“Walking is man’s best medicine.”
- HIPPOCRATES,
Greek Physician, 460-377 BC

What was true for the “Father of Medicine” in ancient Greece is true today. Walking is one of the best and cheapest ways to improve your health.

Medical studies over the last twenty years have shown that walking can decrease your risk of heart disease, stroke, diabetes, osteoporosis, and some kinds of cancer. It can also help you lose weight and become less stressed and more productive.

As with any exercise program, check with a health professional before starting. Your physician will know what will best benefit you.

In this brochure, we have included maps of Boone County Parks that have formal walking trails and walking programs. Other walking venues available in the county are also listed. Most Boone County Parks are open year round, from 8:00 AM until dusk.

For more information, contact the Boone County Parks Department office at 859-334-2117, or visit our website: www.boonecountyky.org/parks.

BE ADVISED!
We have received reports of thieves that target vehicles parked at trail heads. Be sure not to leave any valuables in your car (or trunk!) and keep it locked!
Location Map

BOONE COUNTY PARKS

1 Boone Cliffs - Page 2
2 Central Park - Page 3
3 Conservancy Park Belleview - Page 4
4 Dinsmore Woods - Page 5
5 England-Idlewild Park - Page 6
6 Florence Nature Park - Page 7
7 Giles Conrad Park - Page 8
8 Gunpowder Creek Nature Park - Page 9
9 Middle Creek Park - Page 10
10 Waller-Stephenson Mill - Page 11
10 Walton Community Park - Page 12
Boone Cliffs
4990 Middlecreek Road, Burlington, KY 41005

Unpaved Walking Path
2.4 miles (12,672 feet) of moderate to very difficult trails with steep elevation changes.

ATTENTION:
- The trails in this park are NOT paved.
- There is no cell phone coverage.
- Do not hike alone.
- Let someone know you’re going to this park before you leave.

DIRECTIONS: From I-75, take exit #181 west 5 miles to Burlington. Continue on KY 18 for 6 miles. Turn left onto Middlecreek Road and proceed for 1.9 miles to our parking area on the left.
Central Park & Arboretum  
9190 Camp Ernst Rd, Union, KY 41091

Paved Walking Paths  
2.4 miles (12,408 feet) of easy to moderate trails.

DIRECTIONS: From I-75 go west on Route 18, turn left (south) onto Camp Ernst Road (Route 237). Park entrance is on the left past Pleasant Valley Road. You can also reach it from U.S. 42 in Union – turn west onto Hathaway Road, turn right onto Camp Ernst Road and right into park entrance.
There is a large shelter available on a first come - first serve basis.

**Directions** From I-75, take exit #181 west 5 miles to Burlington. Continue on KY 18 for 6 more miles, past Middle Creek Park. The entrance to Conservancy Park will be on your left.
DIRECTIONS:
From I-75 (Florence-Burlington exit 181) go west on Route 18, about six miles from Burlington. Park entrance is on the right, just past the Dinsmore Homestead. Park at Middle Creek Park Parking lot across the road.

Dinsmore Woods
5700 Burlington Pike
Burlington, KY  41005

Unpaved Walking Trails
1.7 miles (8,976 Feet) of moderate to difficult trails.

ATTENTION:
- The trails in this park are NOT paved.
- There is no cell phone coverage.
- Do not hike alone.
- Let someone know you’re going to this park before you leave.
- Wear appropriate hiking attire.

DIRECTIONS: From I-75 (Florence-Burlington exit 181) go west on Route 18, about six miles from Burlington. Park entrance is on the right, just past the Dinsmore Homestead. Park at Middle Creek Park Parking lot across the road.
DIRECTIONS: From I-75 (Florence-Burlington exit) go west on Route 18, turn right at the 4-way stop in Burlington onto Jefferson (Idlewild Road). Park entrance is on the right approximately one mile.

England/ Idlewild Park
5550 Idlewild Road,
Burlington, KY 41005

Paved Walking Path
1.875 miles (9900 feet) of easy to moderate trail.
Florence Nature Park
7200 Nature Park Drive,
Florence, KY 41042

Paved Walking Path
.47 miles (2,468.34 feet) of easy trail.

DIRECTIONS: From Main Street or Dixie Highway in Florence, turn onto Banklick Street. Park will be on your left.
Basketball Court
Ohio River
Shelter
Playground

1.3 Miles of paved walking/biking trails. Exercise/fitness stations are at various locations on the trail.

Giles Conrad Park
7500 River Road, Hebron, KY 41048

Paved Walking Path
1.3 miles (6,864 feet) of easy trail

DIRECTIONS: Located on Route 8 between Tanner Road and North Bend Road, Hebron – From I-275 E or I-275 W take the Hebron exit, Route 237 N, to Tanner Road. Turn right onto Tanner Road to Route 8 (River Road) and turn left. Entrance to the park is approximately 1 mile on right.
Gunpowder Creek
(Sperti) Nature Park
6750 Sperti Lane
Burlington, KY  41005

Unpaved Walking Trails
1.25 miles (6,600 feet) of difficult trails.

DIRECTIONS: From Route 18 in Burlington, turn left onto East Bend Road at the old Boone County Courthouse. Go 1 mile and turn left onto Hanover Blvd. Turn right onto Sperti Lane. The park is at the end of Sperti Lane on the left.
ATTENTION:
- The trails in this park are NOT paved.
- There is no cell phone coverage.
- Do not hike alone.
- Let someone know you’re going to this park before you leave.
- Wear appropriate hiking attire.
- Do not go off the trail if at all possible.

Middle Creek Park
5501 Middlecreek Road,
Burlington, KY  41005

Unpaved Walking Trails
8.489 miles (44,821.92 feet) of unpaved, moderate to very difficult trails with steep elevation changes. Trails have shared usage with horses.

Middle Creek Park Trails
- Trail 1 - 2.937 miles
- Trail 2 - .5 mile
- Trail 3 - .437 mile
- Trail 4 - 1.25 miles (Mud Road)
- Trail 5 is no longer accessible
- Trail 6 - .562 mile

Camargo Hunt Park Trails
- Trail A - 1.462 miles
- Trail B - .867 mile
- Trail C - .332 mile
- Trail D - .142 mile

Directions: Go west on KY Route 18 (Burlington Pike) approximately 6 miles from the four-way stop in Burlington. Park entrance will be on the left, just past the Dinsmore Homestead.
Waller-Stephenson Mill Park
Verona Mudlick Road
Verona, KY 41092

Unpaved Walking Trails
2.37 miles (12,513.60 feet) of moderate to difficult trails.

ATTENTION:
- The trails in this park are NOT paved.
- There is no cell phone coverage.
- Do not hike alone.
- Let someone know you’re going to this park before you leave.
- Wear appropriate hiking attire.

Waller Stephenson Mill Park is a 238 acre joint project between the Walton–Verona Schools and Boone County Parks. For the general public, there are 2.37 miles of unpaved, rustic trails running through old growth forest at the back of the property.

Directions: From I-71 South, Take the Verona exit (exit 72). Turn left off of the exit onto Verona Mudlick Road. The park is 1/3 of a mile on your left.

*These facilities are available to the general public only at certain times and with permission from Walton–Verona High School (859) 465–7721.
Walton Community Park
35 Old Stephenson-Mill Road,
Walton, KY  41094

Paved Walking Path
.7 mile (3,695.9 feet) of easy trail

DIRECTIONS: Take I-75 south to the Walton-Verona exit. Turn left onto Mary Grubbs Highway. Travel approximately ¼ mile to School Road and turn left. Go past the Walton-Verona High School and make a left onto Old Stephenson-Mill Road. You will see the park on your right.
Other Boone County Parks (without walking trails)

Boone Woods Park
6000 Veterans Way,
Burlington, KY  41005
- 3 Large Shelters to Reserve
- Basketball Courts
- Bocce Ball Courts
- Disc Golf Course
- Horseshoe Pits
- Picnic Tables
- Playground
- Soccer Fields
- Tennis Courts
- Volleyball Courts

Oakbrook Park
6605 Oakbrook Drive
Florence, KY  41042
- Small Shelter
- Sand Volleyball Court
- Playground

Peterson’s Park
Nicholson Avenue
Burlington, KY  41005
- Picnic Tables
- Swings
- Bench

Camp Ernst Lake
7615 Camp Ernst Road,
Burlington, KY  41005
- Small Shelters
- Fishing

Petersburg Community Center
6517 Market Street
Petersburg, KY 41080
- Small Shelter
- Baseball/Softball Field
- Basketball Courts
- Playground
- Community Center to Reserve

Fox Run
1510 Woodside Drive,
Florence, KY  41042
- All Purpose Sport Field
- Basketball Hoop
- Playground

Shor Lake Park
505 Shoreland Drive
Walton, KY  41094
- Small Shelters
- Fishing

Lincoln Woods
1 City Park Drive,
Florence, KY  41042
- 1 Large Shelter to Reserve
- Baseball/Softball Fields
- Basketball Courts
- Picnic Tables
- Playground
- Tennis Courts

Union Pool
10165 Old Union Road
Union, KY  41091
- 1 Meter Diving Board
- 25 Meter Outdoor Swimming Pool
- Concession Stand
- Picnic Shelter
Other places to walk in Boone County

**Big Bone Lick State Park** *(For more information call: 859-384-3522)*- North of Route 42 on Route 338 - 3.5 miles of hiking trails around the lake and outdoor museum area.

**City of Florence Parks** *(For more information call: 859-647-5416)*
- **Orleans Park** - Orleans subdivision off Longbranch Road. 11-acre park with a paved pedestrian walkway.
- **South Fork Park** - Farmview subdivision off U.S. 42. 42 acre neighborhood park.
- **Stringtown Park** - Approximately 1/2 mile paved path.

**Walking Trail at Oakbrook** - Paved path located along Oakbrook Road bordering the Boone Links Golf Course. Approximately 2 miles.

**Florence Mall** *(For more information call: 859-371-1231)* - Walk in a climate controlled environment. Opens an hour early in the mornings for people to walk: Monday through Saturday 7:00 am, Sunday 9:00 am.

**Other** - Check with your local church or high school to see if they have a walking program.

**Agencies that offer Walking Programs in Boone County:**

**Boone County Cooperative Extension Service**
Boone County Wildcat Walkers  For more information contact Boone County Cooperative Extension Service at 859-586-6101 or http://ces.ca.uky.edu/boone/fcs/

**Northern Kentucky Health Department**
For more information on current programs contact 859-578-7660 or visit http://www.nkyhealth.org

We wish to thank the Boone County Cooperative Extension Service for their help and information concerning places to walk in Boone County.