

Walk Across Kentucky

This nearly **two-mile** paved path around The Arboretum showcases the seven geophysical regions of Kentucky. As an ongoing project, the Walk currently has in place canopy trees for each of the regions and a native understory. A native prairie has also been planted along this trail. Large, informational signs describe the seven regions and detail the native plant and animal species.

After your walk, consider a visit to the beautiful Rose Garden for your cool down. Its more than 1,500 varieties make up the best collection of roses in Kentucky. Another option is the Home Demonstration Garden, comprised of many smaller gardens that provide home gardeners with ideas about gardening and landscaping.

Test Your Fitness

Use the chart below to measure your fitness level. Walking along the paved trails only, cover the greatest distance that you can in 12 minutes, running or walking. Be sure to warm up before beginning your walk and cool down afterwards.

Distance—Miles Covered in 12 Minutes

FITNESS CATEGORY		AGE (years)					
		13-19	20-29	30-39	40-49	50-59	60+
FAIR	men	1 ³ / ₈ -1 ¹ / ₂	1 ³ / ₈ -1 ¹ / ₂	1 ¹ / ₄ -1 ¹ / ₂	1 ¹ / ₄ -1 ³ / ₈	1 ¹ / ₈ -1 ¹ / ₄	1-1 ¹ / ₄
	women	1 ¹ / ₄	1 ¹ / ₈ -1 ¹ / ₄	1-1 ¹ / ₈	1-1 ¹ / ₈	1	7 ⁷ / ₈ -1
GOOD	men	1 ⁵ / ₈ -1 ³ / ₄	1 ¹ / ₂ -1 ⁵ / ₈	1 ¹ / ₂	1 ³ / ₈ -1 ¹ / ₂	1 ¹ / ₄ -1 ¹ / ₂	1 ¹ / ₄ -1 ³ / ₈
	women	1 ¹ / ₄ -1 ³ / ₈	1 ¹ / ₄ -1 ³ / ₈	1 ¹ / ₄	1 ¹ / ₈ -1 ¹ / ₄	1-1 ¹ / ₈	1-1 ¹ / ₈
EXCELLENT	men	1 ³ / ₄ -1 ⁷ / ₈	1 ⁵ / ₈ -1 ³ / ₄	1 ⁵ / ₈ -1 ³ / ₄	1 ¹ / ₂ -1 ⁵ / ₈	1 ¹ / ₂ -1 ⁵ / ₈	1 ³ / ₈ -1 ¹ / ₂
	women	1 ¹ / ₂	1 ³ / ₈ -1 ¹ / ₂	1 ¹ / ₄ -1 ³ / ₈	1 ¹ / ₄ -1 ³ / ₈	1 ¹ / ₄	1 ¹ / ₈
SUPERIOR	men	>1 ⁷ / ₈	>1 ³ / ₄	>1 ³ / ₄	>1 ⁵ / ₈	>1 ⁵ / ₈	>1 ¹ / ₂
	women	>1 ¹ / ₂	>1 ¹ / ₂	>1 ³ / ₈	>1 ³ / ₈	>1 ¹ / ₄	>1 ¹ / ₄

< Means "less than"; > means "more than."

The map is marked in 1/8-mile increments.

1. You have reached the end of the Children's garden site (1/8 mile).
2. The bench on the right is in memory of Frank and Marie Schabel (1/4 mile).
3. You are entering the Knobs region of central Kentucky and leaving the Mississippian Plateaus (3/8 mile).
4. On the left you will see a cluster of eastern red cedar trees (1/2 mile).
5. You are now entering the Appalachian Plateau region, a region in eastern Kentucky (5/8 mile).
6. As you enter this broad curve, you will be able to see the parking lot near the Greg Page apartments (3/4 mile).
7. In summer, enchanted outdoor audiences enjoy the Shakespeare festival that takes place downslope from the path (7/8 mile).
8. To the right is the picnic area. Nearby are large native black cherry trees and a livestock watering trough (1 mile).
9. As you enter the Bluegrass region, you will notice a sign describing this central Kentucky region (1 1/8 mile).
10. Stay on the paved path as you pass the two wood-chip entrances to The Arboretum Woods trail (1 1/4 mile).
11. You are entering the Shawnee Hills region of western Kentucky (1 3/8 mile).
12. The sign along the trail describes the Mississippian Embayment region, a far western Kentucky region (1 1/2 mile).
13. You are now back in the Shawnee Hills region, having left the Mississippian Embayment region (1 5/8 mile).
14. You are entering the Mississippian Plateaus region, a south-central Kentucky region (1 3/4 mile).
15. You have reached the end of the Walk Across Kentucky and your fitness test (1 7/8 mile). Bear left to return to the parking lot.



Optional Arboretum Woods Trail

Use your map to spot these outstanding features along the half-mile loop.

- A.** The wood-chip trail entrance to The Arboretum Woods.
- B.** Fork in the trail; bear right.
- C.** Path continues across an intersecting trail.
- D.** American basswood tree on the right.
- E.** Large chinquapin oak on the right—Arboretum's largest tree.
- F.** Black walnut tree on the left.
- G.** Path continues across an intersecting trail.
- H.** Very large bur oak tree on the left—Large bur oak fell during the ice storm, February 2003.
- I.** Fork in the Woods path, bear right.
- J.** End of The Arboretum Woods trail.

The Arboretum Woods Walk

An optional **half-mile** walking trail loops through The Arboretum Woods, a rare remaining fragment of Inner Bluegrass woodlands and 16 acres of forested beauty. Eighteen native Kentucky tree species cover the Woods, as well as more than 50 native Kentucky grasses and herbs. Some of the trees along the trail are labeled. The ongoing restoration of the Woods is devoted mainly to the removal of invasive plant species. Native understory shrubs and herbs will be reintroduced to the Woods.

Keep The Arboretum safe and beautiful!



- **Motorized vehicles** may only be operated on the entrance drive and parking lots.
- **Walkers have the right of way** on the Walk Across Kentucky path. Please pass on the left, and notify walkers in some way that you are passing.
- Feel free to **take pictures**, but please **don't pick** the flowers, weeds, seeds, or plant parts.
- Only **non-alcoholic beverages** are permitted.
- All pets must be **on a leash** and kept under control.
- Please **clean up** after your pets and your self. Trash cans are located throughout The Arboretum.
- Special **events** may be held at The Arboretum only **with permission**. Information: 257-6955.

For Your Safety

- Run, walk, or bicycle **with a partner** when possible.
- **Avoid** isolated and poorly lit areas.
- Carry a **phone**.
- Carry **identification**; it is very important to have it if you have an accident.
- **Avoid** headphones; they make you less aware of traffic sounds, dogs, and approaching strangers.
- **Dress** to be seen by traffic.
- Follow pedestrian **laws**.
- Wear a **helmet** while biking.

Special Events

Check the kiosk (near the main parking lot) and our Web site at www.uky.edu/Arboretum for updates on the frequent special events sponsored by The Arboretum.

Opportunities for Involvement

Do you like what you see? There are many ways to help support The Arboretum. Volunteers have numerous opportunities, from planting and pruning to giving tours and helping out with special events. Membership in The Friends of The Arboretum is another way to show support. Members receive a 10% discount at local gardening shops, invitations to "members only" events, and a subscription to The Friends of The Arboretum newsletter. For more information on volunteering or becoming a member, contact The Arboretum Office at (859) 257-6955. You can also visit our Web site at www.uky.edu/Arboretum or e-mail The Arboretum staff at arboretum@lsv.uky.edu.

Location

The Arboretum is located on Alumni Drive in Lexington, between Nicholasville and Bates Creek Roads.

The Arboretum is free and open to the public 365 days a year from dawn until dusk. (Motor vehicle entry is restricted during home football games.)

Arboretum Office:
The Arboretum
500 Alumni Drive
Lexington, Kentucky 40503
(859) 257-6955
E-mail: arboretum@lsv.uky.edu
www.uky.edu/Arboretum

Dorotha Smith Oatts
Visitation Center
Monday–Friday, 8:30 am–4:00 pm

UK Health and Wellness Program
116A Seaton Center
Lexington, Kentucky 40506-0219
(859) 257-9355 (WELL)
www.uky.edu/HR/wellness

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The Arboretum
State Botanical Garden of Kentucky

University of Kentucky and Lexington Fayette Urban County Government

Fitness & Nature Guide to the

WALK Across Kentucky



The Arboretum

celebrates nature, fosters

an understanding of **relationships between humans** and their **natural world**, provides **cultural opportunities** for the community, and serves as a **community center** for environmental education, horticulture, and urban forest renewal. **The Arboretum** emphasizes research on the environment and attention to conservation issues.

In 1991, one hundred acres of preserved green space in the heart of Lexington became the Lexington-Fayette Urban County Government Arboretum, a joint effort between the University of Kentucky and the local government.

In March 2000, The Arboretum was named the "Official State Botanical Garden for the Commonwealth of Kentucky". Educational programs are offered year-round at The Arboretum's Dorotha Smith Oatts Visitor Center.

Offering visitors a haven for passive recreation in a beautiful natural setting, the Arboretum is complete with attractions to interest everyone, from the most seasoned gardeners to those who want only to be outside among the trees.

Benefits of Exercise

- Stronger heart and lungs
- Increased level of HDL ("good") cholesterol in blood
- Lowered blood pressure
- Prevention of diabetes (adult-onset diabetes)
- Stronger bones
- Strong and toned muscles
- Weight control
- Improved productivity and level of energy
- Improved sleep
- Improved posture and appearance
- Reduced stress
- Reduced feelings of depression
- Improved overall sense of well-being

Sample exercise program for moderate fitness:

WOMEN

- Walk two miles in under 30 minutes at least three days a week, or
- Walk two miles in 30 to 40 minutes five to six days a week.

MEN

- Walk two miles in under 27 minutes at least three days a week, or
- Walk two miles in 30 to 40 minutes, six to seven days a week.