

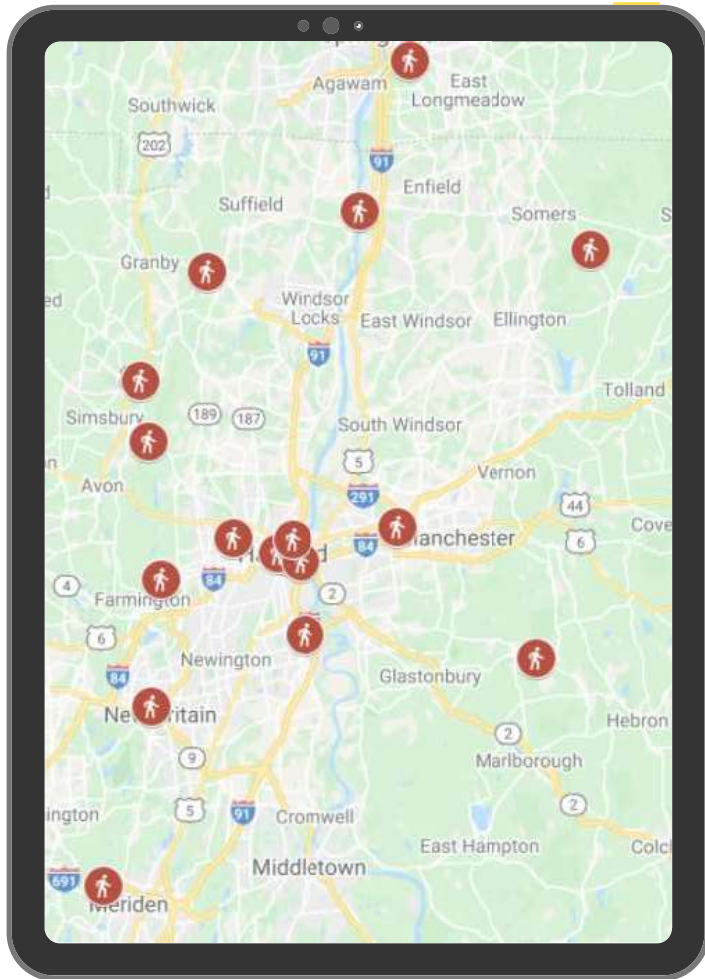


American Heart Association.  
Heart Walk.



Get out there!

# Suggestions for Your Biggest Heart Walk Ever



Locally Supported By:

**StanleyBlack&Decker**

- Downtown Hartford starting at the Old State House
- Hartford's Bushnell Park
- Hartford's Elizabeth Park
- Riverside Trails along the Conn. River in Hartford & East Hartford
- Farmington Canal Heritage Trail from Simsbury Meadows Trailhead
- Windsor Locks Canal Trail from the Suffield Trailhead
- Soapstone Mtn. Lookout in Somers
- Black Ledge Falls in Glastonbury via Blue/White & Blue Loop Trail
- Peak Mountain in East Granby via Metacomet Trail
- Wickham Park in Manchester
- New Britain Historic Walking Trail
- Heublein Tower Trail in Simsbury
- Old Wethersfield Heritage Trail
- MDC Reservoir Trails in West Hartford
- Hubbard Park in Meriden
- Forest Park in Springfield
- Mt. Tom State Reservation in Holyoke

## Tips

Share your walk pictures with us via our media tags listed below.

Be safe and aware of others. Always maintain social distancing on any trek.

Don't forget to use your Activity Tracker on the 2020 Heart Walk app to keep count of your steps.

Have fun! You're improving your health!



@HeartCONN / #HartfordHeartWalk / Email: Bill.Lee@Heart.org