



**GET READY
FOR A NEW WALKING PROGRAM!
TRAIL TREKKERS**



**Do you enjoy walking the beautiful trails at the Arboretum?
Do you enjoy strolling in the peaceful serenity of the nature sanctuary,
observing birds and critters in their natural habitat?
Do you enjoy watching the trees and shrubs as the seasons change as
you wander down the paths?**

If you answered yes, join other Arboretum walkers and become a member of **TRAIL TREKKERS** and track just how many miles you cover during your visits.

-  **TRAIL TREKKERS** get a pedometer to accurately measure your distances when you become a member.
-  **TRAIL TREKKERS** enter your mileage on your personal data sheet in the **TRAIL TREKKERS** Log Book in the lobby.
-  **TRAIL TREKKERS** receive a Houston Arboretum **TRAIL TREKKERS** t-shirt and your photo in “Leaf & Owl”, the Arboretum newsletter to celebrate logging 50 miles.

Join Today!

Member fee - \$10 Non-Member -\$20



Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Method of Payment _____

Date Paid _____


HOUSTON ARBORETUM & NATURE CENTER


4501 Woodway Drive Houston, TX 77024 713-681-8433 FAX: 713-681-1191 www.houstonarboretum.org

Houston Arboretum & Nature Center Fact Sheet

The Houston Arboretum & Nature Center is a 155-acre non-profit urban nature sanctuary located on the western edge of Memorial Park only 4 miles from downtown Houston. Our Mission is to provide education about the natural environment to people of all ages and to protect and enhance the Arboretum as a haven and as a sanctuary for native plants and animals.

Why Walk?

 **Walking Keeps You Healthy.** Walkers enjoy a 50 percent reduction in the risk of premature death; 50 percent less incidence of type-2 diabetes; 30-40 percent reduction in the risk of heart disease, and 20 percent reduction in the risk of stroke.*

 **A Fun Way to Reach 10,000 Steps**
Trail Trekkers is a fun way to achieve the 10,000 steps a day recommended by wellness experts. Wear a pedometer during your hike and watch the steps add up. 10,000 Steps is roughly 5 miles. Walking burns about 100 calories per mile.

Trails are suitable for all ages, family-friendly, convenient, open during all daylight hours and easy to get to from almost anywhere.

Sanctuary Grounds= 155 acres

Meadow = 3 acres

Ponds= Arrowwood pond

Meadow pond (largest)

R. A. Vines pond

Alice Brown pond

Pond near Willow Oak and Outer Loop

Trails: Approximately 4.5 miles

Outer Loop = 1.9 miles

Inner Loop = .5 miles

Alice Brown = .5 miles

Arrowwood = 926 ft. / .18 miles

Couch Birding Trail = .33 miles

Muscadine = 1149 ft. / .22 miles

Palmetto = 1384 ft. / .26 miles

R.A. Vines = 2489 ft. / .47 miles

Willow Oak = 847 ft. / .16 miles