

Carol A. Thomas Memorial Walking Trail



...you can start anywhere along the loop or park at the Johnsburg Town Hall, precede down Main St. to Ski Bowl Rd. (look left-right-left) before crossing over Rt. 28, continue on Ski Bowl Rd., walk along the base of Little Gore to Grunblatt Town Beach, go under Rt. 28 in the underpass, follow trail back to Town Hall.

Roughly 3,600 steps or 1 1/2/miles, 35 minutes

Schaefer Trail to Gore Mt. Summit



Walking Trail Underpass to Downtown



Underpass/Walking Trail to Ski Bowl Park



Tubing Hill



Ski Bowl Park Ski Hill



North Creek Health Center



Senior Citizens Center



Owens House Gallery



North Creek Railway Depot Upper Hudson River Railroad



North Creek Deli & Marketplace



North Creek



Circle Ave.



River Rd. to Riparius



Tannery Pond Community Center



Johnsburg Town Hall & Johnsburg Library



To Johnsburg Central School



To North Creek Fire House



Main St.



Carol A. Thomas Memorial Walk

START: park at the Johnsburg Town Hall

TIME: 35 minutes, 3,600 steps or 1 1/2 miles

AREA: Carol A. Thomas Memorial walk



Brought to you by:
N.Y.S. Healthy Heart Program
A partnership between
Glens Falls Hospital and the
Public Health Services of
Warren & Washington County

SAFETY TIPS:

- LOOK BOTH WAYS BEFORE CROSSING (ALWAYS LOOK LEFT, RIGHT, AND LEFT AGAIN).
- CROSS AT CROSSWALKS WHENEVER POSSIBLE & ABIDE BY TRAFFIC LIGHTS.
- WEAR REFLECTIVE OR LIGHT COLORED CLOTHING WHEN WALKING AT DUSK, DAWN, OR IN THE DARK.
- KNOW YOUR NUMBERS: CHOLESTEROL-BLOOD PRESSURE-BMI-BLOOD GLUCOSE.

**BE HEALTHY.
BE ACTIVE.**

30 minutes a day
at least 10 minutes at a time
5 days a week

REMEMBER WALKING OR ANY FORM OF PHYSICAL ACTIVITY IS ONLY ONE PART OF A HEALTHY DAY...

HAVE FUN! EXPLORE NORTH CREEK ON AND OFF THE MAP!

* ALWAYS CHECK WITH A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

Ski Bowl Road

Main Street

Route 28 underpass
Johnsburg Town Hall

Grunblatt Town Beach

Little Gore