

VISIT
Indy

**WHITE RIVER
STATE PARK:
THE LARGEST URBAN
STATE PARK IN THE COUNTRY**

Active in Indy

RUNNING & BIKING

For many it is a morning routine that keeps them healthy. For others, it's a way of life that drives them to compete. Whatever your motivation, Indianapolis has an experience that will keep you moving during your visit to the city. Exploring on foot or by bicycle not only keeps you on pace for fitness goals, it is also the best way to connect and uncover the places and spaces you might otherwise miss. The city was recently named a 'Top 15 Biking City' by *Bicycling Magazine* and earned the 'National Runner Friendly City of the Year Award' by the Road Runners Club of America.



TRAIL DISTANCES

	<i>miles</i>
Monon Trail	25
Fall Creek Trail	10.6
Indianapolis Cultural Trail	8
Central Canal Towpath	5.2
White River Wapahani Trail	4.7
Canal Walk	1.5

INDIANAPOLIS CULTURAL TRAIL

Named "the biggest and boldest step by any American city" by Project for Public Spaces, this internationally-acclaimed 8-mile biking and walking trail connects neighborhoods to downtown. The trail includes lush landscaping, storm-water bioswells, and an amazing collection of public art.



330
Steps to the top of the Soldiers & Sailors Monument for an eagle-eye view of Indianapolis.



For more information, go to VisitIndy.com

INDY PARKS

Get outside and enjoy fresh air at these must-see parks.



WHITE RIVER STATE PARK

As America's only cultural urban state park, White River State Park's 250 acres offer a unique blend of green space and cultural attractions. It is home to the scenic Central Canal.



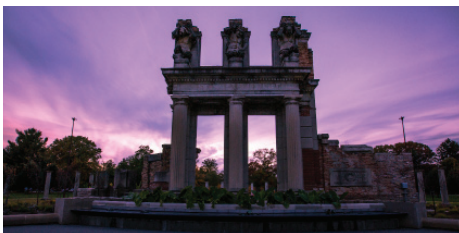
EAGLE CREEK

One of the nation's largest city parks, Eagle Creek Park covers over 3,900 acres. The park's trails beckon to hikers and birders, its 1,400-acre lake welcomes fishermen and sailors.



FORT HARRISON STATE PARK

This former military-base-turned park offers walking and hiking trails, picnic sites, fishing access, a Pete Dye-designed golf course, and two national historic districts.



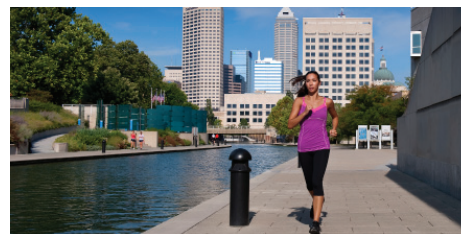
HOLLIDAY PARK

Widely known for the mythical ruins, this park features one of the city's best, hard-to-leave playgrounds and two miles of picturesque trails that lead to the banks of the White River.



INDIANA PACERS BIKESHARE

Access to two wheels is easy with 525 bikes with 51 stations along the Indianapolis Cultural Trail, Monon Trail and other greenways. Check out, ride, and return to any station!



THE CENTRAL CANAL

This picturesque waterway runs 1.5 miles and is ideal for an afternoon run or an evening stroll. Bikes, surreys, pedal boats, and kayaks are available to rent.

HIT THE LINKS

If the links are calling, you are covered with a selection of courses including two featured on the state's Pete Dye Golf Trail.



BRICKYARD CROSSING

Located on the grounds of the world-famous Indianapolis Motor Speedway, the course features four holes inside the oval. The Brickyard is ranked as one of America's Top 100 public courses by *Golf Digest*.



THE FORT GOLF COURSE

This incredible course is unusually hilly for central Indiana. The Fort offers breathtaking views that are sure to delight any golfer.



ANNUAL RACES

Competitors travel to Indy to test themselves at spring's 500 Festival Mini Marathon and fall's Monumental Marathon. The Indy Crit lures bikers to race on city streets.



For more information, go to VisitIndy.com