



Welcome to Krape Park Walking Trails

Your safety is our primary concern. These trails were designed specifically for pedestrian use. Please, enjoy them! While walking or running on park roads is not prohibited, it is not recommended either. Pedestrians choosing to use the roadways do so at their own risk and should always walk in the lane (left) facing traffic or, on one way roads, towards oncoming traffic.

Walking is good for you!

Walking is one of the body's most natural forms of exercise -- walking is safe, simple, doesn't require practice, and the health benefits are many. Walking for fitness can help achieve a number of important health benefits including...

- Reducing the risk of a heart attack
- Reducing risk of type 2 diabetes
- Managing weight
- Staying strong and active
- Managing blood pressure
- Managing diabetes.
- Managing stress

Any amount of walking is good. To achieve the best health results, set a brisk pace and walk for 30 minutes at least 5 times per week. (Walkers should be able to maintain a conversation while walking. If breathing too lightly, pick up the pace. If out of breath, slow it down). Be sure to check with your doctor on the level of exercise that's best for you.

The Krape Park Trails

For your convenience, several routes or "loops" have been established to assist in measuring distances. These loops are color coded. Markers on the trail assist with navigation. Loops that utilize the drive that passes by the waterfall are for winter use only when the drive is closed to vehicular traffic.

- When driving to the park to use the trails, please park your vehicle in a designated parking area. Do not park in the grass or on the trail.
- For your safety, helmets are recommended for bicyclists and the use of headphones is discouraged.
- Motorized vehicles (except Police and Maintenance) are not allowed on trail.
- Please keep the trail clean and safe by placing all litter in trash receptacles.
- Pets are permitted but must be kept on a leash no longer than 10 ft. Pet owners are responsible for picking up pet waste and placing it in a trash receptacle.
- The flow of traffic on a trail is similar to street traffic. Always ride or walk on the right side, be courteous and warn others of your approach.
- Ride or walk single file when someone is approaching from the opposite direction or when a bicyclist verbally signals they are passing.
- Be predictable: ride or walk in a straight line and avoid weaving. When passing other trail users call out... "Passing on your left" to warn them you are passing.
- Report accidents directly to the Freeport Police Department (Dial 911). Report trail maintenance problems or vandalism to Park District maintenance at (815-235-6114 ext. 130)

