ABOUT THIS MAP
This map was created as part of Walk Franklin County, a partnership between Baystate Franklin Medical Center, Franklin County Chamber of Commerce, Franklin Regional Council of Governments, Greenfield Community College, and the YMCA.

The Franklin Regional Council of Governments, the cities and towns over whose sidewalks and roads you will travel, and the agencies and groups listed on this map are not responsible for your safety and in no manner certify the safety of these routes. These routes are suggested only as more suitable than others for travel. All users assume full responsibility for their own safety. This map may include roads that are private. Please respect the rights of landowners. This map was prepared in 2017 under the CDC contract 1422: Mass in Motion.

WALK Franklin County

BERNARDSTON WALKING ROUTE MAP

Walk Franklin County! is a free program to measure and record your distance and receive rewards for reaching your goals. For information and additional maps, go to www.walkfranklincounty.org.

There are walking maps available for all 26 Franklin County towns found at frcog.org or for a paper copy contact us @ 413-774-3167.

WALKING TIPS

Make it part of your routine
Set aside time every day for a walk.

Choose the right time
If you are a morning person, walk in the morning. If you prefer the end of the day, walk in the evening. Listen to music, do some work, or visit a friend instead.

Get the support of co-workers, friends, family, and others.

Reward yourself
Meeting your health goals can be very helpful in your own life. You can measure your walking in different ways.

Keep a record
Keep a record of your walking at your office, in your car, at home, or at work.

Make it easy
Keep comfortable walking shoes at your office or in your car.

Prevents and manages high blood pressure
Improves blood cholesterol levels
Keeps weight under control
Improves blood circulation
Reduces heart disease risk

A 30-minute daily walk:

Walk Franklin County! is a free program to measure and record your distance and receive rewards for reaching your goals. For information and additional maps, go to www.walkfranklincounty.org.

There are walking maps available for all 26 Franklin County towns found at frcog.org or for a paper copy contact us @ 413-774-3167.
Bernardston Center
Walking Route Map

Area of Detail
Bernardston, MA

Number | NAME
--- | ---
1 | Powers Institute (senior center)
2 | Library
3 | Town Hall
4 | Bernardston Country Store
5 | Post Office
6 | United Church of Bernardston
7 | VFW
8 | Arch Bridge