Newport
Pedestrian and Bike Trails

CITY OF NEWPORT · EST. 1889 · SETTLED IN 1837

South St. Paul

Mississippi River

I-494

St. Paul

Inver Grove Heights

Oliver Overlook
6th Street Fishing Pier

Grove Overlook

Riverwood Blvd Overlook

Cedar Ln

21st St

FS-1

Lions Park

Red Rock Commuter Rail Station

Maxwell Ave

61

Marko House

Pioneer Park

Armstrong-Yelland House

10th St

12th St

17th St

20th St

4th Ave

Elementary School

7th Ave

Red Rock Cemetery

6th St

Library

City Hall

Train Tower

Hastings Ave

Community Garden

FS-2

Busy Beaver Park

Public Works/ Compost Site

Bailey Rd

2nd St

10th Ave

11th Ave

Red Rock/ Eyah Shah

Mission Building

Newport Bailey School Forest Park

Glen Rd

65th St S

Newport Cemetery

Loveland Park

St. Paul Park

Park Entrance/ Parking

to Wild Canyon Bike Trail

Park Entrance/Parking

Century Ave

Military Rd

Bailey Rd

Woodbury

Cottage Grove

to La Lake Trail System

Trail Legend

Trail	Distance
4th Avenue	3.1 miles
7th Avenue	2.8 miles
paved trail	
Maxwell/Bailey Road	3.4 miles
Hastings Avenue	3.4 miles
Glen Road	1.3 miles
10th Avenue	1.4 miles
Bailey School Forest Park	1.4 miles
Loveland Park	1.0 mile

W N E S

0   0.25   0.5 Mile
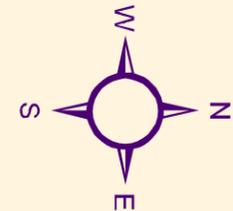
Calorie Counter

The "Net Calorie Burn" measures calories burned, minus basal metabolism. Scientists consider this the best way to evaluate the actual calorie-burn of any exercise. The walking formulas apply to speeds of 3 to 4 miles per hour. The average human walking speed is about 3 miles per hour. At 5 miles per hour and faster, walking burns more calories than running.

	Your Total Calorie Burn/Miles	Your Net Calorie Burn/Miles
Running	.75 x your weight (lbs)	.63 x your weight (lbs)
Walking	.53 x your weight (lbs)	.30 x your weight (lbs)

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Washington County

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