

Passport to Wellness



Welborn Foundation
Wellness & Fitness Center

June 10 - July 28, 2024

812-429-0585

<https://www.ivytech.edu/wellandfit>

@ivytechwellandfit

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While at the site, we ask that you take some photos. We like to show off where you've been on social media. You can e-mail your photos to alutzel@ivytech.edu, tag Ivy Tech Wellness and Fitness Center on Facebook or text them to 812-455-3786. We have also provided you with three freebies where you can visit any place you enjoy going to be healthy (including the Ivy Tech Fitness Center). Make sure you write your name and the date you visit each location on the corresponding page in the passport.

At the end of the contest you will turn in your passport and will be awarded a prize based on the number of sites or activities you participate in: 5 - 10 sites = small to medium prize , 10+ sites = larger prize. We will also have a drawing for a grand prize of a Fitbit for anyone who visits at least five places in your passport. Good luck!

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Included in this Booklet:

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|--------------------------|--|-------------------------|
| 1. Angel Mounds Trails | 12. Jasper Parklands or River-walk | 21. Sunset Skatepark |
| 2. Audubon Wetlands | | 22. Vincennes Riverwalk |
| 3. Burdette Park | 13. John James Audubon State Park | 23. Upgrade Bike Share |
| 4. Deaconess Sports Park | 14. Lincoln State Park | 24. USI-Burdette Trail |
| 5. Eagle Slough | 15. Music in the Park | 25. Wesselman Woods |
| 6. Farmer's Market | 16. Newburgh Rivertown Trail | 26. Freebie |
| 7. Friedman Park | 17. North Main & Virginia Street Trails | 27. Freebie |
| 8. Henderson Riverwalk | | 28. Freebie |
| 9. Hi-Rail Trail | 18. Pigeon Creek Greenway | |
| 10. Howell Wetlands | 19. SE First St/Haynie's Corner/Main Street Walk | |
| 11. Igleheart Park | 20. State Hospital Park | |



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Angel Mounds Trails

8215 Pollack Ave, Evansville, IN 47715

Phone: 812-853-3956

<https://www.indianamuseum.org/historic-sites/angel-mounds/>

Description: Angel Mounds State Historic Site, an expression of the Mississippian culture, is an archaeological site managed by the Indiana State Museum and Historic Sites that includes more than 600 acres of land about 8 miles southeast of present-day Evansville, in Vanderburgh and Warrick counties in Indiana. Go exploring on the miles of trails along the Ohio River. It's definitely an adventure.



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Audubon Wetlands

<https://parks.ky.gov/henderson/trails/trails/audubon-wetlands-island-loop-trail>

Description: Access the Island Loop Trail from within Audubon Wetlands, located on Wolf Hills Road, just north of John James Audubon State Park. A rocky pathway from the parking lot leads through floodplain forest to a 750-ft. boardwalk over the wetland, immersing visitors into prime habitat for spotting a variety of wetland flora and fauna. Leashed pets and bicycles are welcome. Use of mosquito repellent recommended. Grounds are open dawn to dusk, but may be closed periodically due to floodwaters. Some areas could be muddy or inaccessible following wet weather conditions.



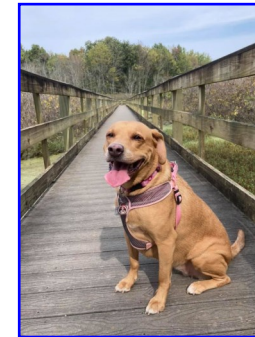
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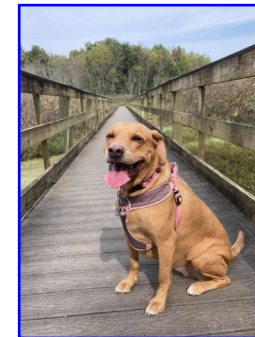
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Burdette Park

5301 Nurrenbern Road, Evansville
<http://burdettepark.net/>

Phone: 812-435-5602



Description: The park is open 7AM-midnight, 365 days a year. Walk, run or bike through the woods on a three-mile paved trail. Primitive trails wind through the 170-acre park. Enjoy fishing, BMX and swimming. Book a weekend at one of the rustic chalets, cabins, RV or tent camping. Burdette Park Pavilion and O'Day Discovery Lodge host groups from 20 to 1,000 people. The Aquatic Center is open from Memorial Day through the second week of August.

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Deaconess Sports Park

4300 Heckel Road, Evansville Phone: 812-401-1890
<https://www.evansvillesportscomplex.com/deaconess>

Description: The grounds of the sports park feature a park setting including a nine-foot wide, one-mile long walking path, two playgrounds, an amphitheater and a large common area. There is also outdoor strength training equipment available along the walking path. The sports complex employs a full-time staff, grounds crew and seasonal staff ensuring the complex and its visitors are well cared for.



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Eagle Slough Natural Area

<https://sycamorelandtrust.org/preserves/eagle-slough-natural-area/>

Description: Eagle Slough is an oasis of wetland and mature bottomland forest, visited by over 160 species of birds. The preserve offers a walking trail with interpretive signage along an old rail bed, and a series of observation decks overlooking the wetlands and open water lake. From the intersection of US Hwy 41 and Waterworks Rd/Shawnee Dr, drive east on Waterworks. The parking lot will be on your left after 0.15 miles. (Located just north of Ellis Park)



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Farmer's Market

- **Market on Main**
Wednesdays, 9:30 - 1:30
Outside the Ford Center
- **Franklin Street Bazaar**
Saturdays, 9:00 - 1:00
West Branch Library Lawn
- **Henderson Farmer's Market**
Tues., Fri. Sat., 8:00 - 12:00
Henderson County Fairgrounds



Other options: Mayse, Reimann's, and Bud's Farm Markets

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Friedman Park

2700 Park Blvd, Newburgh, Indiana
<https://www.friedmanpark.com/>

Description: Friedman Park is a stunning new 180-acre park that is ideal for family picnics, corporate events, and public concerts. Amenities include an amphitheater, picnic pavilions, and biking, nature, and walking trails which provide numerous opportunities for interaction and entertainment. Visitors love the playgrounds, hiking, and fishing opportunities and appreciate the large parking area, wide open spaces, space for food trucks, and multiple public restrooms. Open year-round from dawn to dusk.



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Henderson Riverwalk

<https://www.hendersonky.org/trip-tips-riverwalk-offers-great-place-for-walkers-and-runners/>

Description: The walk offers beautiful views of the Henderson riverfront from Red Banks Park to Twelfth Street near the hospital. If you start at Red Banks Park and follow the entire trail into Atkinson Park, you'd be walking approximately 2 miles one way. It's a nice hilly path, perfect for walkers, runners, and dogs.



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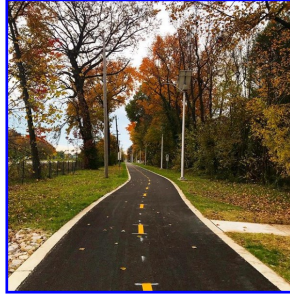
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High-Rail Trail

<https://www.traillink.com/trail/hi-rail-greenway/>

Description: Opened in 2018, the High-Rail Greenway serves as an important non-motorized route in Evansville. Its name comes from the Indiana Hi-Rail System, a former freight railroad which the rail-trail was built on. Also sometimes referred to as the Hi Rail Corridor, the project is a key addition to the city's Pigeon Creek Greenway Passage trail system. The 2.5-mile paved pathway, extending from Walnut Street to Riverside Drive along US 41, features landscaping and tree plantings, benches and rest areas, bike racks, and solar-powered lights. You can park near the UHaul business on Riverside.



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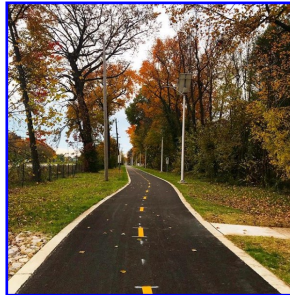
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10

Howell Wetlands

1400 S. Tekoppel Rd.

Phone: 812-490-1110

<https://wesselmanwoods.org/visitor-information>

Description: The Howell Wetlands features 35 acres of marshland, bald cypress slough, oxbow lake, lowland hardwood forest and upland meadow as well as the wildlife found in these habitats such as muskrats, beavers, herons, wood ducks, geese and deer.



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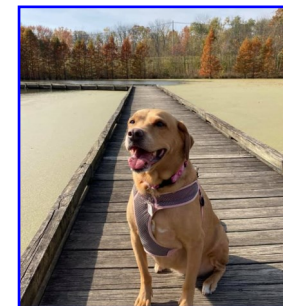
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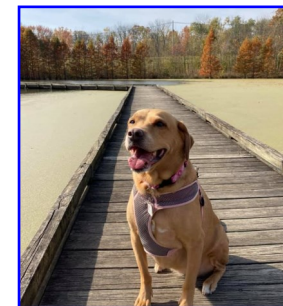
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Igleheart Park

6101 N. First Ave, Evansville

<https://www.evansvilleparksfoundation.org/north-woods-nature-trail/>

Description: This park is most known for being the location of the former Lloyd Pool, but its best attribute is the nature trail at North Woods. Located off of First Avenue, you drive past Lloyd Pool to the tennis courts where you can park and get on the trail head. The trails are perfect for the beginner and nature lover, alike. The trails are also dog-friendly as long as they are leashed.



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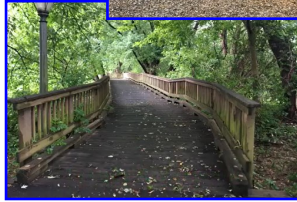
Jasper Parklands or Riverwalk

<https://www.jasperindiana.gov/parks/topic/index.php?>

<https://visitduboiscounty.com/plan-your-visit/jasper-riverwalk/>

Description: The Parklands of Jasper is a 75-acre major urban renewal endeavor which includes two miles of walking trails including a multi-purpose path, a walking signature bridge which is lighted at night to draw attention to park, and three ponds, all connected by elevated pathways.

The Jasper Riverwalk is a 2.25-mile long paved trail that runs along the Patoka River. It passes through a couple of parks and beautiful wooded areas so it is mostly shaded. It would be a lovely walk in the fall with the foliage. The best place to park is at the golf course off of 15th street which is where the trail begins. Walk, jog, or bike down and back for a 4.5-mile workout. It's fairly flat so it's great for a beginner. Dogs are welcome as long as they are leashed.



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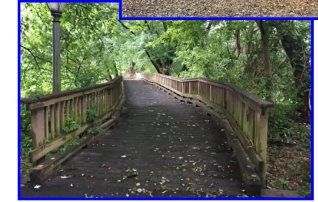
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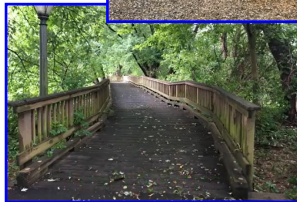
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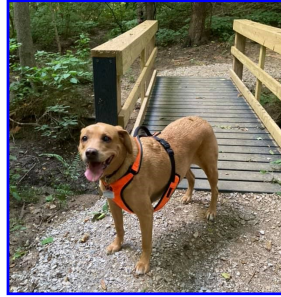
John James Audubon State Park

3100 US 41, Henderson, Kentucky

(270) 826-2247

<https://parks.ky.gov/henderson/parks/historic/john-james-audubon-state-park>

Description: Visit the museum, explore the nature center, go fishing, or go hiking on over 6 miles of trails. There is even a trail devoted to pets. Audubon Wetlands is located a little north of the park.



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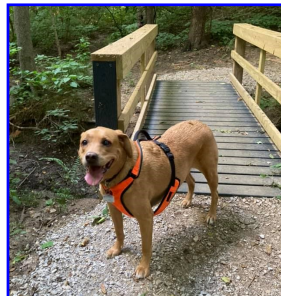
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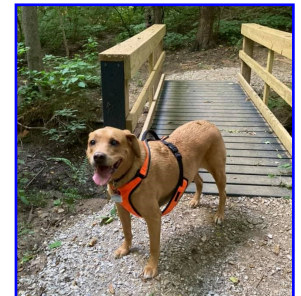
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14

Lincoln State Park

15476 County Rd 300E, Lincoln City, IN

Phone: 812-937-4710

<https://www.in.gov/dnr/state-parks/parks-lakes/lincoln-state-park/>

Description: Lincoln State Park is a state park in Indiana. It is located in southern Indiana in Spencer County approximately 35 miles east of Evansville. The park was established in 1932 and encompasses 1,747 acres. There are 10 miles of trails in the park. Hiking, camping, and kayaking are popular activities.



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Music in the Park

Free Family-Friendly Concert Series by Evansville Dept. of Parks & Recreation

Enjoy live music, food trucks, late swimming hours at Lorraine & Howell Pools on July dates.
Bring your picnic blankets, lawn chairs and enjoy this free event.

6:00—8:00 pm

June 6 at Franklin Street Library Park
Haywire

July 25 at Akin Park
Monte Skelton w/ Loops & Rhythms

June 20 at Stockwell Park
Deante Ramon

Aug 8 at Wesselman Park Pickleball Courts
Better Than Nothing

July 11 at Sunset East Park
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Aug 22 at Vann Park
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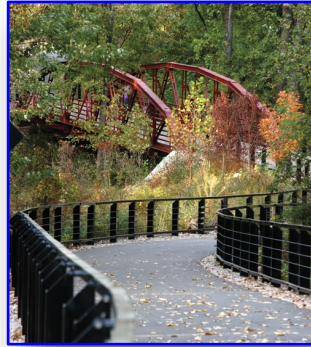
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Newburgh Rivertown Trail

<https://www.newburgh-in.com/copy-of-community-pool>

Description: Rivertown Trail is a multi-use greenway that extends from Angel Mounds State Historic Site to the new Locks & Dam Park along the Ohio River Scenic Byway. It is 2.84 miles long and travels right through the heart of downtown Newburgh along its riverfront, with restaurants and coffee shops along the way and a farmers' market on Saturdays. The trail includes trail-heads, interpretive signage, and attractive landscaping. The Evansville Greenway will eventually connect with the Rivertown Trail at Angel Mounds.



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North Main & Virginia Street Trails

<https://www.walkbikeevv.org/trails>

Description: The North Main Street multi-use trail begins at Division Street and ends at Garvin Park and is a little over 1 mile of multi-use trail with a dedicated bike path and was complete in 2018.



The Virginia Street multi-use trail is a .6/mile connecting segment that runs from First Avenue to North Main Street. This trail was part of the North Main Street trail project and was open for use in early 2018.



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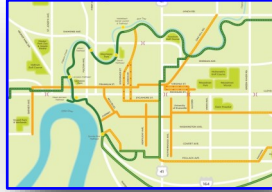
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Pigeon Creek Greenway Passage

<https://www.evansvillegov.org/city/topic/index.php?topicid=235>

Description: The Greenway Passage is a walking/jogging/biking trail along the Pigeon Creek and the Ohio Riverfront winds through the heart of Evansville. The 10-foot wide paved trail showcases the creek and the banks of the Ohio River in downtown as it connects neighborhoods and parks, business districts and nature areas. The Greenway is a place where you can run, skate, ride your bike or wheelchair, exercise your dog, stroll your baby, enjoy a leisurely walk, or train for an upcoming marathon.



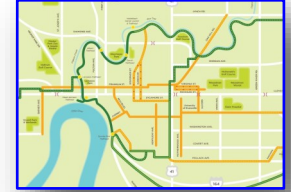
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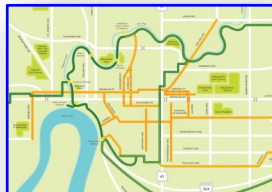
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Description: The Greenway Passage is a walking/jogging/biking trail along the Pigeon Creek and the Ohio Riverfront winds through the heart of Evansville. The 10-foot wide paved trail showcases the creek and the banks of the Ohio River in downtown as it connects neighborhoods and parks, business districts and nature areas. The Greenway is a place where you can run, skate, ride your bike or wheelchair, exercise your dog, stroll your baby, enjoy a leisurely walk, or train for an upcoming marathon.



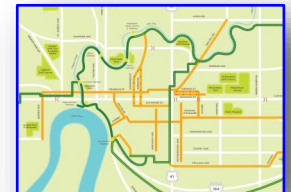
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SE First St/Haynie's Corner/Main St

Downtown Evansville

Description: If you're looking for a more simple and scenic place to walk, then look no further. It's flat and about two miles long (only one mile if you just stay on SE First). Start at the intersection of 1st Street and Locust (near Myriad Brewing) and walk to Adams and back. You can walk down one side of the street and back up the other to get a closer look at these beautiful, historical homes. Just watch your footing on some of the sidewalks. This is the perfect place to take your dog for a stroll as it would be at a more leisurely pace so you can enjoy the scenery.



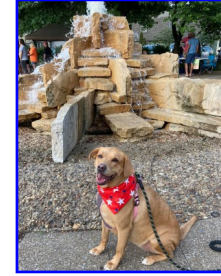
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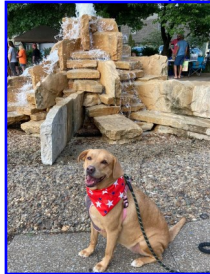
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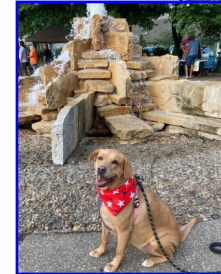
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State Hospital Park

3400 Lincoln Ave, Evansville

Description: Explore this 1.3-mile loop trail near Evansville, Indiana. Generally considered an easy route, it takes an average of 27 min to complete. This trail is great for trail running and walking, and it's unlikely you'll encounter many other people while exploring. The best times to visit this trail are February through November. Dogs are welcome, but must be on a leash.



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Sunset Skatepark

Description: Bring a skateboard, skates, and protective gear and try out the new Sunset Skatepark along the Evansville Riverfront. It's a state-of-the-art outdoor facility that provides fun and exercise for all ages. If that's not your speed, then try skating along the Greenway nearby.



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Vincennes Riverwalk

<https://visitvincennes.org/attractions/river-walk-downtown-vincennes/>

Description: The Riverwalk along the Wabash River is an exciting addition to Vincennes' offerings. Spanning Main Street to Hart Street with access from either street, the walk is perfect for anyone who enjoys nature. It features an observation deck for sight-seers, is open to walkers and bicyclists (non-motorized) and well-illuminated for moonlight strolls!



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Upgrade Bike Share

<https://www.walkbikeevv.org/bike-share>

Description: The Upgrade Bike Share fleet is in full operation and bikes are available at seven locations in the area. Download the Bloom app on your phone and pick up a bike in one of the seven area locations (including Ivy Tech) and go for a bike ride on one of the many trails in Evansville. The fee is \$3 for one hour or purchase a student membership for one year for \$30 or \$40 for employees.



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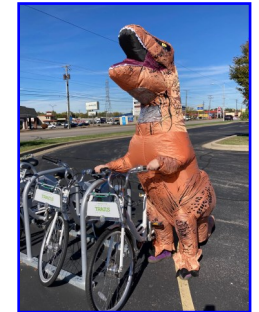
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USI-Burdette Trail

<https://www.usi.edu/media/687905/burdettetrail.pdf>

Description: This three-mile paved trail is the result of a USI/Burdette Park partnership. It is a diverse, interesting, and educational route for hikers, bikers, and runners. The scenic trail allows users to witness Southwestern Indiana's natural beauty while connecting a picturesque park with one of the nations most beautiful college campuses.



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Walnut Trail

Description: Explore the new Walnut Trail which runs from Vann Ave to Hwy 41 (then connects with the High Rail Trail at 41). You can also ride to the State Hospital Park, then on to Wesselman Park via the bridge. This flat, paved path is separate from the main road and passes through the University of Evansville Campus. It's great for walking, jogging, biking, and skating. Check it out!



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Wesselman Woods & Nature Preserve

551 N. Boeke Rd, Evansville, IN

<https://wesselmanwoods.org/>

Description: Wesselman Woods is a 200 acre old-growth forest preserve with a nature center, educational programs, and hiking trails. The mission of WW is to create experiences which connect people with nature, motivate them to lead sustainable lives and take action to protect wildlife and wild places. There is a \$5 fee to get into the nature preserve.



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