



St. Mary's County Walking Maps & Resources

The Healthy St. Mary's Partnership's Environmental Health Action Team developed a digital resource to highlight walking activities in St. Mary's County. This resource features information on the following:

- Local walking groups
- Health benefits of walking
- Walking guides
- Neighborhood walking maps
- Recreation & Park's trail and park maps
- Health observances that celebrate walking



**Scan this code to access
Walking Maps & Resources!**