

# Walking Trails

*Hillsborough County*

Are an easy and inexpensive way to stay active. Walking has many benefits, it is easy to do wherever you are and it only requires a good pair of shoes.



- ◆ **Al Lopez Park Trail** 4801 N. Himes Ave. in Tampa 1.2 miles
- ◆ **Alderman Ford Park** 9442 Plant City - Picnic Road in Lithia 2 miles
- ◆ **Bayshore Boulevard Linear Park Trail** 312 Bayshore Blvd. in Tampa 4.5 miles
- ◆ **Blake Trail** at Julian B. Lane Riverfront Park 1001 North Blvd. in Tampa 0.5 mile
- ◆ **Bruce B. Downs Trail** Bruce B. Downs Boulevard Amberly Drive to Hunters Green Drive in Tampa 7.0 miles
- ◆ **Copeland Park Trail** 11001 N. 15th Ave. in Tampa 1.0 mile
- ◆ **Cypress Point Park Trail** 5620 Cypress St. in Tampa 1.0 mile
- ◆ **Desoto Park Trail** 2617 Corrine St. in Tampa 1.2 mile
- ◆ **Flatwoods Park** at Wilderness Regional Park, 14302 Morris Bridge Road in Thonotosassa 9+ miles, 7 mile loop
- ◆ **Lowry Park Trail** 7525 North Boulevard in Tampa 0.9 mile
- ◆ **MacDill Trail** Gadsden Park 6901 S. MacDill Ave. in Tampa 1.47 miles
- ◆ **MacFarlane Park Trail** 1702 N. MacDill Ave. in Tampa 1.2 miles
- ◆ **McKay Bay Bike Trail East** Access by bicycle off of 12th St. West of 50th St. in Tampa 1.0 mile
- ◆ **McKay Bay Nature Trail** 134 N. 34th St. in Tampa 1.25 miles
- ◆ **Northdale Trail** 4417 Northdale Blvd. in Carrollwood
- ◆ **Old Fort King Trail** 12894 N. US Hwy. 301 in Thonotosassa 3.3 miles paved 3.4 miles unpaved
- ◆ **Rivercrest Park Trail** 4802 North Boulevard in Tampa 0.68 mile
- ◆ **Rowlett Park Trail** 2401 E. Yukon St. in Tampa 2.0 miles
- ◆ **Ruth J. Fleming Trail** at Woodland Terrace Park 6410 N. 32nd St. in Tampa 0.3 mile
- ◆ **Suncoast Trail** (Hillsborough/Pasco/Hernando) 6007 Lutz Lake Fern Road in Tampa 41.1 total miles
- ◆ **Tampa Heights Trail** at Tampa Heights Greenway Central Ave. at 7th Ave. in Tampa 0.3 mile
- ◆ **Town 'N Country Greenway** 7002 Webb Road in Town 'N Country 2.1 miles
- ◆ **Upper Tampa Bay Trail** 9201 W. Waters Ave. in Tampa 7+ miles and 3 trailheads

# Fitness Resources



## Hillsborough County

Staying active is one of the most important things you can do to keep healthy. Tampa has many different facilities; here are some local resources. To look for something convenient to you, try the websites and search by zip code.

## Gyms

*Offer indoor air conditioned environment with the flexibility of working out on your own or in a group fitness setting.*

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|-----------------------------------------|---------------------------------------|--------------------------------------------|
| ◆ Golds Gym<br>Golds gym.com            | ◆ LA Fitness<br>LAFitness.com         | ◆ You Fit<br>Youfit.com                    |
| ◆ Anytime Fitness<br>Anytimefitness.com | ◆ Powerhouse Gym<br>Powerhousegym.com | ◆ Planet Fitness<br>Planetfitness.com      |
| ◆ Crunch<br>Crunch.com                  | ◆ YMCA<br>Ymca.net                    | ◆ Orange Theory<br>Orangetheoryfitness.com |

## Yoga and Thai Chi

*Many local gyms offer group classes that may include yoga, tai chi and pilates.*

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|------------------------------------------------------|--------------------------------------------|
| ◆ Namaste Yoga<br>Namasteyogastudio.com              | ◆ Chuang –Fa Martial Arts<br>Chuang-fa.org |
| ◆ Hanaq Prana Yoga<br>Hanaqpranayoga.com             | ◆ Tai Chi Chi Gong<br>Taichichigong.com    |
| ◆ Energia Yoga<br>Energiawellnessstudio.com          | ◆ Taoist Tai Chi Society<br>Taoist.org     |
| ◆ The Exerscience Center<br>Theexersciencecenter.com |                                            |