



Goals

- Promote health and fitness for the residents of Saint Clair
- Help promote the beauty and history of the borough
- Bring the borough together as a community



Be sure to...

- Consult your doctor before starting a walking program.
- Dress for the weather.
- Be sure to drink plenty of fluids along the route.
- Wear sunscreen or bug repellent.
- Wear comfortable walking shoes.
- Have fun and enjoy Saint Clair!

Walk Saint Clair!
c/o Borough of Saint Clair
16 South Third Street
Saint Clair, PA 17970
570.429.0640



TODDLER TREK



WALK SAINT CLAIR!
CREATING A MORE WALKABLE
COMMUNITY RIGHT IN THE
HEART OF THE COAL REGION OF
SCHUYLKILL COUNTY, PA

Toddler Trek — Walk Saint Clair! Route A



COURSE CONDITIONS: The route follows the wide sidewalk all the way around the school. It is flat with a pretty smooth surface but note that there are some big cracks along the way. The course is approximately .24 miles.

SPECIAL NOTES: Be sure that your youngster has plenty of fluids and is dressed for the weather. Comfortable sneakers are good on this route. For young people still in strollers, this route is good in that the sidewalk is in great shape.

ETC.: Other Toddler Treks are being planned especially one behind Admiral Boone Park that is currently under development.

DESCRIPTION: The Toddler Trek is designed for youngsters from ages 2-5 who are just learning to walk. It's been proven that if young people are introduced to walking at an early age then they will both enjoy and reap the benefits of health and fitness for the rest of their lives. This trek completely encircles the elementary and middle school and is designed to provide a safe walking route with fun things to enjoy along the way. This is also an excellent walk for adults that need to start out with a shorter course.

