

# Dexter Community Walking Routes

Walking is a gentle, low-impact exercise that can increase your level of fitness and health. Walking is a safe and simple exercise that doesn't require any practice. Participating in a regular walking routine can lower your blood pressure, improve your mood, and can help you stay strong and fit. Below is a list of walking trails throughout the town of Dover Foxcroft. Each trail is timed round trip and varies in distance, time and steps so that you can choose the trail that works best for you and your time crunch.



The **Black**, **Maroon**, **Green** and **Yellow** trails start and end at Rite Aid's parking lot. The **Red**, **Pink** and **Gray** trails start and end at Dexter Regional High School. The **Blue**, **Turquoise** and **Teal** trails all start and end at Bud's Shop n' Save. Beside each trail there is a shape that corresponds with the amount of sidewalks available on each route. Use the ledger at the bottom of this page to determine which route may be best for you! On the back of this sheet there is a detailed map that outlines each route in color. Enjoy walking your way towards a healthier you!

## Why Should You Walk?

- Walking helps keep your bones, muscles, and joints healthy
- Boosts your mood
- Helps you handle stress
- Helps you feel more energetic
- Helps you sleep better
- Improves your self esteem
- Gives you an opportunity to socialize actively with friends and family
- Helps build a healthier you!



### Black Trail

Steps: 1507  
Miles: 0.72  
Calories Burned: 42  
Time of Route: 14 minutes



### Maroon Trail

Steps: 3162  
Miles: 1.51  
Calories Burned: 88  
Time of Route: 23 minutes



### Green Trail

Steps: 3230  
Miles: 1.54  
Calories Burned: 90  
Time of Route: 30 minutes



### Yellow Trail

Steps: 3409  
Miles: 1.62  
Calories Burned: 95  
Time of Route: 30 minutes



### Red Trail

Steps: 4065  
Miles: 1.93  
Calories Burned: 113  
Time of Route: 37 minutes



### Pink Trail

Steps: 1657  
Miles: 0.79  
Calories Burned: 46  
Time of Route: 16 minutes



### Gray Trail

Steps: 2830  
Miles: 1.54  
Calories Burned: 79  
Time of Route: 26 minutes



### Blue Trail

Steps: 4528  
Miles: 2.13  
Calories Burned: 124  
Time of Route: 41 minutes



### Turquoise Trail

Steps: 2605  
Miles: 1.24  
Calories Burned: 72  
Time of Route: 24 minutes



### Teal Trail

Steps: 2943  
Miles: 1.41  
Calories Burned: 82  
Time of Route: 26 minutes



Mostly Sidewalks



Moderate Sidewalks



Little Sidewalks

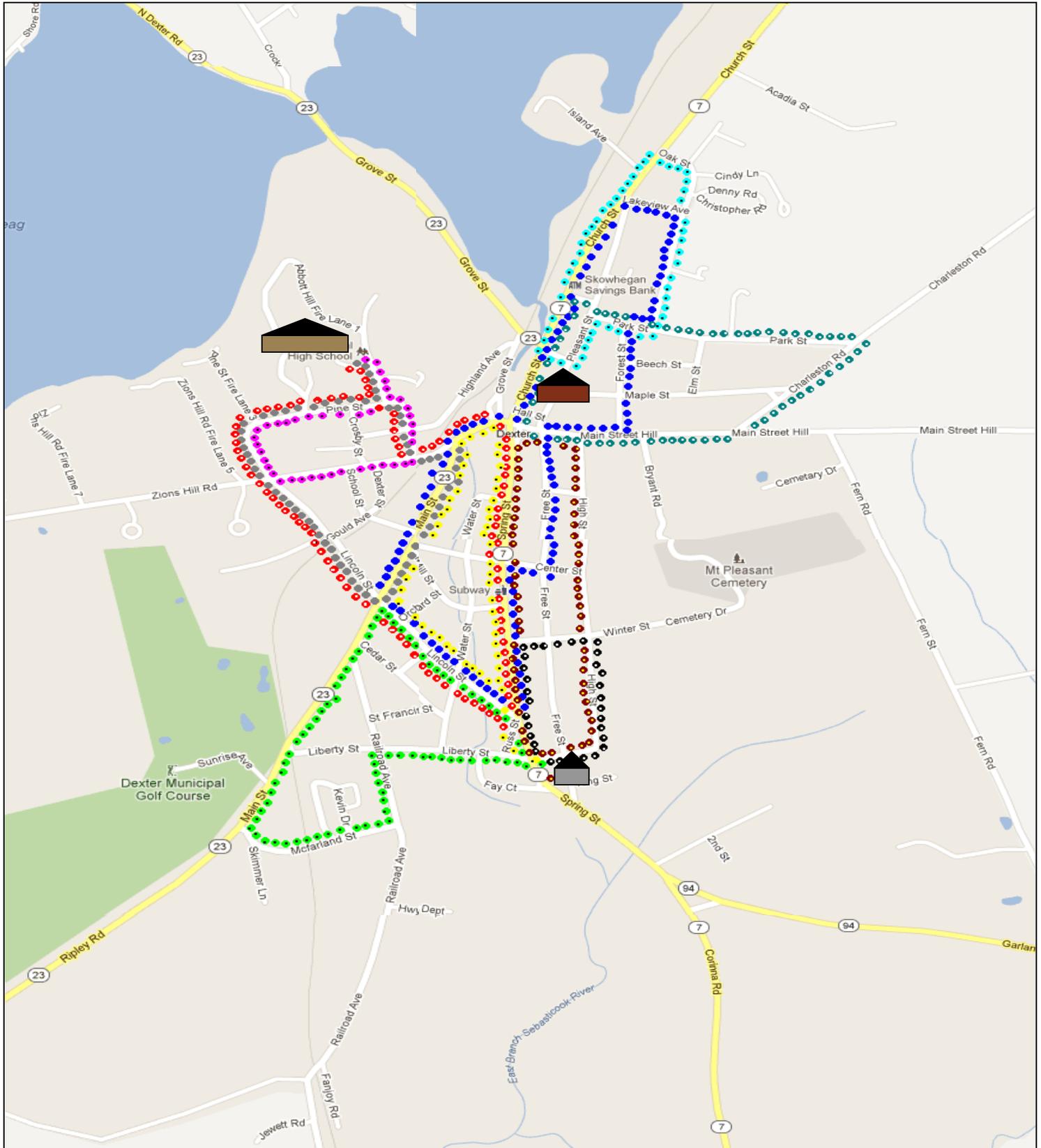


Please remember to do your part and help keep our walking trails pet friendly!

If your pet poops, please scoop! 😊



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Dexter Regional High School

Bud's Shop n' Save

Rite Aid