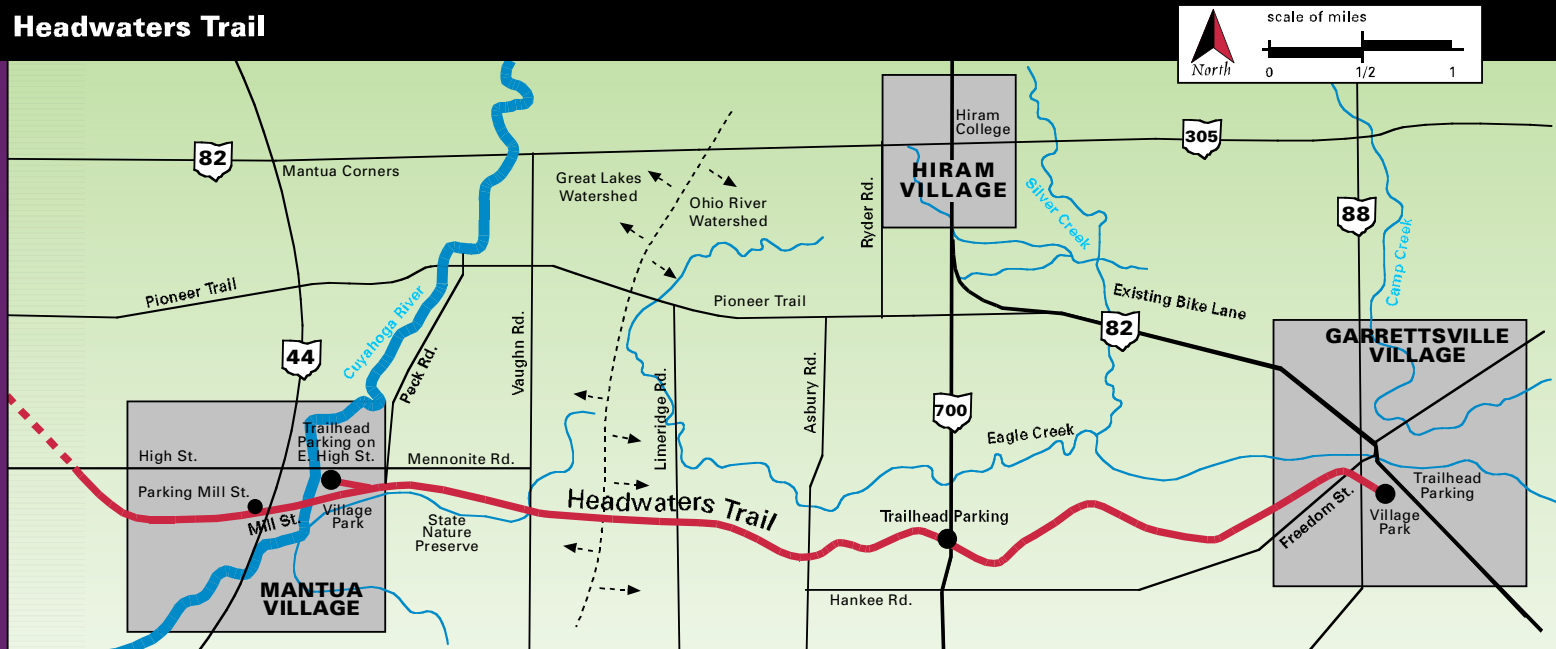


# Headwaters Trail



## Benefits of Trails and Greenways

Trails and greenways positively impact individuals and improve communities by providing not only recreation and transportation opportunities, but also by influencing economic and community development. Some of the many trails and greenways benefits include:

- making communities better places to live by preserving and creating open spaces;
- encouraging physical fitness and healthy lifestyles;
- creating new opportunities for outdoor recreation and non-motorized transportation;
- strengthening local economies;
- protecting the environment; and preserving culturally and historically valuable areas.



## Regional Trails existing and proposed

