**ELDRIDGE PARK**

The newly renovated Eldridge Park offers a variety of recreational facilities for the whole family, including a 1.4 mile trail for walking, jogging, rollerblading, cross-country skiing and bicycling.

**Hours:**
Open daily from dawn until 10p.m.

**Pet Policy:**
Dogs on leashes are allowed.

**Information:**
607-737-5750

**Operated by:**
City of Elmira Department of Public Services

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**Lyme Disease Prevention**

- Wear appropriate clothing. Light-colored clothing to spot ticks easily. Long-sleeved shirts buttoned at the wrist. Long pants tucked into socks or boots. A hat.
- Consider insect repellent. Deet on skin, or Permethrin on clothing.
- Stay in the middle of the trail and avoid brushing against vegetation.
- Check for ticks every few hours, with a full body tick-check at the end of the day.
- Remove any tick as soon as you find it. Use tweezers to grasp the tick near its mouthparts, as close to the skin as possible. Pull steadily and firmly until the tick lets go. Apply rubbing alcohol or peroxide to the bite site.

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**WHY BE ACTIVE?**

**Get Physically Active**
- Improve your overall health.
- Prevent high blood pressure, overweight and obesity problems, heart disease, diabetes, and some cancers.
- Improve your energy, mood, productivity, brain power, and concentration.
- Improve your sleep.
- Increase your sense of well-being.

**Safety Precautions**
- Drink plenty of water before, during, and after exercise.
- To prevent injury, do 3 to 10 minutes of warm-up and cool-down exercises before and after physical activity.
- Wear loose-fitting, layered clothing and comfortable shoes that give your feet and legs support.
- If you wear headphones, take caution to be able to hear what is going on around you.
- Wear reflective or bright-colored clothing if you are outdoors at night.
- Wear sunscreen with an SPF of at least 30.

**It’s Easy!**
- Choose activities that are fun and enjoyable.
- Start slowly and ease into it; raise the level gradually.
- If you can carry on a conversation while being active, you are at your “comfort zone” for exercise.
- Your goal should be to work up to 30 minutes a day, most days of the week.
- Don’t overexert yourself, especially on hot, sunny days.

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**DOWNTOWN ELMIRA WALKING ROUTES**

**Blue Route**
- Eldridge Lake Trail
- Riverfront Park
- Alternative Route

**Red Route**
- Eldridge Park Trail
- Riverfront Park
- Alternative Route

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**BICYCLIST’S, PEDESTRIAN’S, MOTORIST’S EVERYONE’S SAFETY TIPS**

Our street and road network is for all users – unless specifically prohibited.

Pedestrians, bicyclists, and motorists must follow all applicable Department of Motor Vehicle laws.

**BE ALERT, DISTRACTION KILLS**

- travel requires concentration whether walking, bicycling, or driving.

Bicyclists should ALWAYS wear a helmet – properly.

Be visible – bicyclists and pedestrians should wear bright, reflective clothing.

Be especially vigilant at night or during inclement weather.

New York state laws require front and rear lights for bikes at night.

Be predictable and make eye contact.

Always bike with and walk against traffic – it’s the law.

Use pedestrian signals where available.

For more safety tips, go to the Governor’s Traffic Safety Committee: www.nysgtsc.state.ny.us

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**ELMIRA PROMENADE**

Under Development
www.elmirapromenade.org

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**LACKAWANNA TRAIL**

For more health information contact Health on Demand at 607-737-4499

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**LEGEND**

- Blue Route
- Red Route
- Eldridge Park Trail
- Open Section
- Riverfront Park
- Alternative Route

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