

IT TAKES A COMMUNITY!



Family Trail Guide

www.livehealthyleecounty.org

Live Healthy Lee County Join the Movement

Live Healthy Lee County was started with a Community Wellness grant that provided the funds for Lee County Health Department to work with community partners in promoting health and wellness for our community.

One major component was "Improving Walkability" in our communities. Three areas were identified to promote walking trails: Fort Madison, Keokuk, and Conservation Trails in County Parks. This booklet will provide you an overview of all those trails, plus give kids fun activities to achieve while on them.

More information of these trails can be found on the Live Healthy Lee County website, www.livehealthyleecounty.org. We want to know what you think of the trails, and welcome your feedback by visiting us online or calling LCHD, (319)372-5225 or (800)458-6672.

Health and wellness are important for all no matter their age, physical condition or health concerns. We encourage everyone to take that first step towards living healthy. It takes a community which means it takes all of us.

Happy Trails!

Heron Bend

MILES: .61

What to do:

- Access to Mississippi River
- Shelter along river
- 3 small ponds
- Conservation Office
- Boat Ramp
- Refuge area for wildlife with numerous birds and reptiles
- Trumpeter Swan can be spotted across the river

You may not see all of them, but mark which of these birds you see:



Long-eared Owl



Ruby-throated Hummingbird



Wood Duck



Cackling Goose



Great Blue Heron



Spotted Sandpiper



Downy Woodpecker



American Coot

I saw other types of birds!

Pollmiller Park

MILES: .85 - from the road (Hwy J40) to the campground parking lot, and
.52 - from 8th Street, West Point, to the park road

What to do:

- Beach with shower house and concession
- 21 campsites
- 10 acre lake
- Paved trail to South Park
- Picnic shelter
- Fishing in the lake
- Boat ramp

Use the space below for a tree bark rub:

**Look for one of these trees on the grounds: Elm, Oak, White Pine, Bald Cypress, Ash

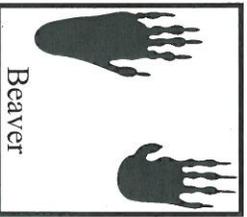
Chatfield Park

MILES: .8 (from east parking lot to campground)

What to do:

- 10 acre lake
- 22 campsites
- 2 picnic shelters
- Boat ramp
- Fishing in the lake

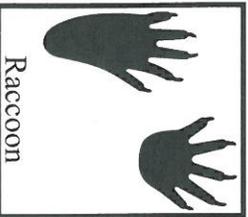
Put your tracking skills to the test, see if you can find any of these animal tracks:



Beaver



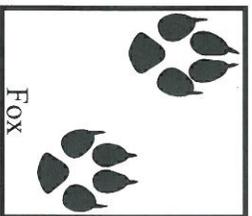
Deer



Raccoon



Bobcat



Fox



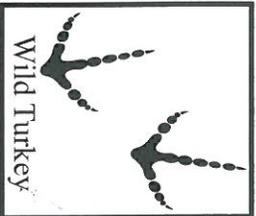
Skunk



Coyote



Rabbit



Wild Turkey

Wilson Lake

MILES: 1.4 (perimeter trail)

What to do:

- 7 acre lake and 3 ponds
- 21 camp sites
- 2 picnic shelters
- 2 modern cabins
- Boat ramp
- Group camp site
- Fishing in the large lake and 3 ponds

Which of these wildflowers did you find?



Jack-in-the-Pulpit



Butterfly Weed



Black-eye Susan



Dutchman's Britches



Spring Beauties



New England Aster



Golden Alexander



Purple Coneflower

Fort Madison

Rodeo Park

MILES: 1.5 (.3 extension)

RATING: Moderate/Difficult

The Rodeo Park trail is a wonderful nature trail set north of Fort Madison next to the airport. The path has flat surfaces, and difficult hills to get a maximum workout in. The trail is great to utilize on a sunny afternoon of after a family picnic at one of the many shelter houses. When walking the trail be on the look out for some closed off sections of the trail.

Other Ft. Madison Trails: Parks/Downtown, Riverview Park, Ivanhoe Park, Bluff Road

List all the fun family activities there is to do at Rodeo Park:

Keokuk

Historic Neighborhood

MILES: 1.26

RATING: Moderate

The mansions and distinguished historic homes overlooking the river tell a story of the city's treasures and culture in the late 1800s and early 1900s.

As you leave Estes Park, cross to the opposite side of Main Street, turn right following Main to North 2nd Street. Turn left onto North 2nd until you reach Morgan Street. Turn left onto Morgan for one block where you will then turn right onto North 3rd. Follow North 3rd to Franklin Street, and Franklin to 4th Street, turn right onto 4th Street, and follow to Orleans Avenue where you will turn left. Follow Orleans to 5th Street and turn left, and follow North 5th to Estes Park.

Other Keokuk Trails: Mississippi Riverfront, Look Up Downtown, Park to Park

Be sure to mark off that you saw all of these Points of Interest:

___ Katie John House (202 Blondeau St.)

___ Civil War General Samuel Curtis' Home (206 High St.)

___ National Register home of Tom & Sandy Seabold & Artworks (226 Morgan)

___ Power Plant & Mississippi River (3rd & Franklin)

___ Chief Justice Samuel Miller Home (318 N 5th St.)

___ Historic Home of Felix & Jean Hughes, grandparents of Howard Hughes (312 N 5th St.)

___ Keokuk Public Library (210 N 5th St.)

Which trails have you walked?

- Heron Bend
- Wilson Lake
- Chatfield Park
- Pollmiller Park
- Ft. Madison - Rodeo Park
- Keokuk - Historic Trail

Once you have walked all the trails you can mail this page in to:

Live Healthy Lee County
2218 Avenue H
Ft. Madison, IA 52627

to receive a special trails button, and to be entered in a drawing to win a gift certificate for new tennis shoes.

Name: _____

Address: _____

City, Zip: _____

Phone Number: _____

Age: _____

Parent Signature: _____
