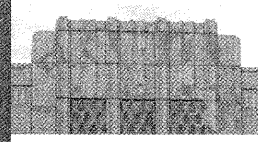
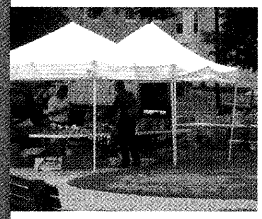
Adventure's Afoot!

Walking through downtown Middletown is not like walking lap after lap on a track. The city is alive and constantly changing. As you stride along, you'll hear sparrows chirping, the distant whistle of a freight train, church bells tolling, and the occasional fire engine racing by. You can smell bagels fresh out of the oven; and in the spring, the fragrance of flowering trees that line the side streets.

Street sculptures delight the eye: here, a bronze turkey; there a whimsical garden slug climbing a blossom. And Middletown's architecture is unparalleled. Sturdy colonial houses with their massive center chimneys pay tribute to the city's beginnings. Elegant gothic churches display local brownstone that was sought all over the country in the 1800s. The sleek art deco details of a former Woolworth's store still enliven the commercial district.





In downtown shops and restaurants, you can grab an apple, a latte, or a pair of mittens. And just down the street is the city's historic South Green, a grassy, shaded spot with monuments to the town's Civil War soldiers and composer Henry Clay Work. On Tuesdays and Fridays during the summer, you can pick up fresh vegetables at the farmers market here.

For instant serenity, walk along the riverfront. Enjoy the breeze off the water as you watch a sailboat tacking in the distance, or a great blue heron flapping overhead.

An early morning walk is a great way to start your day. At lunchtime, lace up your sneakers and grab a sandwich to eat while you walk. Meet a friend to walk with, or ask a co-worker along. On the weekends, take your kids—or grandkids—and read the Heritage Trail markers that tell the story of Middletown's past.

A walk though downtown Middletown is never the same twice. Who said exercise was boring?

Feeling Great

Walking is a terrific aerobic exercise. A brisk stride (four mph) will burn about 350 calories per hour. Walk fast enough that you're breathing rapidly and you puff a little as you carry on a conversation.

The Downtown Loop begins at Middletown Police Headquarters (222 Main Street) and heads south on Main. At the Middletown Press (2 Main Street), cross to the South Green. Traverse the green to Old Church Street; then turn right onto Broad Street. Russell Library (123 Broad) has public bathrooms. Continue on Broad to the light at Washington Street and turn right. Walk one block east and cross Main Street. A right turn will return you to the police station. The Downtown Loop is approximately one mile and is accessible for wheelchairs and strollers.

For the River Route–about 1 1/2 miles—take the Downtown Loop, but do not turn right onto Main Street at the end. Instead, continue east on Washington Street. At deKoven Drive, turn right; go down the staircase and through the tunnel to the riverfront. Walk the length of the park and loop back to the tunnel. At the top of the stairs turn right, and then right again onto Court Street. Just past the Court, a sidewalk will lead you back to the police station. Please note: the River Route is NOT accessible for wheelchairs or strollers.

Downtown Walk

Downtown Loop	approx. 1 mile
River Route	approx. 1-1/2 miles

Middletown In Motion

A series of short walks through Middletown