

# 2025 Fairfield County Heart Walk Route Map



Festival Area



Start/Finish Line



First Aid / AED



Accessible Parking



Guest Parking



Hydration Station

 **Walk Route**

Survivor Mile- 1 Lap  
Heart Walk - 3 Laps

# 2025 Fairfield County Heart Walk

## Written Guidance

The Fairfield County Heart Walk will take place at Sherwood Island State Park - Sherwood Island Connector, Westport, CT 06880.

**Entry & Parking:** Access the entrance to the park via the Sherwood Island Connector. At the Main Entrance booth, continue to the left and take the first exit after entering the roundabout, towards parking for the Pavilion.

The parking lot for Guest, VIP, and Accessible Parking can be accessed by taking the first right as you head south. Parking will be reserved on the south side of the lot for guests who need Accessible Parking and for our VIP guests (Top Walkers, AHA Leadership, and sponsors).

**Festival Area:** The Festival area is located in the Main Pavilion, southeast of the parking lot.

**Restrooms:** Public restrooms are available inside the Main Pavilion, where the Festival area will be.

**The Walk Route:** The Walk will begin at the Inflatable Arch indicating the Start/Finish line. The Start/Finish line is located on the paved path, outside of the southeast corner of the Main Pavilion.

Walkers will start heading northeast along the paved path and continuing along the sandy beach path for approximately 0.4 miles. The route will briefly curve northeast before flowing southwest along the paved sidewalk back towards the pavilion.

Continue on the paved path as it curves northwest toward the southeast corner of the parking lot. Take a left onto the paved path heading southeast until you reach the inflatable arch - you just completed your first lap!

Walkers typically walk this loop 3 times, which equals 3 miles.

**Questions?** Contact Leeza Tarrant (914) 588-4310