

Hanover

Morris

Frelinghuysen Arboretum

Morris Museum

Acorn Hall

Morris County Golf Course

TRAIN STATION

Convent Station

Morris

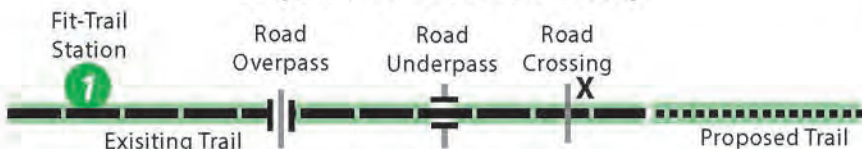
Morristown

Loantaka Brook Reservation

A B C D E F G H

MORRIS COUNTY PARK COMMISSION Traction Line Recreation Trail

Bicycle and Foot Traffic Only



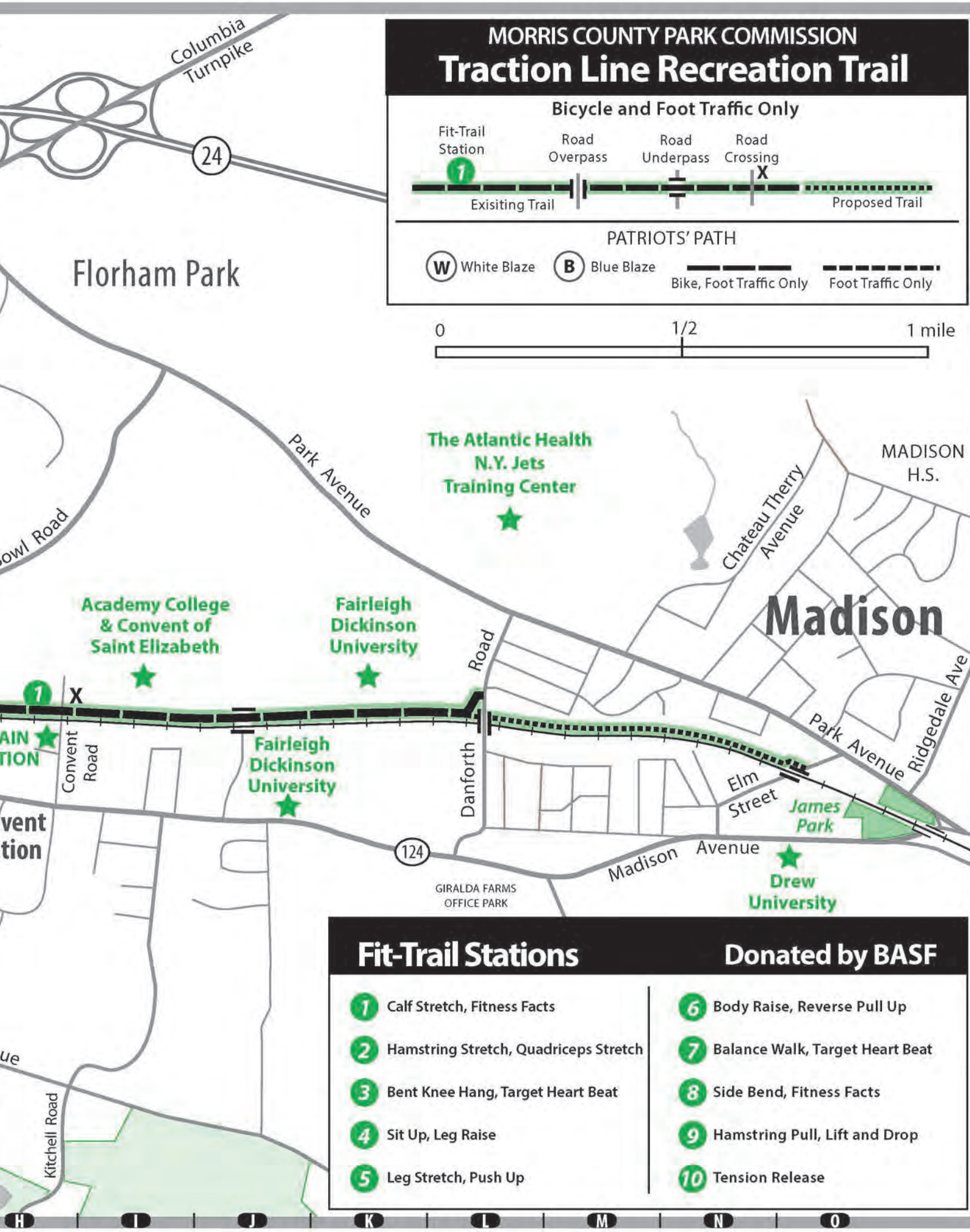
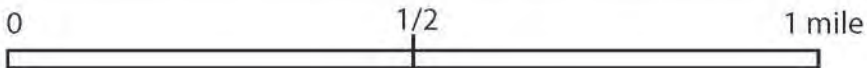
PATRIOTS' PATH

W White Blaze

B Blue Blaze

Bike, Foot Traffic Only

Foot Traffic Only



Fit-Trail Stations

- 1** Calf Stretch, Fitness Facts
- 2** Hamstring Stretch, Quadriceps Stretch
- 3** Bent Knee Hang, Target Heart Beat
- 4** Sit Up, Leg Raise
- 5** Leg Stretch, Push Up

Donated by BASF

- 6** Body Raise, Reverse Pull Up
- 7** Balance Walk, Target Heart Beat
- 8** Side Bend, Fitness Facts
- 9** Hamstring Pull, Lift and Drop
- 10** Tension Release