

Centennial Trail

Option for Wellness

Wide paved and dirt pathway with a gentle grade providing multiple out and back walks near the city.

2.7 Miles - Total

Average Slope - 1.6 %

Calories Burned:

330 -calories (kcal) one direction



*Average Fast Food Burger-
300-400 calories*

*Average Beer or Soda-
150 Calories*

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0 0.13 0.25 0.5 Miles



Disclaimer: Calories burned are estimated and based on a 150 lb person carrying a 2 pound pack, walking at 2.5 miles per hour. Trail slope grade was factored.

