



## 2. Heart Smart Trail

Definition	<b>A hard-surfaced, level path with markers so walkers can keep track of the distance traveled.</b>
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	<p>Provide signage at start to include a map of the trail and brochures describing the health benefits of the trail</p> <p>Include trail markers every 1/10 of a mile, with call boxes.</p> <p>Paths should provide adequate access to natural features, such as woodland, wetland, ponds and creeks, if feasible.</p> <p>Resting areas should be provided where appropriate.</p> <p>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.</p> <p>Design and construction of pedestrian connections, extensions or trails must conform to the requirements of ADA Amendments Act of 2008.</p> <p>Pervious surfaces are encouraged. The trail should be designed to minimize erosion.</p>
Components	Benches, picnic tables, watering stations, interpretive signage..

### Supply Values

	Tots	Children	Teens	Young Adults	Adults	Seniors
Heart Smart Trail	0	9	10	12	12	12



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