|  |  |  |
| --- | --- | --- |
| Fitness Stations | No | A fitness trail begins behind the Visitor's Center, and includes eight stations, with signs showing how to use the workout equipment effectively. |
| Nature Trails | No | Marsh, woodland, and prairie nature trails begin at the visitors center, and include interpretive signs. |
| Running/Walking Paths | No | Well-marked running and walking paths of varying lengths are available throughout the park. |
| Climbing Area | Yes | A rock climbing area is available on the north end of the park. Reservations must be made in advance, and equipment checked out at the visitor's center before you begin climbing. |
| Team Sports | Yes | Soccer fields, baseball diamonds, tennis courts, and basketball courts are available, but require advanced registration. |