

Walkable Valdosta

Remember that our area offers numerous opportunities to soak in the beauty of nature while also staying physically active. Walking, for example, is a moderate form of exercise that is enjoyable and relatively inexpensive to pursue. Here are several examples of safe, off-street locations where citizens can walk, jog, or push a stroller to their destination while reducing vehicular traffic and becoming healthier in the process.

- Enjoy the outside walking tracks at the Wood Valley Community Center, Scott Park, Freedom Park and Payton Park, as well as nature trails at both Freedom Park and John W. Saunders Memorial Park.
- The Valdosta Middle School (VMS) track is available during after school operating hours and on the weekends. NOTE: During school hours of operation (weekdays from 7:30 a.m. to 4 p.m.), citizens may instead utilize the sidewalk system around McKey Park (across from VMS) for another safe walking option.
- In addition to walking and jogging, the 3.5-mile Azalea City Trail—which extends from Vallotton Park to the Craig Center and along Williams Street—allows citizens to enjoy bike riding, skating and other forms of recreation.
- City sidewalks also offer great walkability options. The city currently has approximately 103 miles of sidewalks, in addition to the 3.5 miles of multi-use trails.

Citizens are encouraged to visit www.vlpra.com for information on a variety of outdoor recreation facilities to increase your health and fitness levels within the city limits.