2. **Heart Smart Trail**

**Definition**
A hard-surfaced, level path with markers so walkers can keep track of the distance traveled.

**Size**
Minimum length: one mile minimum; 6 feet wide with 2 feet lateral clearance and 10 feet vertical clearance, minimum.

**Possible Activities**
Walking, hiking, exercise

**Location**
Flat to rolling surface on private property as part of residential development; or on public property as part of the public sidewalk system.

**Design Criteria**
- Provide signage at start to include a map of the trail and brochures describing the health benefits of the trail.
- Include trail markers every 1/10 of a mile, with call boxes.
- Paths should provide adequate access to natural features, such as woodland, wetland, ponds and creeks, if feasible.
- Resting areas should be provided where appropriate.
- Must conform to the Maryland-National Capital Park and Planning Commission’s Environmental Guidelines and be designed to maximize protection and function of natural features.
- Design and construction of pedestrian connections, extensions or trails must conform to the requirements of ADA Amendments Act of 2008.
- Pervious surfaces are encouraged. The trail should be designed to minimize erosion.

**Components**
Benches, picnic tables, watering stations, interpretive signage..

**Supply Values**

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*Heart smart trail, Abington Art Center Sculpture Garden, Abington, PA*