

KISSIMMEE CIVIC CENTER'S Lakefront Trail

Color	Time to Each Marker	Speed	Pace
Yellow	2:30 minutes	6 mph	Jogging
Red	3:40 minutes	4 mph	Fast Walking
Blue	5:00 minutes	3 mph	Walking



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- Total course is 3 miles
- Markers are placed every 1/4 mile
- Stop watches are available at the Civic Center



CIVIC CENTER

Mon - Thur - 6:30 am - 9:00 pm

Fri - 6:30 am - 7:00 pm

Sat - 9:00 am - 1:00 pm



Basketball Court



Horse Shoe Pit



Playground



Sand Volleyball Courts



Picnic Pavillion



Restrooms

7:30 am - 8:30 pm



Telephone

Contact the friendly staff
at the Kissimmee Civic Center
for more information on
walking/running groups
and other great fitness options.

KISSIMMEE
Civic Center

(407) 935-1412

201 E. Dakin Ave.

Kissimmee, FL 34741