RUNNING & BIKING
For many it is a morning routine that keeps them healthy. For others, it’s a way of life that drives them to compete. Whatever your motivation, Indianapolis has an experience that will keep you moving during your visit to the city. Exploring on foot or by bicycle not only keeps you on pace for fitness goals, it is also the best way to connect and uncover the places and spaces you might otherwise miss. The city was recently named a ‘Top 15 Biking City’ by Bicycling Magazine and earned the ‘National Runner Friendly City of the Year Award’ by the Road Runners Club of America.

TRAIL DISTANCES

<table>
<thead>
<tr>
<th>Trail</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monon Trail</td>
<td>25</td>
</tr>
<tr>
<td>Fall Creek Trail</td>
<td>10.6</td>
</tr>
<tr>
<td>Indianapolis Cultural Trail</td>
<td>8</td>
</tr>
<tr>
<td>Central Canal Towpath</td>
<td>5.2</td>
</tr>
<tr>
<td>White River Wapahani Trail</td>
<td>4.7</td>
</tr>
<tr>
<td>Canal Walk</td>
<td>1.5</td>
</tr>
</tbody>
</table>

INDIANAPOLIS CULTURAL TRAIL
Named “the biggest and boldest step by any American city” by Project for Public Spaces, this internationally-acclaimed 8-mile biking and walking trail connects neighborhoods to downtown. The trail includes lush landscaping, storm-water bioswells, and an amazing collection of public art.

For more information, go to VisitIndy.com
INDY PARKS

Get outside and enjoy fresh air at these must-see parks.

WHITE RIVER STATE PARK
As America's only cultural urban state park, White River State Park’s 250 acres offer a unique blend of green space and cultural attractions. It is home to the scenic Central Canal.

EAGLE CREEK
One of the nation’s largest city parks, Eagle Creek Park covers over 3,900 acres. The park’s trails beckon to hikers and birders, its 1,400-acre lake welcomes fishermen and sailors.

FORT HARRISON STATE PARK
This former military-base-turned park offers walking and hiking trails, picnic sites, fishing access, a Pete Dye-designed golf course, and two national historic districts.

HOLLIDAY PARK
Widely known for the mythical ruins, this park features one of the city’s best, hard-to-leave playgrounds and two miles of picturesque trails that lead to the banks of the White River.

INDIANA PACERS BIKESHARE
Access to two wheels is easy with 525 bikes with 51 stations along the Indianapolis Cultural Trail, Monon Trail and other greenways. Check out, ride, and return to any station!

THE CENTRAL CANAL
This picturesque waterway runs 1.5 miles and is ideal for an afternoon run or an evening stroll. Bikes, surreys, pedal boats, and kayaks are available to rent.

HIT THE LINKS
If the links are calling, you are covered with a selection of courses including two featured on the state’s Pete Dye Golf Trail.

BRICKYARD CROSSING
Located on the grounds of the world-famous Indianapolis Motor Speedway, the course features four holes inside the oval. The Brickyard is ranked as one of America’s Top 100 public courses by Golf Digest.

THE FORT GOLF COURSE
This incredible course is unusually hilly for central Indiana. The Fort offers breathtaking views that are sure to delight any golfer.

ANNUAL RACES
Competitors travel to Indy to test themselves at spring’s 500 Festival Mini Marathon and fall’s Monumental Marathon. The Indy Crit lures bikers to race on city streets.

For more information, go to VisitIndy.com