

### DELHI VILLAGE (flat - no hills)

15 Minute Walk (approx. 1 mile)

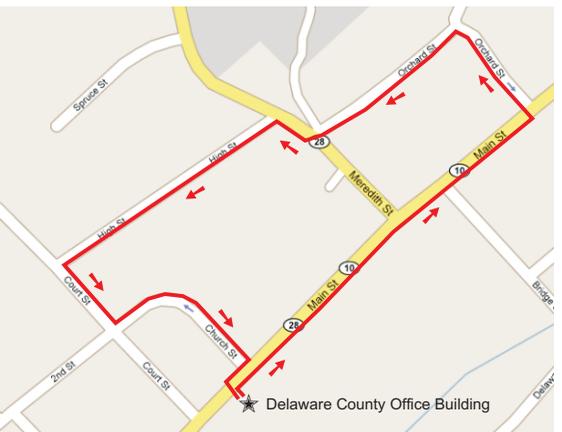
This is a great beginners walk. Start from the County Bldg., cross over Main St. and walk along the bank (Church St.), around the back of the Courthouse, and head to 2nd Street. Continue along 2nd Street until you reach Franklin St. then to Cross St. Walk along Cross St. until you reach Clinton St. Then back to Main St. Follow Main St. back to the County Bldg.



### DELHI VILLAGE (hills)

15 Minute Walk (approx. 1 mile)

This is a slightly more vigorous walk than the flat walk. Start out from the County building, follow Main St. to the Napa Store. Cross over Main to Orchard St. Follow Orchard around the corner and cross over State Rt. 28 (Meredith St.) Walk to High St. and up the hill. At the end, walk down Court. St to Church and back to the County Bldg.



### DELHI VILLAGE (hills & flat)

approx 30-40 Minute Walk (approx. 1.5 miles)

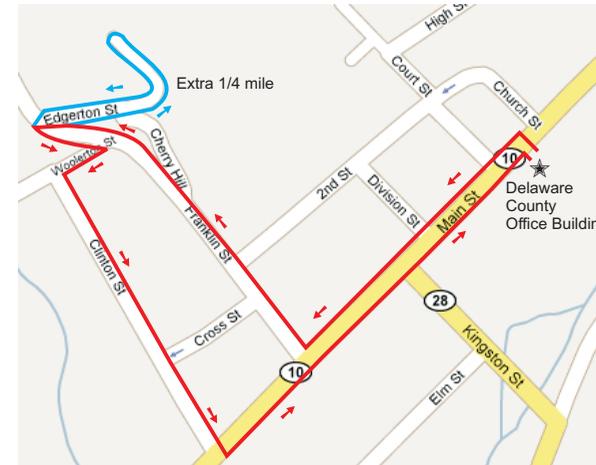
This is a combination of the 1st two Delhi village 15 minute walks. Start out from the County building, follow Main St. to the Napa Store. Cross over Main to Orchard St. Follow Orchard around the corner and cross over State Rt. 28 (Meredith St.) Walk to High St. and up the hill. At the end, walk down Court. St & take a right on 2nd Street. Continue along 2nd Street until you reach Franklin St. then to Cross St. Walk along Cross St. until you reach Clinton St. Then back to Main St. Follow Main St. back to the County Bldg.



### DELHI VILLAGE (Franklin/Edgerton St - hills)

approx. 30 minutes (approx. 1.25 - 1.50 miles)

Start out from the County building, follow Main St South to Franklin St. Turn Right on Franklin and continue to Edgerton St. Now you have a choice... bear right to continue climbing to the dead end or turn around and head back down Franklin. Take a right onto Woolerton St. Left on Clinton St. Then back to Main St. Follow Main St. back to the County Bldg.



*For a little variety, the walk below has some steps mixed in with the hills. If the weather is bad or the seasonal steps are closed (follow entrance road to Evendon Tower instead) and you really want stairs, there is an 8 floor stairwell in Evendon Tower. The stairs are located next to the elevators.*

### DELHI - SUNY Campus (Hills & even some stairs)

approx. 45 - 60 minutes (approx. 1.75 - 2 miles)

Leave the County building, follow Main St. South past the entrance of SUNY Delhi. Take the (seasonal access) stairway up (across from the Sr. Housing complex). At the top of the stairs continue left and along the parking lot to the steps (again seasonal access) toward the campus buildings. Take the steps next to Evendon Tower and head up the ramp and continue past Alumni Hall. Follow the pathways and stairs past the dorms and head up toward the athletic fields & the Clark Gymnasium. Head down to the tennis courts and follow the road back down through the campus bearing left until you reach the parking lots. The sidewalk will take you to the entrance to the Campus and back to Main St. Follow Main St. back to the County Bldg.



# WALKING YOUR WAY TO WELLNESS!

Delhi Area

compiled by

## The Delaware County Wellness Committee

### NOTICE

If you're new to walking, start off with slow, short sessions (non hill routes) and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

Also, always let others know where you are walking and never walk in areas that are unfamiliar, especially alone. Stick to paths and sidewalks and well lit areas (after dark). It's always better to walk with a partner or group for safety reasons and even just for conversation and motivation.

Some Walking Sites:

- <http://www.thewalkingsite.com>
- <http://www.walkingconnection.com>
- <http://www.coolwalking.com>

<http://www.stepup.excellusbcs.com> (Health Ins.)

### **DELVIEW TERRACE (hills & flat)**

*approx 45 min. - 1 hour walk (approx. 2.5 miles)*

From the County building, cross the street and head up Court St. and make a right on High St. At the end of High St. turn right and then left onto Prospect St. (by cemetery). Walk up the hill into Delview Terrace. Stay to the left at the 1st intersection and take a left at the next street (Delview Terrace Ext.). Follow until Phoebe Lane on right (just past the State DOT bldg). Continue on Phoebe Lane to the Public Safety Bldg (1.25 miles). Now head back down Phoebe Lane and either go back the same way, or take a right and follow Meredith St. (Rt. 28) back to Main St. (or take High St. and Court St. back for more hills). Follow Main St. back to the County Bldg.

For less intensity or tight on time, walk the loops of Delview Terrace instead of going to the Public Safety Bldg. Head back same way as above.

### **DELAWARE AVENUE LOOP (flat)**

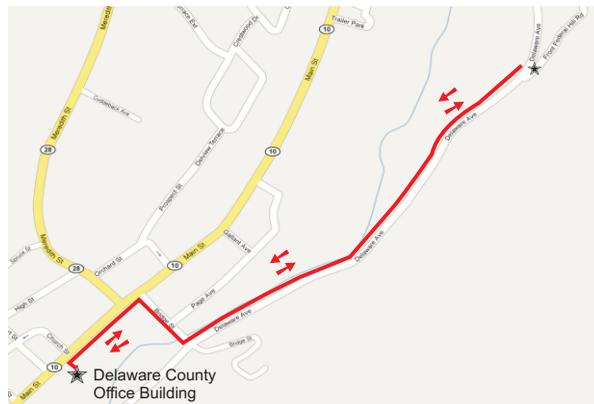
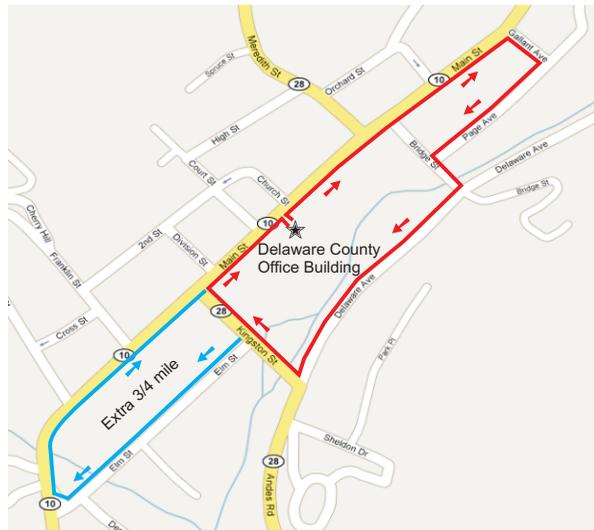
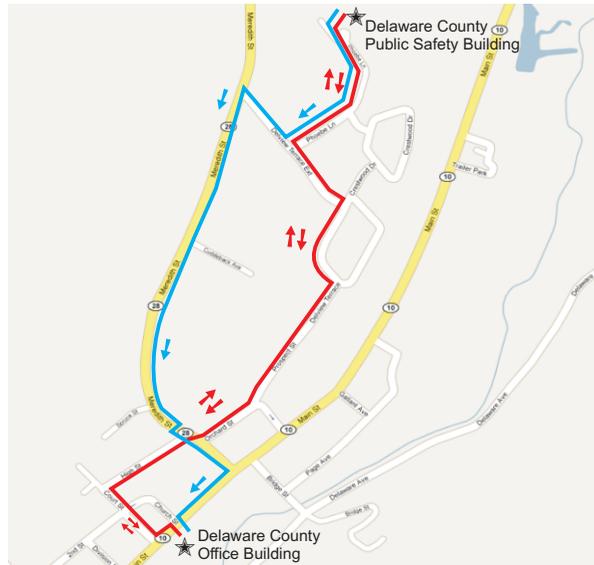
*approx. 30 - 45 minutes (approx. 1.25 • 2.0 miles w/Elm St.)*

Start out from the County building, turn right on Main St. towards Gallant Ave. Take Gallant Ave. to end and turn right onto Page Ave. (behind DPW shops). At the end of Page turn left onto Bridge St. and go over bridge to Delaware Ave. Take right and follow Delaware Ave. to Rt 28/Andes Road intersection. Turn right onto Kingston St. and go over double bridges. Either Turn left onto Elm St. (extra 3/4 mile - go to end where it meets Main), or continue straight to Main St. Follow Main St. back to the County Bldg.

### **FRONT FEDERAL HILL (Flat & Hill)**

*time varies (approx. 1.1 miles to base of Front Federal Hill)*

Leave the County building, take Main St. to Bridge St. and take Bridge St. to end (over bridge) and then left onto Delaware Ave. Follow Delaware Ave. to Front Federal Hill Rd. (unpaved seasonal access road). It is approx. 1.1 miles to this point. Either continue (for hill climb - watch traffic) or turn around and head back the same way. Not as steep as Bell Hill or Prospect St. Time for your own pace.



## **Longer Walks at your own pace**

### **HISTORICAL PATHWAYS:**

#### **Railroad bed near Price Chopper Plaza**

*Time Varies (approx. 3 - 3.5 miles round trip)*

Leave County Bldg. and head south down Main Street past SUNY Delhi, past Pizza Hut, and take the second entrance to the Price Chopper Plaza down Sherwood Rd. When you get to the power station, make a right and you will find the old railroad bed. Continue on until you find the intersection to the old road and make a left. (When you reach this point, you have walked 1.5 miles from 111 Main St). You can turn back if you are only interested in a 3 mile walk. To go the full 3.5 miles, continue down the old roadway which will lead you to Sherwood's Bridge and follow Sherwood Rd. back to Route 10 and Main Street. Follow Main St. north until you get back to the County Bldg.

### **THE ANDES ROAD LOOP**

*Time Varies (approx. 3.25 miles round trip)*

Leave County Bldg. and head south down Main Street. Take a left onto Kingston St. which turns into Andes Road (Route 28). Go past O'Connor Hospital, the Buena Vista Motel and County Tire. Make a right onto Arbor Hill Road until you reach Sherwood's Bridge. Cross the Bridge and make a right to back towards the Village. For an extra 1/2 mile, instead of going right, make a left onto the old road described above and then make a right onto the old railroad bed, which will bring you back to Sherwood Road, right before the Price Chopper Plaza. Follow Main St. north until you get back to the County Bldg.

### **BELL HILL**

*Time & Distance Varies*

This is a vigorous walk and is better to time it than it is to calculate mileage.

Head down Main Street toward Clinton Street. Head up Clinton Street until it connects with Woolerton Street and make a left.

A good practice for this trip is to clock your time from your starting point to the beginning of Bell Hill to accommodate your pace and time available than clocking your distance.

At a relatively quick pace with a couple of brief rest stops, it takes about an hour (round trip) to go about a quarter mile after the fork in the road.

### **ALA CARTE WALKS:**

Strapped for Time? Just getting started?

A short, brisk walk is better than giving in to the impulse to put off exercise. Each day you can try to walk a little faster and cover more distance.

If you are strapped for time but want to get a walk in, the possibilities are endless. Simply check your watch when you leave your work space. Walk until half your time is used and then head back.