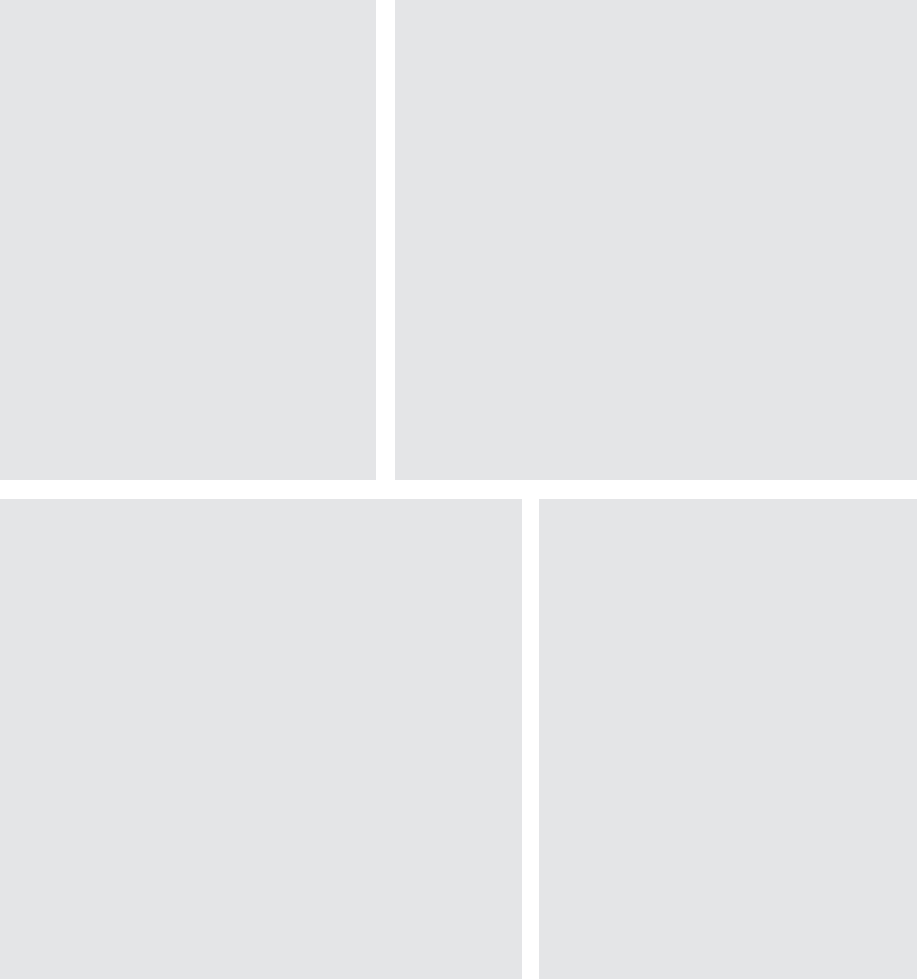


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# GET ACTIVE IN THE PARK!

A healthy lifestyle includes a combination of eating right and staying active. It is recommended that children get 60 minutes of physical activity daily, while adults should aim for 30 minutes per day.

## EXPLORE CASCADE PARK

Length: 1.2 miles | Level of Difficulty: Easy

In addition to the many visitors attractions at this site, Cascade Park does have a 1.2 mile walking trail.

Adventure on the partially paved loop trail to Big Run Falls for walking, running, fishing, or just to admire nature. Along the route you may find wildflowers, wildlife, waterfalls, and even remnants of the once-bustling amusement park.

### Activities for kids

Walking • Outdoor Sports and Games  
Nature Walk • Playgrounds

### Activities for teens

Walking • Outdoor Sports and Games  
Playground • Fishing

### Activities for adults

Walking • Fishing  
Mindfulness Activities • Picnic

For more park information, visit [www.visitlawrencecounty.com/explore/featured-attractions/cascade-park/](http://www.visitlawrencecounty.com/explore/featured-attractions/cascade-park/)