



Tell one person
something new
that you've learned
along your journey,
and history.


**INDIAN CREEK
NATURE CENTER**
Follow foot trails through
woods, across prairie
and past wetlands.



**NATIONAL CZECH &
SLOVAK MUSEUM**
Enjoy guided walking tours
through eclectic and
legendary ethnic
neighborhoods.



BRUCEMORE
Discover rich history and
architecture on a self-guided
tour of the Ridgewood
neighborhood, just outside
Brucemore's gates.




Don't stop now!
Once you've made
your way through
these attractions,
keep walking.


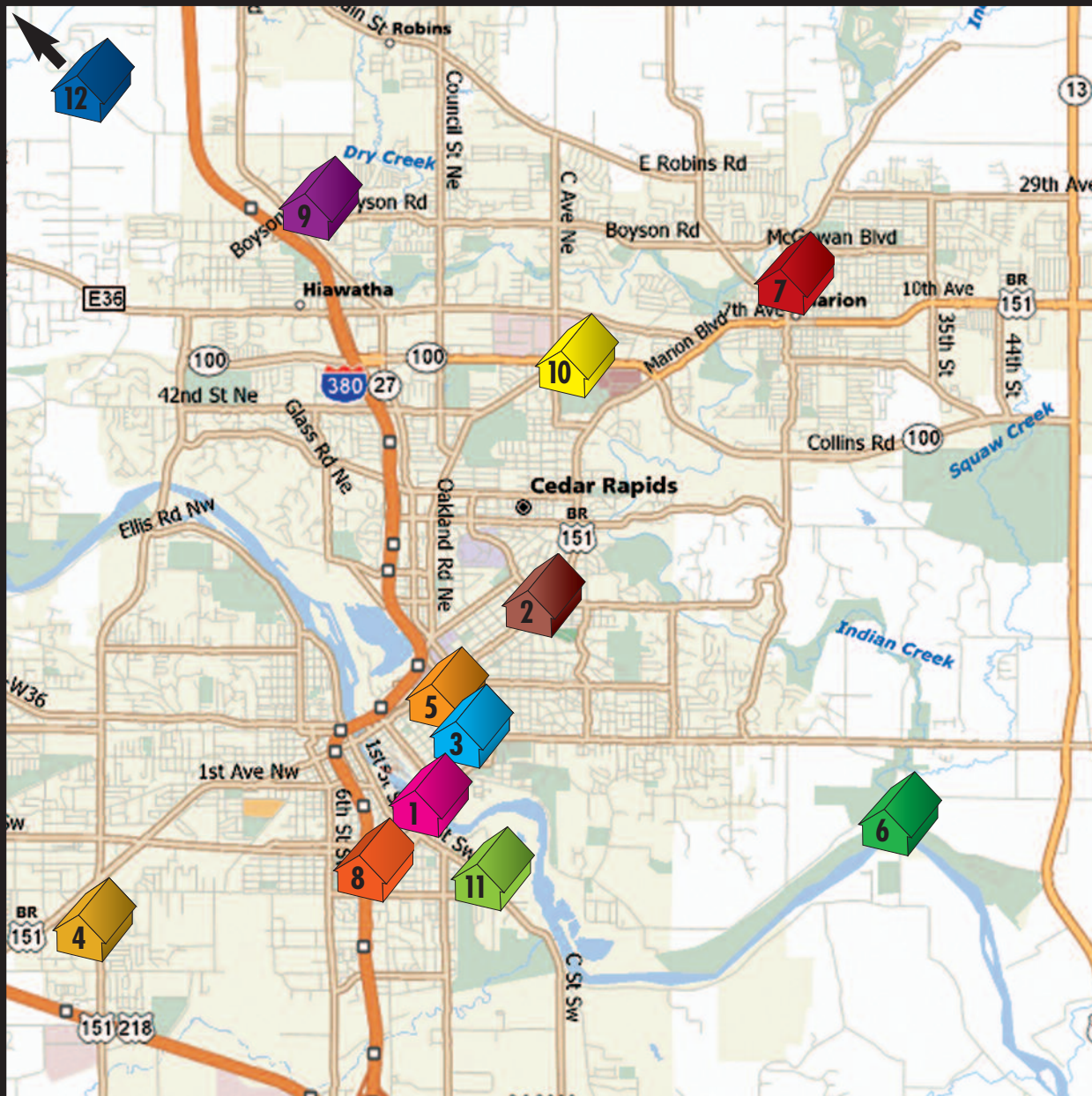
**MARION HISTORICAL
SOCIETY**
Step back in time and
explore Old Uptown
Marion.




**WICKIUP HILL OUTDOOR
LEARNING CENTER**
Follow interpretive-designed
trails at Wickiup and then
explore other Linn County
Conservation Parks.



**CEDAR RAPIDS LINN COUNTY
SOLID WASTE AGENCY**
"Walk the Walk" while
following clues to green
living on a walking tour of
downtown Cedar Rapids.

**CARL & MARY KOEHLER
HISTORY CENTER**
Walk where the past
is present in downtown
Cedar Rapids.



DID YOU KNOW
Mercy's Steps2Health
program offers free
monthly seminars that focus
on healthy living. Visit
www.mercycare.org
for event information.

**CEDAR RAPIDS
PUBLIC LIBRARY**
Explore. Discover. Learn.
Do it all at the library and
walk Westdale Mall, too.




PRAIRIEWOODS
Hike the trails and
enjoy the healing
powers of nature.



Who knew that
by simply putting
one foot in front of the
other, you could have
such an impact on your
well-being?

**SCIENCE STATION @
LINDALE MALL**
Learn about Antarctica's
Climate Secrets at
the Science Station at Lindale
Mall and walk the mall.




**AFRICAN AMERICAN
MUSEUM OF IOWA**
Follow in the footsteps of
Iowa's African American
history-makers at the African
American Museum of Iowa.



DID YOU KNOW
It takes about 20,000 steps
to get from one side
of Cedar Rapids
to the other.

**CEDAR RAPIDS
MUSEUM OF ART**
Walk with Grant Wood
on a self-guided tour and
see Cedar Rapids through
his eyes and works.



**START
WALKING**