

New brochure highlights Lansing area parks and trails

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(Photo: Robert Killips, Lansing State Journal)

LANSING – Looking for the best parks and trails in your neighborhood? There's a new resource for that.

The Capital Area Health Alliance, in partnership with other local organizations, has published a new brochure listing popular parks and trails in the area.

Kathy Hollister, outreach director for the Capital Area Health Alliance, said there was a need for an updated, convenient map and list of popular parks and trails in the region. The map includes recent additions to the area trail system, such as the newly completed [Fred Meijer Clinton-Ionia-Shiawassee](#) and [Sycamore Creek](#) trails.

The brochure also includes services offered, handicap accessibility and recreational activities at each park or trail. Production and printing was funded through a grant from the Michigan 4 x 4 Health and Wellness Plan. Hollister said for a park or trail to be included in the brochure, it had to be a destination for some type of physical activity. All the parks or trails listed have been completed, have publicly available parking and have a walking trail of at least one half mile.

The brochures are free and can be picked up at Playmakers and other locations including local parks departments, Capital Area District Library branches, Lansing Community College, doctor's offices and at the Lansing State Journal office in downtown Lansing. If you would like to distribute the brochures at your business or organization, contact the [Capital Area Health Alliance](#) at (517) 347-3377 or visit www.cahealthalliance.org.

For a complete listing of area parks and trails, visit www.lansing.org/visitor/things-to-do/parks-gardens.

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