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.

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.

**WALKING ROUTE MAP**

**Orange**

- 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:

**WALKING TIPS**

- Make it easy
  - Keep comfortable walking shoes at your office or in your car.
- Keep a record
  - Measure your walking in different ways.
- Reward yourself
  - Meeting your health goals can be very helpful in keeping you motivated.
- Set goals and choose healthy rewards for yourself.
- Get the support of co-workers & friends
  - More fun!
- Choose the right time
  - Listen to when your body likes to move and it will be easier.
- If you are a morning person, walk in the morning. If you prefer the end of the day, walk in the evening.
- Make it part of your routine
- Set aside time every day for a walk.

Walk Franklin County, Massachusetts, Orange.