**WALKING AND JOGGING PATHS IN PIEDMONT PARK**



A stroll in the park, or a jog, is always an invigorating and entertaining activity. Piedmont Park has miles of walking and jogging paths with water fountains scattered along the way. Four paths have proven popular:

1. 

**Active Oval – .70 miles**. The Active Oval circuit uses roads that circle the ballfields. It has a moderate grade, from a low point by the Visitor Center to a high elevation at the north end of the Active Oval. The distance around the Active Oval gravel running path is .52 mile.

1. 

**Lake Loop – .96 miles**. The Lake Loop circuit uses roads that circle Clara Meer. It has a very constant grade, with little change in elevation.

1. 

**Lake & Active Oval – 1.15 miles**. This circuit makes a loop around both the lake and ballfields. Although longer than the Active Oval circuit, this circuit has similar elevation change.

1. 

**Park Loop – 1.68 miles**. The Park Loop is the longest circuit with the greatest elevation change. This circuit adds a loop around The Meadow, which is .66 miles, to the Lake & Active Oval circuit. Its low point is in the Meadow while the highest point is north of the Active Oval.