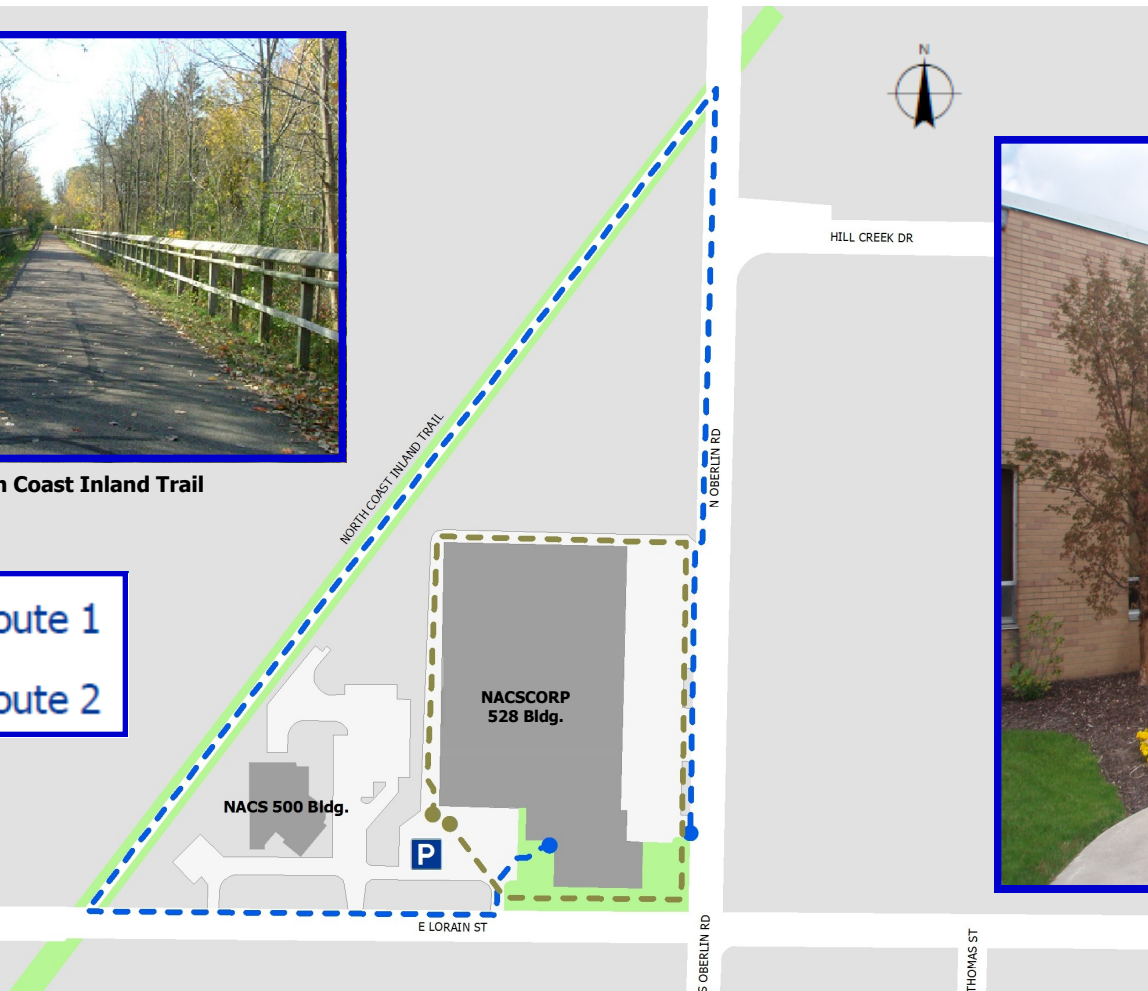
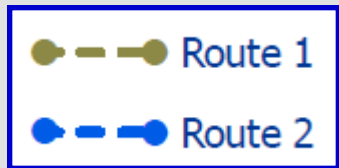


The NACS facility is located in Oberlin, one mile east of the Oberlin downtown commercial area. The campus has pleasant tree lined grassy areas on three sides. Behind the 500 building, is a nicely landscaped pavilion with picnic tables. The facility is bordered on the west by the North Coast Inland Trail. This multi-use 'rail-trail', formerly known only as the Oberlin Bike Path, has been expanded in both directions and now expands 15 miles from Elyria to Kipton, Ohio.

<b>ESTIMATED STATISTICS:</b>	Distance: 0.47 mile	Steps: 950	Time: 10 minutes	Calories Burned: 50	Route Type: Sidewalks, parking lot, bike path
<b>ESTIMATED STATISTICS:</b>	Distance: 0.70 mile	Steps: 1400	Time: 20 minutes	Calories Burned: 70	Route Type: Sidewalks, parking lot, bike path



North Coast Inland Trail



Developed in partnership with:



For more information please visit: <http://www.livehealthyloraincounty.com>

Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication (journal article, etc.) was supported by Grant Number 2B01DP009042-09 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.