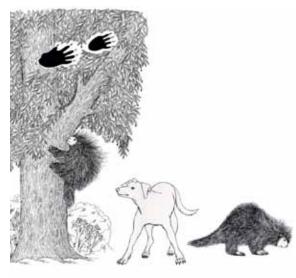


Look at and smell the many plant species that thrive here. Learn about and play like the animals that inspired the play stations. Make music with the outdoor instruments on the path as you stroll. Natural playgrounds and paths are becoming more popular across the nation because of their many benefits.



Footbridge Park illustrations by Sheri Amsel.

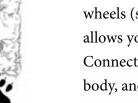


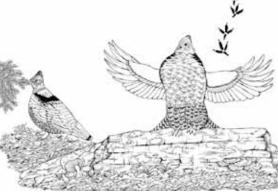
The Park encourages children to get outside, move, explore and enjoy nature. The path has benches along the way to rest and allows plenty of time to let the young ones play. Read a book, have a snack,

talk with friends or daydream by the river's edge at Footbridge Park.

This park was funded by a grant from the New York State Department of Health and *Creating Healthy Places*, a program of Essex County Public Health.







## Footbridge Park & Trail Loop

Elizabethtown, NY



## Welcome to Footbridge Park!

This park and natural play path are inspired by nature and made for the everyone in the community to enjoy. Whether on foot or wheels (stroller or wheelchair!) this path allows your senses to be engulfed by nature. Connecting to nature rejuvenates the mind, body, and spirit. Take a walk today!