



Ten Great Walks

...in the Treasure Valley

TABLE OF CONTENTS

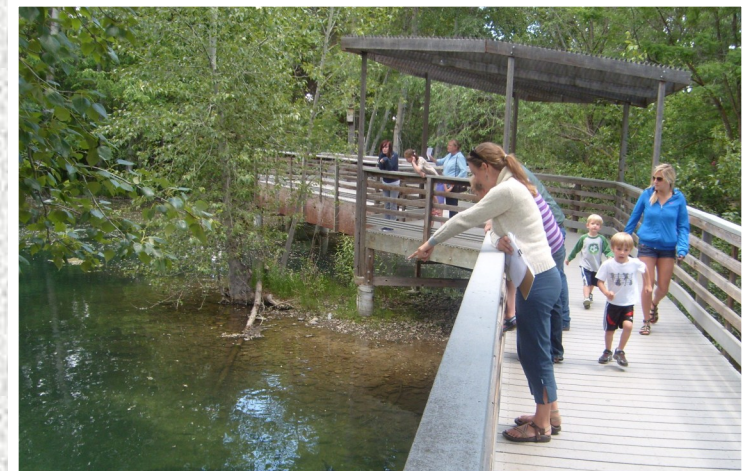
Julia Davis Park, Boise (Idaho Birding Trail).....	3-4
Bethine Church River Trail, Boise.....	5-6
Seaman Gulch Trails, Boise.....	7-8
Garden City Greenbelt.....	9-10
City of Star Greenbelt.....	11-12
City of Eagle Greenbelt.....	13-14
Wilson Springs Nature Area, Nampa (Idaho Birding Trail).....	15-16
Wilson Greenway Trail, Nampa.....	17-18
Oregon Trail Centennial Greenway, Caldwell.....	19-20
City of Parma River Walk.....	21-22
Idaho Transportation Department Safety Tips.....	23-24
Focus on the Basics.....	25
Ten Great Walks Partners.....	26

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Canyon County Parks, Recreation and Waterways



The Boise River Trails System is intended to enhance the recreational, educational, and economic opportunities of our river communities.



Casual visitors enjoying the MK Nature Center.



Canyon County Parks, Recreation and Waterways received a Challenge Cost Share Program grant from the National Park Service to produce a guide to the *Ten Great Walks in the Treasure Valley*. The pathways and trails in this guide are part of the Boise River Trails System, a connected system of pathways on land and water, on and near the Boise River, from Lucky Peak Dam to the Snake River. There are nearly 500,000 residents in the Treasure Valley, few of whom are familiar with the full scope and diversity of walking opportunities along the premier waterway that connects our communities.

Ten Great Walks in the Treasure Valley is intended to:

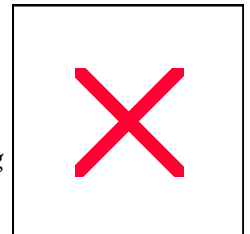
Inspire folks to get outside and use the terrific outdoor resources in our communities.

Develop an enjoyment of outdoor exercise for good health!

Involve our children in outdoor activity to help circumvent childhood obesity and nature deficit disorder.



The Idaho Birding Trail (IBT) is a network of sites and side-trips that provides the best viewing opportunities to see birds in Idaho. With 175 sites and about 2,000 miles of trail, the birding trail represents a collection of bird watching hotspots, diverse habitats, and a glimpse of Idaho's rich natural heritage. Twenty-two sites are designated as Blue Ribbon sites. These are "the best of the best" bird viewing opportunities in Idaho. Be sure to look for the [Idaho Birding Trail](#) walks featured. A State House Resolution in 2006 recognizes the Idaho Birding Trail as the official State birding trail. So enjoy the many feathered jewels of the Gem State, happy birding. Please visit fishandgame.idaho.gov/ifwis/ibt/ for more information.



All bird photographs courtesy of Idaho Birding Trail.

Benefits of Walking

- Reduce risk of coronary heart disease and stroke
- Reduce high cholesterol
- Lower blood pressure
- Reduce risk of colon cancer
- Reduce body fat
- Help control body weight
- Increase bone density and help prevent osteoporosis
- Help with osteoarthritis
- Reduce risk of non-insulin dependent diabetes
- Help with overall flexibility
- Increase mental well being



Special thanks to the Southwest Idaho Resource Conservation and Development Council for administering the grant funds.

Julia Davis Park



Julia Davis Park is the heart of Boise, Idaho and epitomizes the urban Boise Greenbelt experience. *Prevention* Magazine lists the City of Boise as one of the top five walking cities in the U.S. Julia Davis Park is a major city park in the Boise “string of jewels” park system. It is one block from the downtown city center, adjacent to Boise State University and is anchored by the Idaho Historical Museum, Boise Art Museum and Zoo Boise. Parking is easy and free unless there is some special event in the park.

Location: Along the Boise River in the City of Boise.

Length: Capitol Boulevard west through Ann Morrison Park to Americana Way is 1.0 miles; Capitol Boulevard east through Julia Davis Park to Broadway is 1.0 miles and to Municipal Park and the MK Nature Center is 1.5 miles.

Hours: Dawn to dusk

Facilities: Restrooms, drinking water, trash cans, picnic tables, and shelters

Surface: Paved

Difficulty: Easy

Elevation change: Level

Dogs: Allowed on leash, please dispose of waste properly.

Note: No dogs at Kathryn Albertson Park March 1-June 30.

ADA compliant: Yes

Getting there: Access from Capitol Boulevard, turn right into Julia Davis Park.



Walking west from Julia Davis Park:

- ⇒ Ann Morrison Park, another “jewel” in the “string” west of Julia Davis Park.
- ⇒ Visit the Log Cabin Literary Center. It is a non-profit organization whose mission is to inspire and celebrate a love of reading, writing and discourse throughout Idaho and the region.
- ⇒ Also visit the Ann Frank Memorial.
- ⇒ Kathryn Albertson Park, an elegantly designed park has excellent interpretive signage concerning Boise River wildlife.



The Morrison Center along the Boise River.

Walking east from Julia Davis Park:

- ⇒ Stop in at Boise State University, home of the Broncos. The Morrison Fine Arts Center hosts outstanding cultural presentations throughout the year.
- ⇒ Municipal Park is home to Idaho Fish and Game’s “Morrison Knudson” Nature Center. The MK Nature Center is famous for wildlife conservation exhibits and programs.

Please visit cityofboise.org for a complete map of the Boise City Greenbelt.

The MK Nature Center complex includes an interpretive center, extensive aquatic display with a waterfall, alpine lake simulation and an interpretive stream walk. Get a “fisheye” view of trout and salmon habitat through the MK Nature Center fish windows.

The Boise River provides open water and riparian habitats for Boise wildlife. Bald Eagles winter along this stretch of the Boise River and occasionally nest here as well.

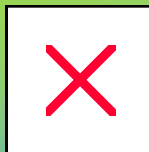
Can you spot these birds on your walk?

Resident

- ◇ Bald Eagle
- ◇ American Kestrel
- ◇ European Starling
- ◇ Wood Duck
- ◇ Black-capped Chickadee

Migrant

- ◇ Solitary Sandpiper
- ◇ Double Crested Cormorant
- ◇ Black-crowned Night Heron
- ◇ Yellow Warbler
- ◇ Killdeer



For more information please visit the Idaho Birding Trail website at fishandgame.idaho.gov/ifwis/ibt/



Wood Duck



Black-capped Chickadee



Bethine Church River Trail

We walk for our best friends!



Location: Along the Boise River in the City of Boise.

Length: 1.6 miles one-way ending at the Cottonwood Apartments, round-trip 3.2.

Hours: Dawn to dusk

Facilities: No restrooms or drinking water

Surface: Unpaved

Difficulty: Easy

Elevation change: Level

Dogs: Dogs are allowed, must be on leash and owner must clean up and dispose of waste; bags available.

ADA Compliant: No

Getting there: Access from the Bown Crossing area just west of the new East Parkcenter Bridge. At the stoplight west of the bridge follow the green Greenbelt Parking directional signs through Bown Crossing, parking in the designated lot. Cross Parkcenter Boulevard at the light and follow the paved path next to the bridge. The Bethine Church Trail is the path that heads west.



This walking trail was named the Bethine Church River Trail in 2009 to honor Bethine Clark Church for her consistent work in wildlife conservation in Idaho. Bethine Clark Church married Frank Forrester Church III (1924 -1984) a lawyer and politician. Frank Church III served as a United States Senator from Idaho from 1957 to 1981 and was an unsuccessful candidate for the Democratic nomination in the 1976 presidential election. He is known for investigating abuses in the U.S. intelligence agencies and the creation of the nation's system of protected wilderness areas, the national Wilderness Act, and the Wild and Scenic Rivers Act.

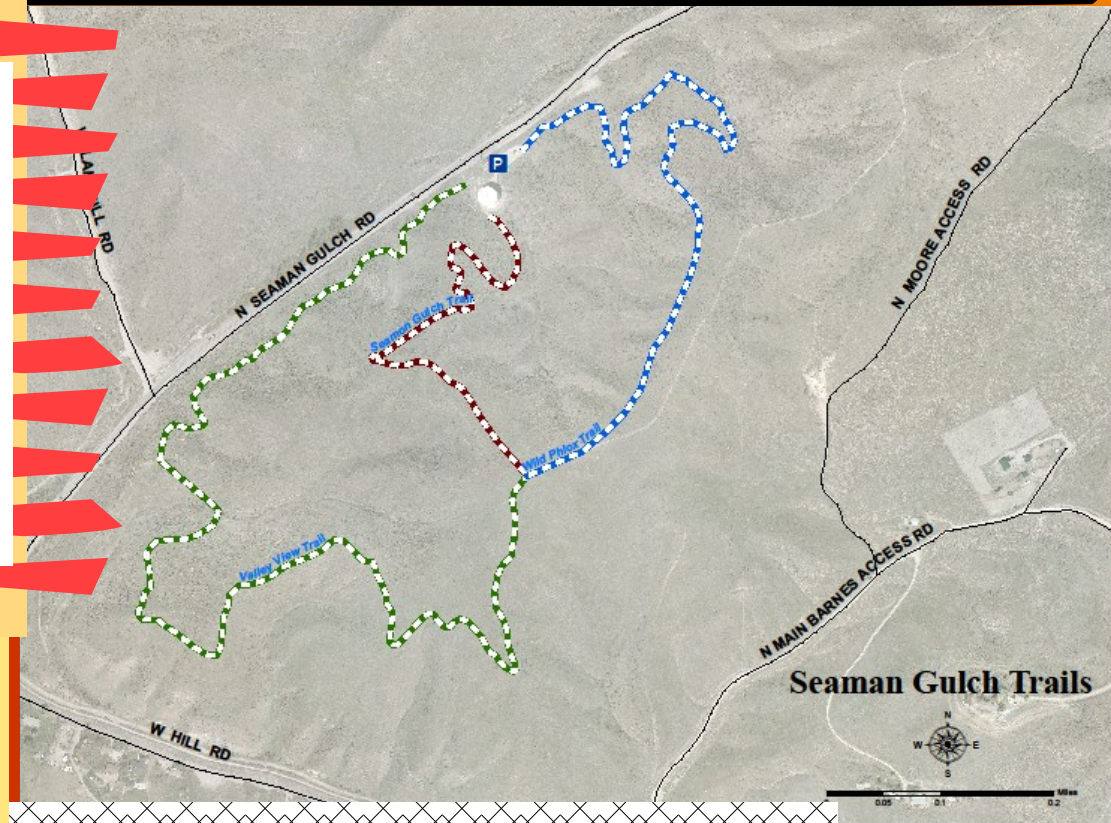
Bethine Clark Church is founder and chair of the Frank Church Institute at Boise State University, which hosts annual public policy conferences and funds the Frank and Bethine Church Chair of Public Affairs. She was founder and first president of the Sawtooth Society, which supports the Sawtooth National Recreation Area. She also sits on the governing board of the National Wilderness Society and helped establish the Anne Frank Human Rights Memorial in Boise.



This riparian trail crosses a 24 acre natural area characterized by sloughs, ponds and irrigation canals that provide habitat for birds and fish. This area supports stands of cattail, blackberries, wild rose, sagebrush, Oregon grape and currant bushes. There are numerous spots where the trail allows easy access to the river and its fishery. The river access at the 3.2 mile marker overlooks the Warm Springs Weir that creates a surfing wave for kayaks and a rollercoaster ride for summer float tubes and rafts. Along this unpaved trail there are numerous benches constructed from notched cottonwood trunks and they make excellent places to rest and enjoy the scenery. The best access to the trail is at Bown Crossing with its many restaurants and shops.

Seaman Gulch Trails

We walk to ride!



Location: City of Boise Foothills.

Length: Valley View Trail: 1.4 miles

Seaman Gulch Trail: 0.5 miles

Wild Phlox Trail: 0.7 miles

Hours: No established hours, open year-round

Facilities: Restroom, no drinking water

Surface: Dirt

Difficulty: Easy-moderate

Elevation: A few steep hill climbs

Dogs: Controlled dogs off-leash must be within 30 ft of owner, always carry a leash and waste bag.

ADA Compliant: No

Getting there:

Follow Hill Road west of Boise past Gary Lane until you come to an intersection with N. Seaman Gulch Road. Turn right onto N. Seaman Gulch Rd. At 0.9 miles from this junction, turn right into the parking area. The parking area can hold two horse trailers if enjoying the trails on horseback.

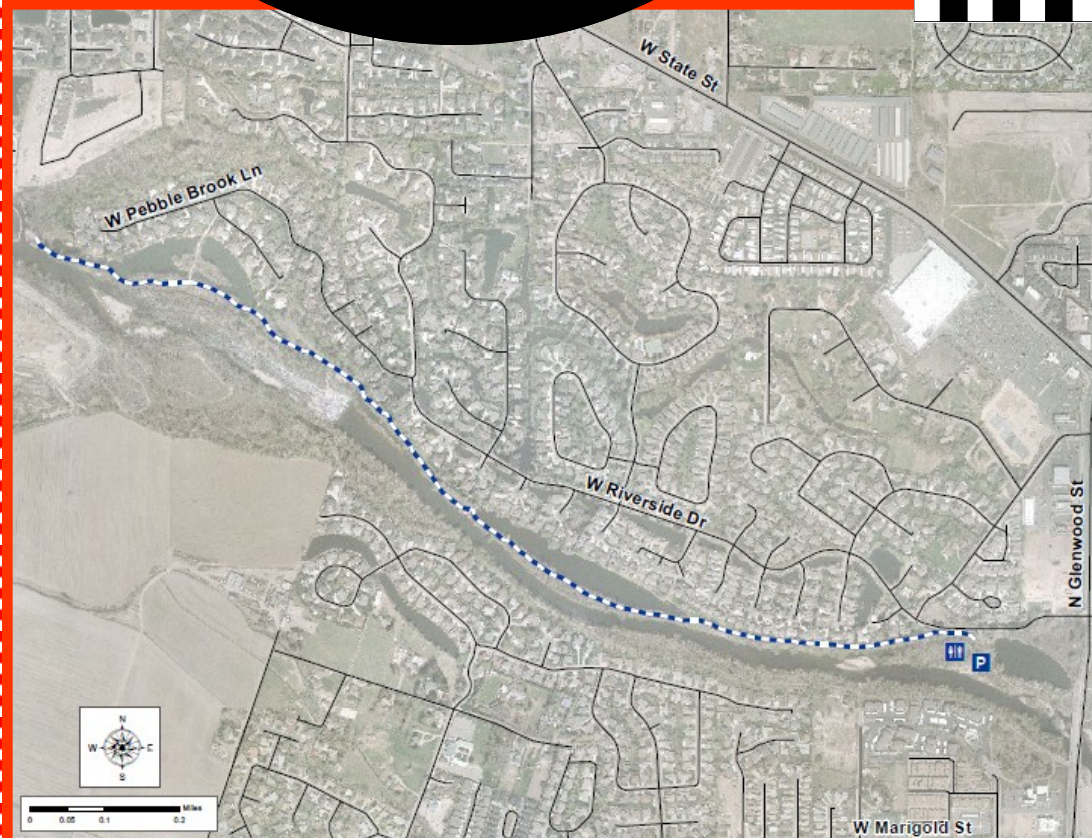
The Boise Foothills have over 130 miles of trails and are conveniently located close to downtown Boise. The Ridge to Rivers Trail System has over 116 trails, each numbered and aptly named. With little to no driving, these miles of linked trails provide people with a closer connection to their environment. The foothills host a diverse amount of plants, wildlife, geological and historical features, and scenery that is sure to better the soul. While most Ridge to Rivers trailheads offer somewhat limited parking for horse trailers, this is one of the few where it is relatively easy to park a trailer and enjoy the trails on horseback. The loop which includes Seaman Gulch Trail and Valley View Trail is 1.9 miles, so walkers, expect a bit of a workout. This area has some of the best hiking trails in Ada County. Unlike the paved trails, this one is dirt and gives walkers a somewhat “back to nature” trail experience. The trail leads through native shrubs such as sagebrush, rabbitbrush, and bitterbrush. During the spring expect to see many of the popular photogenic wildflowers. Typical wildlife in the area includes foxes, deer, rabbits, and birds of prey. At the top of Seaman Gulch there is a beautiful view of the city. Walkers get a real sense of this precious river and its diverse uses. Walkers can have even a longer walk by adding on the Wild Phlox Trail, approximately 0.7 miles long. Whatever the mood, this walk is bound to get you hooked on the foothills of Boise. For more trail information on the Ridge to Rivers Trail System please visit ridgetorivers.org.



Ridge To Rivers Trail System

The Ridge to Rivers Trail System is a unique partnership among government agencies, private landowners, organizations, and individuals. The vision of preserving the Foothills and trail system dates back to the 1940's when community leaders were discussing the future of the hills that had been part of the Boise Army Barracks military training area. A number of committees over the years echoed this desire and in 1992 a variety of local, state and federal agencies combined their efforts to turn this dream into reality. The Ridge to Rivers Trail System features over 116 trails, with more than 130 miles to walk and explore.





Location: Along the Boise River in Garden City
Length: Riverside Park to Ulmer Hollow is 1.48 miles; round trip is 2.96 miles.

Hours: Open year-round

Facilities: Portable toilet; no drinking water; trash receptacles along trail and at trailhead.

Surface: Unpaved

Difficulty: Easy

Elevation: Level

Dogs: Dogs are allowed, must be on leash and owner must clean up and dispose of waste.

ADA compliant: Yes

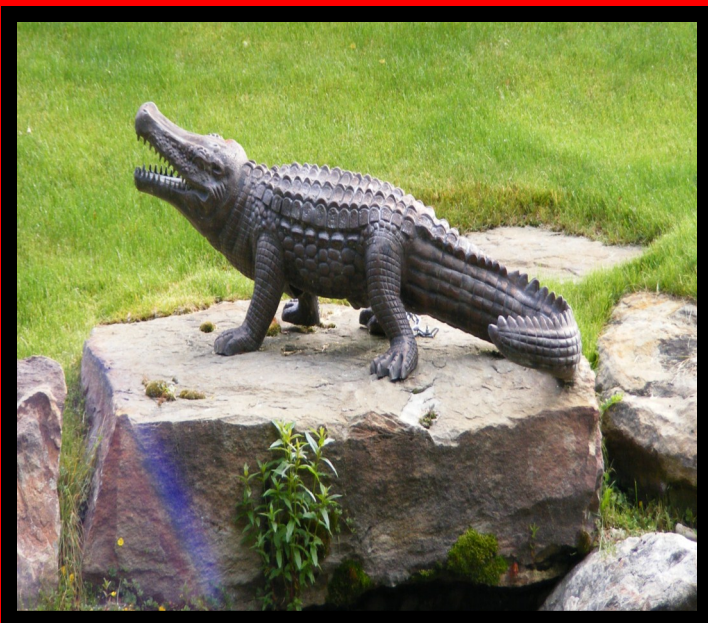
Getting there: Off Glenwood Avenue, just northeast of Glenwood Bridge. Turn west off Glenwood Avenue onto Riverside Drive, proceed 100 yards, turn left into Riverside Park for parking.

This portion of the Boise Greenbelt may represent the best blend of urban residential area and Boise River riparian habitat in the entirety of the Boise River Trail System. This is an upscale walk through an affluent neighborhood that exhibits spectacular residential architecture and landscapes designed to integrate with the Boise River's biological community. The trail is anchored by Riverside Park, a Garden City municipal park, noted for its fishing pond. West of Riverside Park, one enters a wooded riverside community, a legacy of the Treasure Valley's growth during the late 20th and early 21st centuries.

This elegant, compacted aggregate, trail winds between the riverfront homes and the braided tributaries and backwaters of the Boise River, varying in width from time to time as the riparian forest and ponds dictate. Residents adjacent to the trail maintain a diversity of landscape treatments which create framed scenery, wildlife friendly amenities and accommodations for walking visitors. Residents have placed benches along this trail for your convenience. Several small footbridges that cross low lying wetlands and river diversions enhance this serene walking experience.



Catalpa Tree



Don't feed the alligators!



The remarkable feature of this trail beyond the harmony of residential infrastructure and the wilds of the Boise River is the sense of mutual respect between the home owners and the recreating public. The residents along this trail chose to locate along this beautiful public facility because they believed that the trail and its usefulness to Idaho's citizens and visitors was important. Similarly, the public has reciprocated by respecting the private property rights of the trailside residents by adhering to the established trail and maintaining a respectful decorum. For more information please visit gardencityidaho.govoffice.com.

Star Greenbelt

We walk because a man's gotta do what a man's gotta do.

Location: Along the Boise River in the City of Star

Length: About 0.25 mile, 0.5 mile round trip

Hours: Year-round

Facilities: Picnic tables and trash can at access point parking lot; no restroom or drinking water

Surface: Dirt

Difficulty: Easy

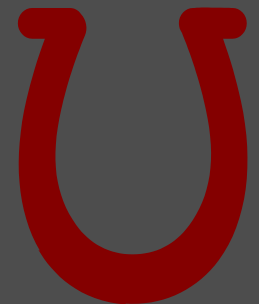
Elevation: Exiting the bridge to access the trail is a steep ramp; one steep climb near the east end.

Dogs: no signage regarding dog or leash regulations

ADA compliant: No



Getting there: Turn south off State Street (Highway 44) onto Main Street; drive south on Main Street to 1000 South; the street makes an 'S' curve, turn south at the curve into the gravel parking area. At the south end of the parking lot, cross the slough on the bridge.





Fenced Pasture along Star River Walk.

Climb the bank and continue on along the levee for another quarter mile; at that point the trail ends in a jumble of concrete slabs brought in at some point in the past as rip-rap. The fenced pasture on the north side of the trail (photo above) is owned by the City of Star and plans call for it to be turned into a city park, with the nature trail continuing through the park, skirting a heron rookery, and eventually coming out at Linder Road. The pasture/park is in the river's floodway and will be planted in natural vegetation and wetlands mitigation areas. Walking the trail, you quickly find yourself surrounded by tall cottonwood, willow, and other trees along with thick brush along the trail edges. Birds abound and the walk is alive with their calls and activity; flickers are especially common and active in the dead upper story sections of cottonwoods. Look for wildflowers in the brush along the trail along with the usual streamside vegetation of blackberries, current bushes, and milkweed. There are sections where poison ivy is plentiful; it is sprayed down periodically. Mosquitoes are also plentiful, especially about halfway down the path where the narrow slough expands into a pond of still water.

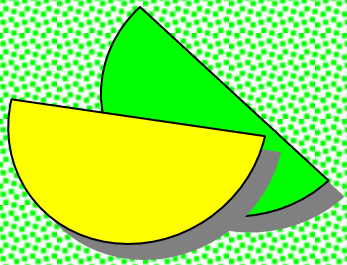
The Star River Walk is a work in progress. Walk it now and come back in a year to see the changes and gain some insight into what it takes to put in a public nature walk. Right now it's a stark contrast to the paved, well-groomed Greenbelt trails in Boise and Eagle. It's also a credit to the volunteers who are ramrodding this project. One advantage of walking it now is the trail gives users a more primitive, nonurban experience. The bridge that crosses the slough from the parking lot is new and a welcome addition, replacing a temporary plank crossing. The bridge is semi-permanent and will be removed during high water and put back in for access during normal river flows. The trail is dirt, ranging in width from 4 to 12 or more feet. There are long stretches where wood chips are mixed into the dirt from the cutting of trees and limbs to clear the path. A short steep hill at the quarter-mile mark signals the end of the current improved trail.



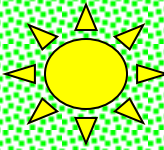
Above: Footbridge pass.

Below: Rafting along the Boise River in the City of Star.





Eagle Greenbelt



Location: Along the Boise River in the City of Eagle.

Length: Merrill Park to Eagle Road is 0.4 mile, or 0.8 mile round trip. Eagle Road to the landscaped common area at Edgewood Road is 1 mile; from Merrill Park to the common area is 0.6 mile.

Hours: Year-round

Facilities: Merrill Community Park has restrooms, picnic tables, a kids' play area, and recreational facilities. The Greenbelt west to Eagle Road has benches and trash cans.

Surface: Merrill Park west to Eagle Road is paved, Merrill Park east to Edgewood is gravel and dirt..

ADA Compliant: Merrill Park west to Eagle Road; Yes.

Dogs: Allowed, on leash.

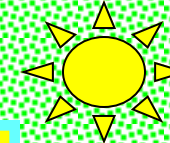
Elevation change: The west segment is level; east from the park it's mostly level with a few inclines to footbridges. The pedestrian bridge from just south of the Park to the island is arched but negotiable.



Getting there: Access from Merrill Community Park: Turn east off Eagle Road onto Riverside continue south of State Street (Highway 44) at the Hilton Garden Inn. Continue east about 0.4 mile, park at Merrill Park, walk south through the park to the paved access to the Greenbelt.



We walk to see the sights!



Merrill Community Park on a sunny day!

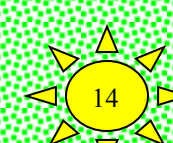
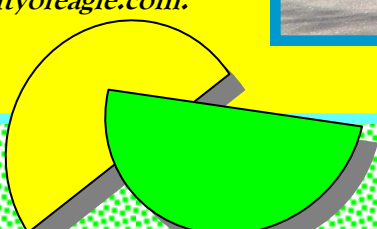


Heading west from Merrill Park to Eagle Road, the trail follows the Boise River's north channel and varies from a heavily wooded riparian environment to lushly landscaped parks and common areas. The Boise River is separated from the trail by heavy woods and brush but there are several narrow paths that cut through to the river corridor.

There is access to two gravel bar/beach areas at the west end. If you head east from Merrill Park, you can walk to a public access common area at the end of Edgewood Drive. Walkers can access the entire Greenbelt system from this stretch. You'll be on your way to Garden City and Boise. Another access point for the Eagle trail is from the parking lot of the Bardenay Restaurant/Hilton Garden Inn. Just walk between the two buildings to reach the trail. As an added bonus, a cold drink on the Bardenay patio is a great way to reward yourself for your effort and a fine spot to do some people watching, especially on a warm afternoon. There are also two observation decks at the Hilton perched over the river – perfect for just enjoying the scenery! For more information please visit cityofeagle.com.



The Greenbelt is perfect for the whole family!



Wilson Springs Nature Area and Fishing Ponds

Wilson Ponds Area Map



We walk with our fishing buddies!



Location: City of Nampa

Length: About a mile

Hours: Open Year-Round, from dusk to dawn, no lighting

Facilities: Portable Toilets

Surface: Paved

Difficulty: Easy

Elevation: Level

Dogs: Dogs are allowed, must be on leash. Owners are responsible for pet waste clean-up and disposal

ADA Compliant: Yes

Getting there: I-84 Exit #38; S onto Garrity Blvd 0.3 mi; left onto Flamingo Ave 0.1 mi; curve right and Flamingo turns into Happy Valley Rd; go 3.2 mi; right onto Greenhurst 1.9 mi; left on S Powerline Rd 0.7 mi; right into Wilson Ponds parking lot.

Wilson Springs Nature Area and Fishing Ponds features a short ecological loop. This trail is located south of Nampa across from the Nampa Fish Hatchery. Just under a mile, it is flourishing with shoreline vegetation and wildlife. One of the highlights along the walk is the vast amount of migratory and resident birds. No matter what time of year, there is always something new to see at Wilson Springs! The Wilson Springs Nature Area and Fishing Ponds covers 55 acres providing wildlife with a safe and bountiful habitat. The footpath winds around four ponds, the North Pond, South Pond, Trophy Pond, and Anderson Wetland. The Idaho Fish and Game stock these ponds regularly with rainbow trout, blue gill, and bass, so be sure to bring a fishing rod! There is also a beautiful natural spring running through the area, rich with aquatic vegetation.

Can you spot any of these birds along your walk?

Pied-billed Grebe



Lazuli Bunting



Common Merganser



Migrant

- ◇ Gadwall
- ◇ Lesser Scaup
- ◇ Dark-eyed Junco
- ◇ Killdeer
- ◇ Common Merganser
- ◇ Pied-billed Grebe
- ◇ Red-winged Blackbird

Resident

- ◇ Wilson's Warbler
- ◇ Lazuli Bunting
- ◇ American Avocet
- ◇ Long-billed dowitcher
- ◇ Great Blue Heron
- ◇ Canada Goose
- ◇ Magpie

Canyon County Parks, Recreation and Waterways in partnership with Idaho Fish and Game has put hundreds of kids through the Wilson Springs field trip program. Students receive a remarkable outdoor experience exploring animal species diversity, biological community structures, and fish anatomy and behavior. What a wonderful tradition of getting kids outside and moving. For more information please email Tom Bicak at thepark@canyonco.org.



Kids enjoying an informative talk on bugs!



For more information please visit the Idaho Birding Trail website at fishandgame.idaho.gov/ifwis/ibt/

Wilson Greenway Trail

We walk around the farm!



Location: Along Wilson Creek in the City of Nampa.
Length: 3.6 miles one-way 7.2 miles total
Hours: Dawn until dusk, year-round
Facilities: Restroom, drinking fountain
Surface: Paved
Difficulty: Easy
Elevation: Level
Dogs: Must be on leash waste bags available.
ADA Compliant: Yes



Getting there: From Boise, take I-84 west to Nampa. Take the Franklin Boulevard/City Center exit. Go left and follow Franklin to a junction with 11th Street. Turn right on 11th and follow it into downtown. Follow signs for Idaho 45 to Murphy to 12th Avenue South. The trail begins south of Mercy Medical Center before Greenhurst Rd. Pull off and park.

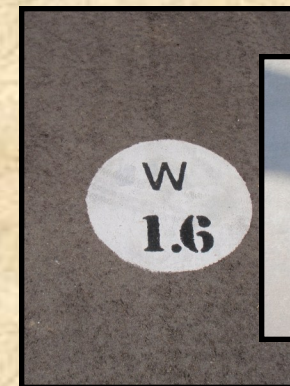


Photo courtesy of City of Nampa



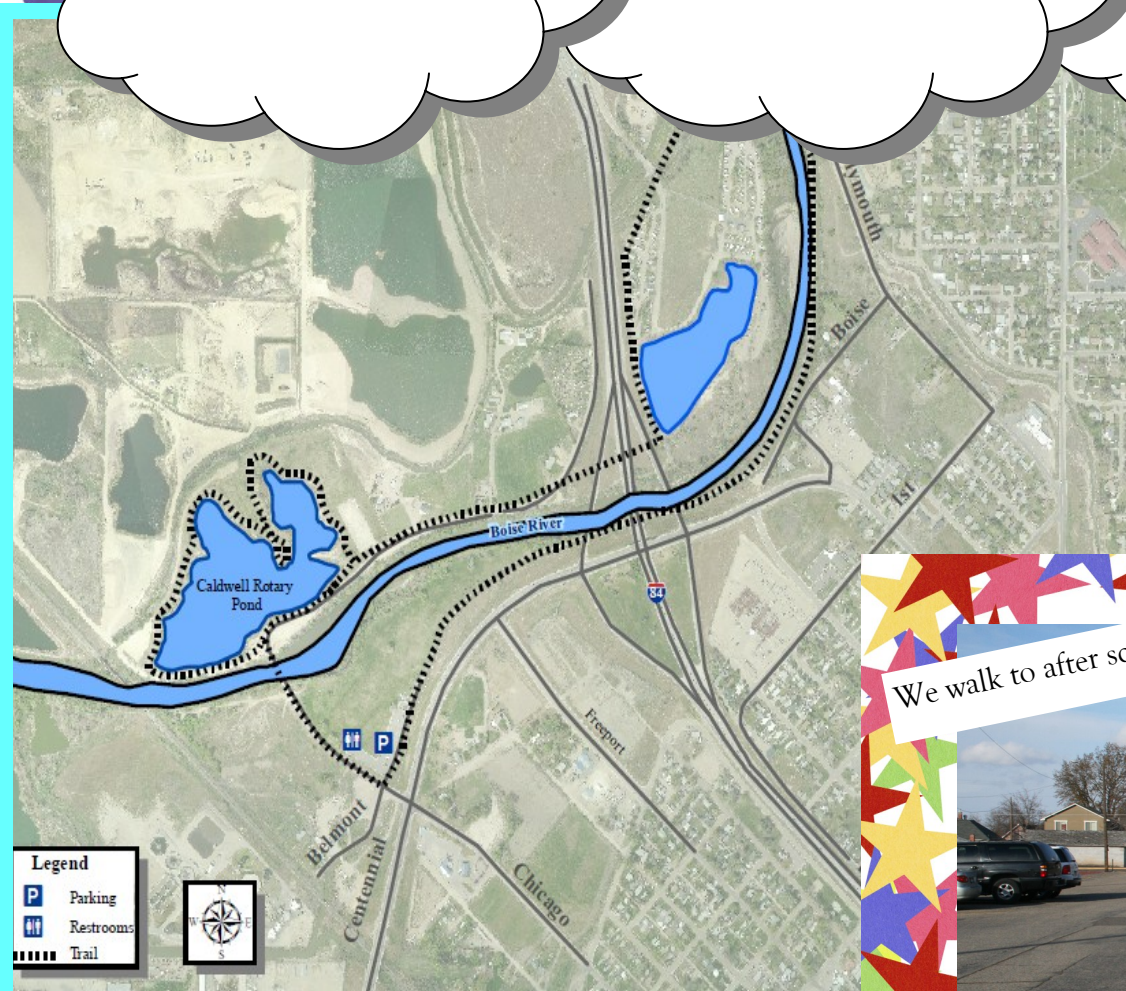
Photo courtesy of City of Nampa

Be sure to look for trail markers!



Tucked away in the city of Nampa is a long paved walking path. The Nampa greenbelt follows Wilson Creek and weaves through the city, neighborhoods, wildlife habitats, and even a farm! Walkers find this trail suitable because of the majority of desires it fulfills. The trail has a numerous amount of accesses. This particular one begins off of 12th Avenue. The park serves as a home to many local birds, such as quail and ducks. The trail winds along the creek until it intersects with Roosevelt Street. Cross Roosevelt and go left to pick up the path again and follow it ending at Freemont Street. The Nampa Greenbelt, also known as the Wilson Greenway, is just over three miles long. It is a stream fed by a natural spring. The trail is beautifully landscaped and lined with mature trees. The trail crosses several footbridges, passes a local farm, and gives people a place to walk with the family. The trail stays relatively flat and is suitable for all ages. As always, use caution when walking next to open water. Also, the greenbelt backs up right against private property, so be respectful and courteous to the residents. For more information on the Nampa Greenbelt please visit nampaparksandrecreation.org

Oregon Trail Centennial Greenway



Location: Along the Boise River in the City of Caldwell
Length: 3.7 miles
Hours: Dawn until dusk, year-round
Facilities: Restrooms, open 8:00a.m. to dusk and closed Oct. 1st-March, portable toilets, shelter, picnic tables, parking
Surface: Paved
Difficulty: Easy
Elevation: Level
Dogs: Must be on leash, bring your own waste bag.
ADA compatible: Yes

We walk to after school sports!



Getting there:

Take I-84 to Caldwell and take the third exit as you're traveling west. Turn left on Centennial Way, cross the freeway, and watch for a park on the right. Turn right on Chicago, and then an immediate right into the park.

Whittenberger Park is the gateway to the Oregon Trail Centennial Greenway. The Oregon Trail followed the south side of the Boise River until it reached what is now the City of Caldwell. This area became well known as “the Canyon Crossing of the Boise”. Wagons had to make their way across the river continuing their passage along the north side.

This 17-acre municipal park is located in Caldwell, on the corner of Chicago Street and Centennial Drive. The Oregon Trail Centennial Greenway begins and ends at the park as it makes its way around the Boise River. The trail is 3.7 miles of paved greenbelt. Whittenberger Park is a great place to enjoy a picnic and then finish it off with a pleasant walk along the greenbelt. The greenway is flat and features the typical habitat found along the Boise River. The trail weaves around the river and also follows Rotary Pond. Expect to see local fishermen and their catch of the day! Also, for the daring walkers, there is an archery range located west of Rotary Pond. The trail is a great place for the family to enjoy the beautiful Boise River and take some side trips along the way. This area is rich with history and what better place to discover it than in the heart of Caldwell, Idaho.



Boise River along the Oregon Trail Centennial Greenway

The Whittenbergers

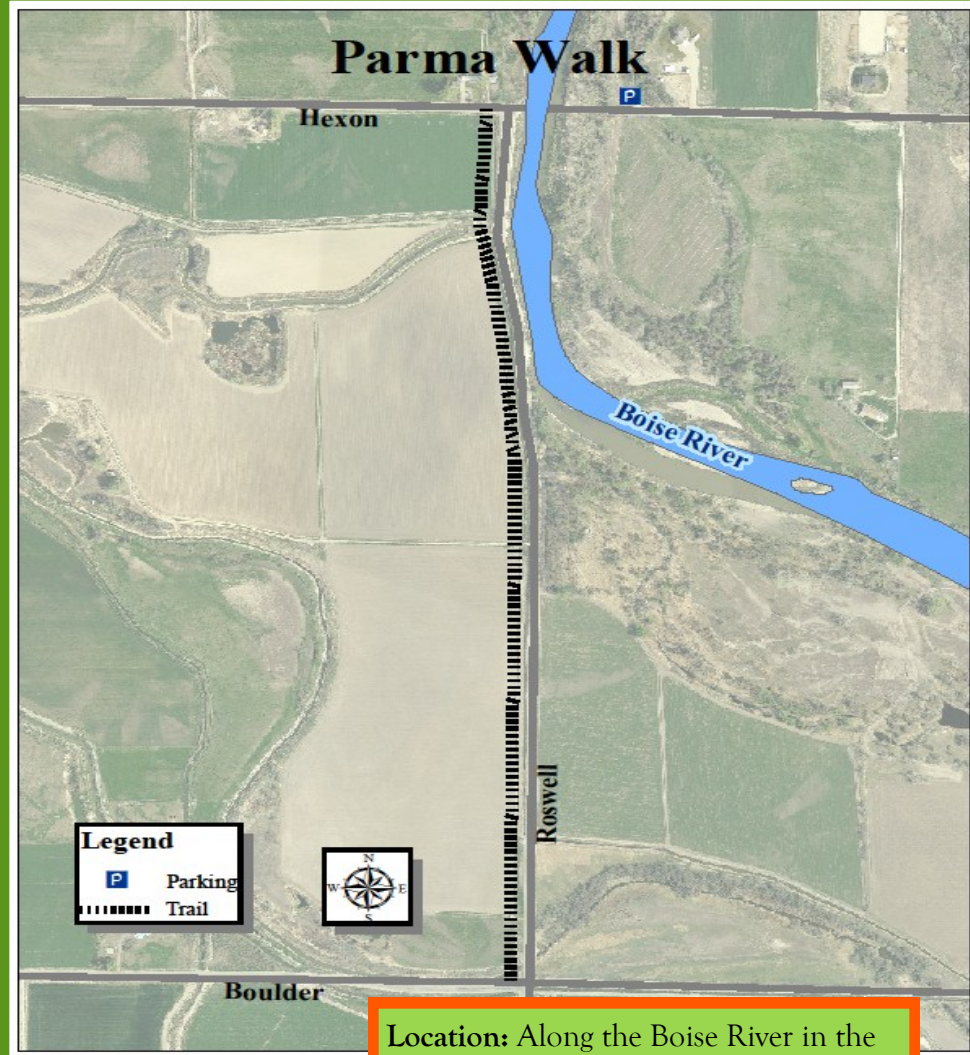
Whittenberger Park is named after two longtime residents of Caldwell. Ethel Bales Whittenberger and Claude R. Whittenberger married in 1922 and contributed a great deal to the township. Ethel was a schoolteacher and Claude was an osteopathic physician. They both were very involved with the education and well being of children. The Whittenberger Foundation was founded by Ethel, and is a private, independent, charitable grant making foundation. Ethel died in Caldwell in 1970 and established this foundation in her will. The first distribution of grants were received in 1973 and since then have totaled \$7,000,000. An array of institutions have received these grants such as College of Idaho, Treasure Valley YMCA, and Northwest Children's Home. More information can be found by visiting www.whittenberger.org.





Parma River Walk

We walk during hunting season!



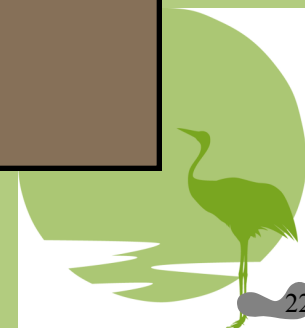
Getting there: Heading west take I-84W take the Notus/Parma exit. Turn left onto Highway 20/26. The highway turns into E Grove St once in Parma. Take a left on S Roswell Blvd. Take a right on Hexon Rd. Follow Hexon Rd until bridge. Parking is located right before the bridge on the right side. Or limited parking is available on the side of the road after the bridge. Heading east take I-84E. Take US-95 exit toward Payette/Parma. Turn right onto US-95. Follow until S Roswell Blvd, take a right. Follow until Hexon Rd. Parking located on the east side of the bridge in an Idaho Fish and Game Sportsman Access.

Location: Along the Boise River in the City of Parma.
Length: 1mile (one way) 2 miles total
Hours: None established
Facilities: None
Surface: Gravel, paved
Difficulty: Easy
Elevation: Level
Dogs: Allowed, advised to be on leash.
Please be aware this walk is on a public street, watch for cars.



Parma is rich and alive with history. Each year the town celebrates an event known as Old Fort Boise Days. In Parma the mouth of the Boise River flows directly into the Snake River. A fort, known as Old Fort Boise, was located at the mouth of the Boise River. A worker of the Hudson Bay Company, Thomas McKay, built this fort in 1834. In 1853 the fort was abandoned because of frequent Indian raids. Gold was discovered in 1862 in the Boise Basin area. It was essential to have a fort built to help out all of the travelers. In 1863, on July 4th, the military built a new fort in a different location. The town boomed with the help of the gold rush, and its location along the Oregon Trail. An Old Fort Boise replica can be found on the eastern edge of town. Parma's ubiquitous history can be enjoyed alongside the continuously

growing agriculture. The farmers grow a great supply of hops and distribute to different breweries. The walk is located a few minutes outside of town. The path is located on Roswell Rd. between Hexon and Boulder Rd. Begin the walk across the bridge and turn left. It follows in between the Boise River and a large cornfield. The path is along a trafficked road, so please use caution when walking. The quick walk is in a very peaceful setting. The sound of the Boise River and smell of fresh crops fill the air, sometimes even a local resident can be seen riding a horse. The quaint, quiet town of Parma has an old time feel to it, and what better way to experience it than to go out for a walk. Be sure to look for wild-life including waterfowl, foxes, and rabbits.



A note from the Idaho Transportation Department.

We are so lucky to live in Idaho. It's a place full of opportunities to explore the natural beauty in our own backyards through a number of easily accessible walking and biking paths. Whether you are commuting to work, strolling with the family or headed out for a more vigorous hike or mountain bike ride, the opportunities are boundless.

Walking and biking provide a number of benefits for your health, your pocketbook and the environment, including:

- Improved overall health
- Lowered blood pressure and decreased risk of heart disease
- Releasing endorphins which make you happier and feel good
- Improved sleep habits
- Reduced carbon footprint - helps us all breathe easier
- Saving money on fuel and car maintenance
- Less wear and tear on local roads

At the Idaho Transportation Department we are committed to providing information and resources to help keep you and your family safe while enjoying Idaho's multitude of walking and biking options, whether you are using the trails, walking in your neighborhood or biking to commute to work. Here are a few important tips to take with you as you walk and bike in Idaho!

Safety tips to Biking

Always wear a helmet, no matter your age or riding experience. Finding a perfect fitting helmet is key to protecting yourself. A helmet should fit snug and sit flat on the head. As a child grows, their helmet should be replaced with a bigger size.

While riding on busy streets, be sure to ride on the right side (WITH traffic), in a straight and predictable path. Never ride against traffic; this places you in a dangerous position, where vehicles may not see you. Avoid weaving. Don't carry things in your hands that will affect your control.

When passing someone on a path - make it clear you are there by ringing a bell or stating "On your left!"

Use the proper hand signals

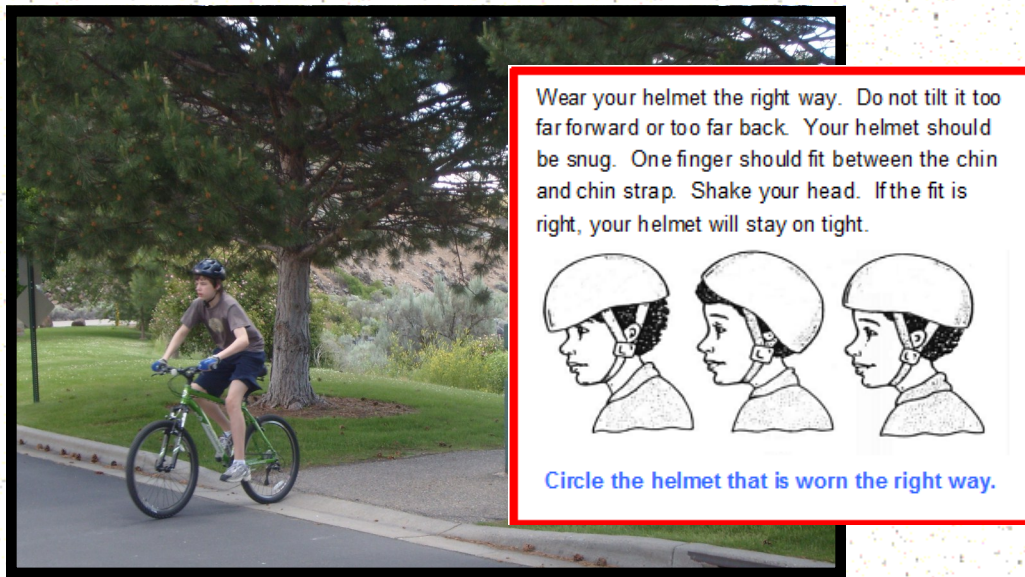
Safety tips to Walking

The most important thing to remember when walking is to be visible. The brighter the clothing the easier it will be for others, especially drivers, to see you.

Make eye contact with drivers so you know they can see you.

Be aware of your surroundings, this will help anticipate unexpected events. If a sidewalk is unavailable, walk on the side of road that FACES traffic. The left side of the road gives you the best chance to see traffic as it approaches. When crossing the street, Look LEFT-RIGHT-LEFT, and be sure vehicular traffic is clear or stopped before crossing.

Now that's how you properly wear a helmet!



For more information on safe walking and biking please explore the following websites:

Idaho Transportation Department Bicycle and Pedestrian Program

(www.itd.idaho.gov/bike_ped)

FHWA Bicycle and Pedestrian Safety (www.safety.fhwa.dot.gov/ped_bike/)

Alliance for Walking/Biking (<http://www.peoplepoweredmovement.org/site/>)

Complete Streets (www.completestreets.org/)

Adventure Cycling (<http://www.adventurecycling.org/>)

Pedestrian and Bicycle Information Center (www.pedbikeinfo.org/)

Local Organizations

I-way (www.i-way.org/)

IPBA (www.idahopedbike.org/)

KNOW THE LAWS OF BIKING IN IDAHO

- * Every bicycle in use at the times described in section 49-903, Idaho Code, shall be operated with a light emitting device visible from a distance of at least five hundred (500) feet to the front, attached to the bicycle or the rider, and with a reflector clearly visible from the rear of the bicycle.
- * A person operating a bicycle upon and along a sidewalk, or across a highway upon and along a crosswalk, shall yield the right-of-way to any pedestrian, and shall give an audible signal before overtaking and passing a pedestrian or another bicyclist.
- * A person shall not operate a bicycle along and upon a sidewalk or across a highway upon and along a crosswalk, where the use of bicycles is prohibited by official traffic control devices.
- * No person riding upon any bicycle, coaster, roller skates, skateboard, sled or toy vehicle shall attach it or himself to any vehicle upon a highway.
- * No person operating a bicycle shall carry any package, bundle or article which prevents the operator from using at least one (1) hand in the control and operation of the bicycle.

What makes Idaho a great place to walk and bike?

Idaho is rich with walking paths and bike trails that provide breathtaking views. But it's knowing how to safely walk and bike that makes Idaho a great place.



Focus on the Basics



Important Tips:



Warm up

Spend about five minutes walking slowly to warm up your muscles. You can walk in place if you want. Increase your pace until you feel warm.



Stretch

After warming up, stretch your muscles before walking. Include the calf stretch, quadriceps stretch, hamstring stretch and side (iliotibial) stretch.



Cool down after each walking session

To reduce stress on your heart and muscles, end each walking session by walking slowly for about five minutes. Then, repeat your stretches.

As you get started, remember to:

◇ **Start slow and easy.** If you're a seasoned walker, keep doing what you're doing. If you've been inactive and tire easily, it's best to start slow and easy. At first, walk only as far or as fast as you find comfortable. If you can walk for only a few minutes, let that be your starting point. For example, you might try short daily sessions of five to 10 minutes and slowly build up to 15 minutes twice a week. Then, over several weeks' time, you can gradually work your way up to 30 to 60 minutes of walking most days each week.

◇ **Measure the intensity of your workout.** As you walk, measure the intensity of your workout by checking your heart rate. Knowing your heart rate allows you to increase the intensity to maximize your workout or slow down to avoid overdoing it. To find out if you're exercising within the range of your target heart rate, stop walking to check your pulse manually at your wrist (radial artery) or neck (carotid artery). Another option is to wear an electronic device that displays your heart rate.



Warm up, stretch, cool down.



Slow and easy, then build up from there.



Check your heart rate.

Canyon County Parks, Recreation and Waterways

National Park Service

Ada County

Central District Health

City of Boise

City of Caldwell

City of Eagle

City of Nampa

City of Parma

City of Star

Garden City

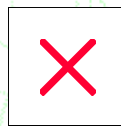
Idaho Birding Trail

Idaho Department of Fish and Game

Southwest District Health

Idaho Transportation Department

Southwest Idaho Resource Conservation and Development Council



Which walk are you?

Canyon County Parks, Recreation and Waterways
1115 Albany Street
Caldwell, Id 83605

