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!** 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.

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

**Walk Franklin County**

Get the support of co-workers & friends

Choose the right time

Serve aside time every day for a walk

Reward yourself

Measuring your progress can be very helpful in keeping your health goals. You can measure your walking in different ways.

Keep a record

Keep comfortable walking shoes at your office or in your car.

Make it easy

Set goals and choose healthy rewards for yourself.