creek Rd
Emerald Dr
Island Park Rd
Earl Gus Park
Zimmerman Park
State Highway 3
Palisades Park Dr
Zimmerman Trl
Airport Rd
Chief Black Otter Trl
Swords Park
METRA PARK
Highway 87 E
Poly Vista Park
Poly Dr
MSU-B
Colton Blvd
Rose Park
Parkhill Dr
Avenue E
Avenue D
Avenue C
Grand Ave
Zimmerman Trail
Rehberg Ln
Meadowood St
Virginia Ln
Locust St
Pioneer Park
North Park
S 27th St
6th Ave N
1st Ave N
Montana Ave
Minnesota Ave
Coulson Park
Coburn Rd
Big Ditch
Shiloh Rd
Lewis Ave
Yellowstone Ave
Broadwater Ave
BIKE SHOP
SPOKE SHOP
Downtown
SKATE PARK
South Park
Lillian Ave
Hackamore Trl
Centennial Park
St Johns Ave
Cook Ave
Central Ave
State Ave
Belknap Ave
Mystic Park
Stewart Park
Monad Rd
MET
Roosevelt Ave
Vaughn Ln
Sugar Ave
Garden Ave
Amend Park
S Billings Blvd
King Ave W
King Ave E
Southgate Dr
Hogans Slough
Overland Ave
Midland Rd
S Frontage Rd
Gabel Rd
Laurel S Frontage Rd
Hesper Rd
Elysian Rd
Mullowney Ln
Riverfront Park
Old Blue Creek Rd
Zoo Montana
Zoo Dr
East Ln
Johnson Ln
Coulson Rd
Old Hardin Rd
Ford Rd
GO PLAY
LEGEND
Paved Trails
Bike Lanes
Dirt & Gravel Trails
Parks & Open Space
Parking
Restrooms
POINTS OF INTEREST
1 Historic Depot
2 Western Heritage Center
3 Alberta Bair Theater
4 Yellowstone Art Museum
5 Parmly Billings Library
6 The Moss Mansion
7 Skypoint
8 Dehler Park
9 Boothill Cemetary
10 Black Otter Trail
11 Yellowstone Kelly's Grave
12 Norm's Island / Nature Reserve
13 Audubon Conservation Education Center (ACEC)
DISCLAIMER: This map and route delineation is provided for informational purposes only. The preparer of the map makes no representations or warranties with regard to the safety or condition of the route. Travel the route at your own risk. The route may be along open roads, subject to traffic and large, fast moving vehicles or along steep and unstable trails. Cycling is an inherently dangerous sport and could lead to serious bodily injury or even death. Please remember to wear your helmet and take all other necessary safety precautions.
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Scale in Miles
0
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