

WALKING MAP

DEXTER • MICHIGAN



WELCOME TO DEXTER

This walking map of the Village of Dexter is provided to through a partnership effort of volunteer residents of Dexter, Healthy Communities Initiative, and Chelsea Community Hospital, with funds provided by Michigan Department of Community Health.

We hope that with this map in hand you will walk more, spend more time with your family and friends, and enjoy the sights and charm of your home town. Walking is one of the easiest ways to increase your physical activity, and regular physical activity has many benefits:

- Reduces risk of heart disease
- Reduces risk of developing diabetes, high blood pressure, and colon cancer
- Reduces feelings of depression, anxiety, stress
- Promotes psychological well-being
- Helps maintain healthy bones, joints, and muscles

If you have suggestions for improvements in walking routes or additional routes that you enjoy, we would like to hear from you. Please contact us at the Healthy Communities hotline at (734) 475-6121, or send us an email through our web site at:

www.cch.org/healthycommunities

For further information on Active Living, visit:
<http://hip.ewashtenaw.org>.

**Thank you for your interest and
keep walking!**

ROUTES IN & AROUND DEXTER

School Tour

(Red Route): 1.6 miles

This route connects the backyards of Mill Creek Middle, Cornerstone Elementary, Wylie Elementary, and Bates Elementary schools. An inner loop around the ball fields at Mill Creek, Cornerstone and Wylie is an 800 meter extension. Another loop behind Mill Creek by the tennis courts extends the route by .4 miles. The walks are paved, and they are lighted sometimes when there are events. Restrooms are available during the outdoor sports season, and benches are available year round. This is a great walk for the entire family, as children will be familiar with their school grounds.

Historical Landmark Tour

(Pink Route): 1.4 miles

This route incorporates many of the historical buildings and charm of the village. Beginning at the historical Cider Mill, where parking is available, the route moves south through the northern downtown neighborhoods. Third Street and Edison Street are short on sidewalks, but walking on the shoulder is possible, since it is a short distance. Otherwise, sidewalks and streetlights line the way. Benches are available at various locations throughout the walk, including the parks on Dexter-Ann Arbor Road, and in front of the Library on Fourth Street. There is a smooth decline on Dexter-Ann Arbor Street from Edison to Central Street. A water fountain can be found in Monument Park.

LEGEND



Benches



Rivers/Ponds/Lakes



Non-motorized pathways & extensions or routes without sidewalks



Railroads



Post Office



Village Offices



Museum

Roads



Parks



Water



Schools



Library



Restrooms



Churches



Art on Route

Downtown Parks and Church Loop

(Blue Route): 1.3 miles

This walk is a wonderful loop through the central business district and past the beautiful churches in downtown Dexter. A rest at the Library where one would find a nice bench out front makes this route doable for most any walker. Sidewalks and streetlights are all along the way. The walk along Fourth Street is beautiful at night, especially with the lighted steeple at St. Joseph Catholic Church. For a bit longer route, take the Alpine Street extension, where you'll find a nice view of the river and Warrior Park. Peace Park, Monument Park, and Warrior Park have benches, Monument Park has a water fountain, and Warrior Park has rest rooms.

SAFETY AND WALKING TIPS

Dress correctly: Wear light-colored or reflective clothing, shoes, or belts. If at all possible, walk with a partner. In the absence of a companion, tell someone which route you will be walking and what time you expect to return.

Lose the jewelry: Leave valuables back home. The only accessory you need is a wristwatch or pedometer.

Vary your routes: Don't establish regular patterns by walking the same route at the same time every day.

Self-defense: Some individuals carry hand-held spray devices that contain mace or something similar. These are designed to fit comfortably in your hand, are very light and easy to use.

Carry ID: Always carry some form of identification in case of an accident or medical emergency.

Keep right: If you're walking on a cycling or pedestrian path, always walk on the right-hand side so that faster walkers, runners and cyclists can easily pass. Leave the headphones at home so that you will be alert to any potential dangers, be it a dog, a fast-approaching car, or the sound of other people around you.

Stay hydrated: Be sure to drink more fluids whenever you increase your physical activity.

Adapted from Runner's World, 2003 © www.runnersworld.com

LEGEND

	Roads
	Benches
	Parks
	Rivers/Ponds/Lakes
	Water
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	Schools
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	Library
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Downtown Parks and Church Loop (Blue Route): 1.3 miles

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