Zuni Community Trails
Physical Activity Prescription

These six walking, running, biking trails were created to promote fitness and physical activity for Zuni community members. Use them to get fit and improve your health!

**Recommendation:** □ Walk □ Jog □ Run □ Bike this trail ____ times per week.

- **Wagon Trail**
  - Distance: 2 miles
  - Trailhead: Zuni Wellness Center
  - Terrain: Easy

- **K’yawaina Trail**
  - Distance: 5 miles
  - Trailhead: Black Rock Dam
  - Terrain: Easy

- **Wolf Trail**
  - Distance: 6 miles
  - Trailhead: North Sandy Springs
  - Terrain: Moderate

- **Badger Trail**
  - Distance: 2.5 miles
  - Trailhead: Silt Road, Lasiloo Sub.
  - Terrain: Moderate

- **Tsawanikya Trail**
  - Distance: 8 miles
  - Trailhead: Near Zuni Head Start
  - Terrain: Hard

- **Bear Trail**
  - Distance: 5 miles
  - Trailhead: Near Zuni Head Start
  - Terrain: Moderate

**Special Instructions:** ________________________________________________
_____________________________________________________________________
_____________________________________________________________________

**Signed:** __________________________________________________________
Zuni Community Trails Maps