Get your walk on, Get your jog on

Want to walk or jog during break? Here are 5 routes to do that.

**Break for Nature Extended Trail Loop**
- **2 Miles**
- **40 Minutes**
- **150 Calories**
- **20 Minutes**
- **220 Calories**

**Break for Nature**
- **3 Miles (out & back)**
- **60 Minutes**
- **225 Calories**
- **30 Minutes**
- **330 Calories**

**Around the Round**
- **1 Mile**
- **20 Minutes**
- **76 Calories**
- **10 Minutes**
- **113 Calories**

**Around the Round**
- **.5 Miles**
- **10 Minutes**
- **38 Calories**
- **5 Minutes**
- **55 Calories**

**Downtown Coffee Break**
- **1.5 Miles**
- **30 Minutes**
- **115 Calories**
- **15 Minutes**
- **165 Calories**

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This map was created in partnership between the Westside Transportation Alliance and the City of Beaverton. Updated November 2019.

Data Source: www.sparkpeople.com
Icons made by Smashicons & Google from www.flaticon.com