

PARK



CITY OF
ARVADA
8101 RALSTON ROAD
ARVADA, CO 80002
720-899-7000

Name: John Q. Citizen

Please print: *What's a "Park Prescription?"*

Imagine getting a written prescription to take a walk, bicycle, or be active in a neighborhood or regional park. That's exactly what a **"park prescription"** is.

Whether taking a vigorous hike or a gentle stroll in the park, getting back to nature can improve your physical health, as well as emotional and mental wellbeing.

The City of Arvada manages a 3,400 acre system of parks, open spaces, and trails. The parks system includes 90+ neighborhood parks, one within a ten-minute walk of every residence in our community.

Here are a few loops throughout the City to visit:

NE

- Lake Arbor Park Loop: 1.16 miles*
- Pomona Lake Loop: 0.67 miles*
- Independence Park Loop: 0.33 miles*
- Majestic View Loop: 0.41 miles*

SW

- Allendale Park Perimeter Loop: 0.25 miles.*
- Meadowlake Park Loop: 0.4 miles*
- Forest Springs Park Perimeter Loop: 0.33 miles*

NW

- Saddlebrook Park Lake Loop: 0.34 mi*
- Sarah George Park Loop: 0.34 mi*
- Whisper Creek Park Loop: 0.34 mi*

SE

- Four Acre Lake Park Loop: 0.35 miles*
- Ralson Central Park Loop: 0.33 miles*
- Wolff Park Loop: 0.3 miles*
- Tennyson Knolls Park Loop: 0.23 miles*

Healthy
Places
Designing an Active Arvada

Get back into nature. It's all around you.