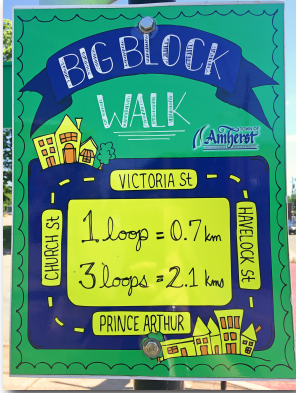


### Off-Leash Dog Park

Located at Dickey Park, the off-leash dog park is a one-acre, fenced-in, green space where dogs can run and play all year round. Please help keep Amherst clean and beautiful by picking up after your pet and by not littering.

### Amherst Stadium Indoor Walking Track

The Amherst Stadium, located at 185 Church St., is home to an indoor walking track where five laps equals one kilometre. The track is open to the public, free of charge, and is designated for walking and jogging.



### Big Block Walk

The Big Block Walk provides a safe, outdoor alternative to the walking track at the stadium. It encourages more pedestrian traffic in our beautiful downtown.

One trip around the block measures 0.7 kilometre, three trips equals 2.1 kilometres.

Did you know? The Town of Amherst has made clearing these sidewalks, in the winter months, a priority to ensure for a clear, safe walking area.

### Benefits of Walking

Research has shown that walking provides personal, social, environmental and economic benefits. Walking is accessible, enhances physical and mental health, creates greater levels of social interaction and sense of community belonging as well as reducing vehicle use, which saves money and helps with noise and air pollution. Walking also connects people to nature and green spaces.

### Staying Active Has Many Benefits

- Maintains good physical, social and mental health
- Increases energy
- Improves sleep habits
- Reduces stress level
- Improves digestion
- Maintains a healthy body weight



Put a little pep in your step and check out the many convenient walking trails around our beautiful community.

### Amherst Trail Society Information

The Amherst and Area Trail Society, in collaboration with the Town of Amherst, has a vision to build an excellent trail system within the community that promotes physical fitness, tourism, economic development and recreation.

To become a member of the Amherst and Area Trail Society or for more information, please contact them at [amherstareatrails@gmail.com](mailto:amherstareatrails@gmail.com) or on Facebook @AmherstAndAreaTrailSociety



For community events please visit our webpage at [amherst.ca](http://amherst.ca) and follow our social media pages.

- @AmherstRecreation
- @TownofAmherstNS
- @Amherst\_NS

For more information, please call 902-667-6500 or email us at [amherstrecreation@amherst.ca](mailto:amherstrecreation@amherst.ca)



[amherst.ca](http://amherst.ca)

# Amherst Walking Guide

Among the many green spaces in our community there are existing trails which are maintained, connected and enhanced for you to enjoy.

-  Dog Waste Stations
-  Washroom Facilities
-  Lit Walking Track
-  Walking Track
  - Lions Park
  - Dickey Park
  - Rotary Park
-  Amherst Stadium Indoor Walking Track
-  Big Block Walk
-  Amherst Trail System
-  Existing Trail Street Sidewalk Connection



Amherst Lions Park

EXIT 3



Rotary Park



Dickey Park



DIKEY PARK SPLASH PAD & DOG PARK

Amherst Centre Mall

Church Street Soccer Fields

ROBB CENTENNIAL BALL COMPLEX

Amherst Stadium

