

How to Use This Map

Conner Creek Greenway (9 miles): This greenway stretches from 8 mile Rd. to the Detroit River. Use this map to plan walks and explore the eastside community neighborhoods. The walking routes along this greenway are between 1 and 2 miles long. Below are descriptions of the routes with points of interest marked by a number in parentheses (). Choose a route and start walking!

Milbank Trailhead (1 mile): This route takes you around St. John Health Conner Creek Village (3) and past the Chrysler Conner Ave. Assembly Plant (2) - home of the Viper. On this route you will also pass by the American Serbian Memorial Hall (1).

Lipke Park (1.3 miles): Enjoy the peaceful neighborhood streets of this route on your way to Lipke Park Recreation Center (4) where you may swim in one of its indoor pools. Nearby on E. Outer Dr. you will also find Bara International Miracle Church (6) and a retail area with fresh fruits and vegetables (5).

Mt. Olivet Cemetery (2 miles): This route is a pleasant walk past Mt. Olivet Cemetery (7). You will also pass Optimist Playground (10) heading towards Brenda Scott Middle school (9) and Osborn High School (8). Both schools have running tracks you can walk on which are 0.25 miles long.

Conner Playfield Park (1 mile): This newly landscaped route is a shaded walk near the historic Gethsemane Cemetery (13). It is also close to the Detroit City Airport (14), the WCCDC (29) and the former Hudson Body/Cadillac Stamping Plant (12).

WCCCD Campus (0.6 miles): This route is a nice walk within the Wayne County Community College District (WCCCD) eastern campus (15) and is also near the Samaritan Center (16).

Chandler Park (1.5 miles): On this route you will walk through Chandler Park near Immanuel Lutheran Church (18). A short way down Conner St. you will also find Friends of Parkside (28) and a retail area where you can get groceries (26).

Saint Jean St. (1.8 miles): This route takes you past Liberty Motor Co. (19), a historic site of the early auto boom. You will also walk near Southeastern High School (20) and past the Chrysler-Jefferson Assembly Plant (24).

Maheras Gentry Park (2 miles): This route is near the Detroit Water and Sewerage Facility (21). You'll pass East Lake Missionary Baptist Church (22), the historic Berry Brothers Motor Co. (23), and the Conner Creek Power Plant (27). Bring a picnic and stop at the Fish Pond and Picnic Center (25) near the river.

Health, Safety and Walking Tips

WALK FOR HEALTH:

- A little walking everyday will help keep you healthy and energized.
- Walking is by far the simplest mode of transportation. Try to walk to places you would normally drive to.
- Walking can help lower your blood pressure and decrease the risk of heart disease.

SAFETY TIPS:

- Observe traffic signs and walk facing the traffic.
- Always walk with a partner, in groups or tell someone where you are going.
- Stay alert to your surroundings.
- Carry ID in case of emergency.
- Carry a cell phone or change for a public telephone.

WALKING TIPS:

- Wear comfortable shoes.
- In hot weather wear a hat to protect you from the sun.
- Take a bottle of water to keep hydrated.
- Wear bright colored or reflective clothing so that drivers can see you.
- Don't forget to use sun block!

For more information about HEP please contact

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Lean and Green In Motown

EASTSIDE WALKING MAP



The Lean and Green in Motown walking map was developed by the Healthy Environments Partnership (HEP), a community-based participatory research (CBPR) partnership working to promote heart health in Detroit.

THE HEP PARTNERSHIP INCLUDES:

Brightmoor Community Center

Detroit Department of Health and
Wellness Promotion

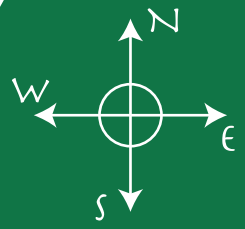
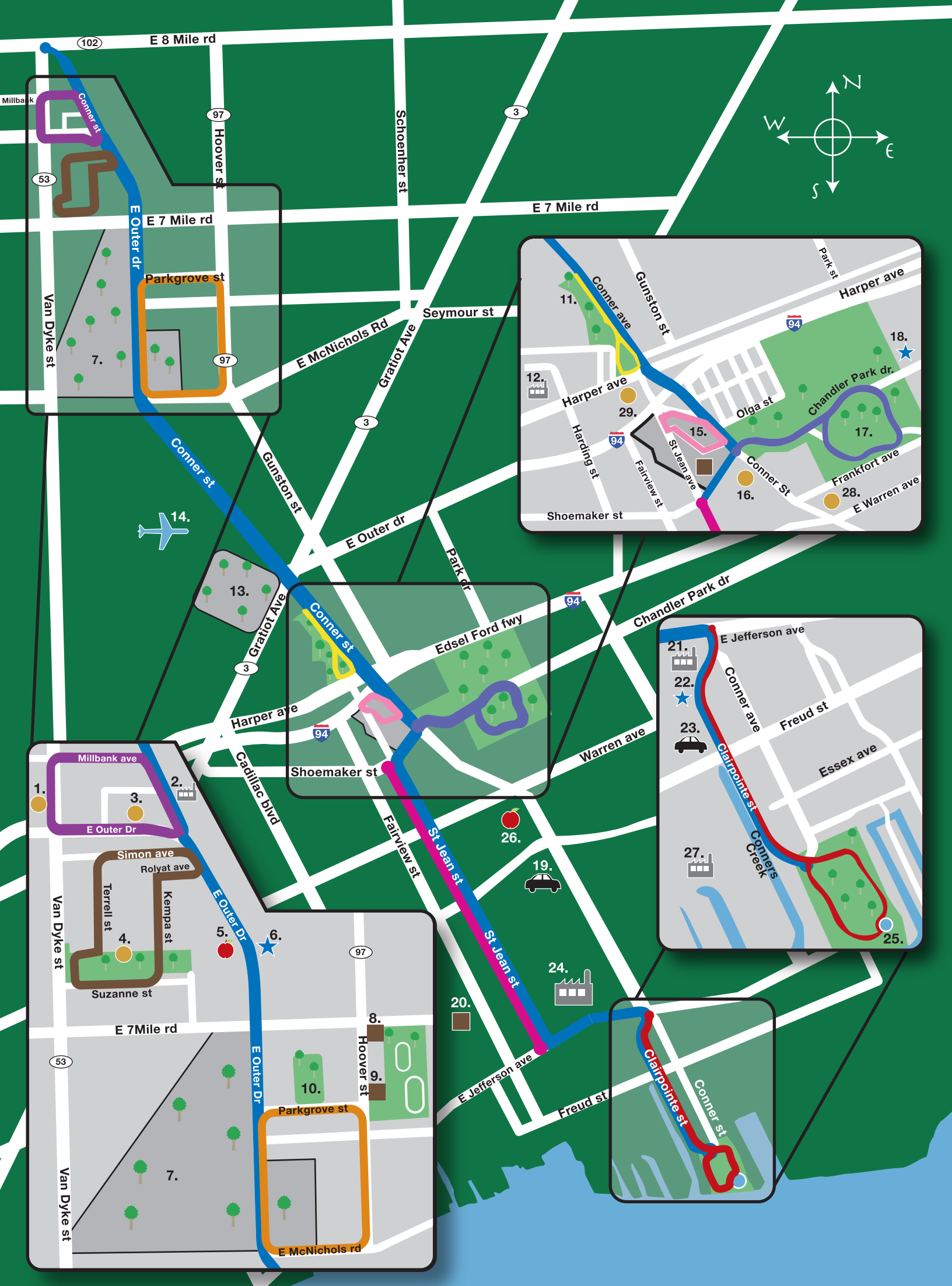
Detroit Hispanic Development Corporation

Friends of Parkside

Henry Ford Health System

Rebuilding Communities Inc.

University of Michigan School of Public Health



LEGEND

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|-----------------------|-------------------|---------------------|
| Conner Creek Greenway | Mt. Olivet | Chandler Park |
| Milbank Trailhead | Conner Playfield | St. Jean Street |
| Lipke Park | WCCCD Campus | Maheras Gentry park |
| School | Places of Worship | Parks |
| Community Centers | Factories | Retail Center |
| Airports | Motor Co. | Cemeteries |