Welcome........

To your heart smart trail!

By regularly walking along this beautiful mile-long trail, you can improve your health and increase your longevity. The trail follows a popular pathway in Brookside Gardens, a 50-acre public display garden that is open year-round, sunrise to sunset.

The trail begins at the rear of the Visitors Center. Bronze markers are embedded in the path every 1/10 of a mile. When you walk across the marker labeled "0.3," for example, you have walked 3/10 of a mile from the trailhead.

Use the "Walking Log" to keep track of the date, the distance you've traveled and the time it took.

Take The First Step

The Heart Smart Trail awaits you. Go ahead...take your first step toward a healthier lifestyle!