

# Eastern Connecticut Heart Walk

October 2, 2022  
at Rocky Neck State Park



The walk will begin at our Heart Walk inflatable start-line arch at the entrance to the Pavilion Path in Rocky Neck State Park.

Walkers will proceed on the eastern path past the first turnaround loop.

Walkers will reach the Pavilion parking lot where the Hydration Station is located.

Walkers will continue through the north end of the parking lot to the exit trail.

Walkers will reach the Heart Walk inflatable finish-line arch after completing 1-mile.

Walkers can repeat the 1-mile route two additional times to complete the recommended 3-mile distance.

If you need assistance or have any questions, please contact Brittany Turner at 203-623-3387.