

# Trail Map

& NATURE GUIDE



# Hit The Trails

AND EXPLORE YOUR COMMUNITY



Get out and get going on our system of sidewalks, paved trails and golf cart paths that span several miles throughout Epperson, connecting residents to amenities and each other. Cycle, walk, jog or skate. Whatever your route, you'll find fun and adventure along your path.

## LACE UP, CHARGE UP, BUCKLE UP!

Physical activity is essential for good health and a happy life, and our multi-modal trails give residents countless ways to play, socialize, and get active. Skate with the kids to a neighbor's house, enjoy a morning walk to the dog park, or take the EV cart down to the Lagoon for an afternoon of family fun. Our trails were designed with convenience, connectivity, and community in mind, meaning residents can step out their front door and soon be on their way.

## HEALTH + WELLNESS

# Benefits

Getting outside and active is good for you!

- From physical to emotional health, something as simple as a 30-minute walk has a significant impact on overall wellbeing.
- Regular physical activity helps prevent heart disease, type two diabetes, and high blood pressure. It may also control cholesterol levels and slow bone loss associated with aging.
- 150 minutes of exercise per week (about 21 minutes per day) could potentially lower the risk of premature death by 33%.
- Regular outdoor exercise significantly improves self-esteem and mood, and reduces stress and anxiety.
- Community pathways offer a safe way to exercise alone or with friends, walk or bike to run errands, commute to school, or visit neighbors.

## DISCOVER THESE ELEMENTS ALONG YOUR WAY



### METRO LAGOON

Stop by the Epperson Metro Lagoon, which spans 7.5 acres. Crystal clear blue water surrounded by shores of resort-style fun, cabanas, bars, and sandy beaches await.



### EAGLE PARK

9-acre Eagle Park offers fitness stations, a playground, dog parks, access to King Lake, and much more. Enjoy a wilderness walk through the park, where you might catch a glimpse of our resident bald eagles.



### ELAM PARK

Walk, bike, or ride your golf cart to Elam Park in north Epperson. This community park includes fitness stations, a tot lot, dog park, and an open play field.



### 4 DOG PARKS

Small and large Dog Parks are a perfect spot for people and pets to gather. Make new dog friends, play fetch and let furry residents run wild and off leash.



### 5 TOT LOTS

Just like adults, kids need their own space! Invite a best friend for a play date at a nearby Tot Lot, complete with dynamic play structures for kids to climb up, jump around and slide down.



### BUTTERFLY PARK

Butterfly Park is an idyllic spot to appreciate nature. Enjoy a morning stroll, have a picnic on the lawn or connect with neighbors. Our parks are designed to bring people outside and together.



### STREETLEAF LIGHTS

Streetleaf is Metro Places' first-of-its-kind solar streetlight system that lights our trail system. Reduced energy, nighttime security, and smart technology to dim during inactivity are just a few of their innovative features.

## STEP INTO NATURE

Our miles of trails wind along lush Florida landscape, preserve wetlands, ponds, and lakes, connecting residents to community spaces and beautiful parks like Elam Park and Eagle Park. Shaded by grand oak canopies, Eagle Park offers a wilderness lake retreat on the banks of King Lake. This unique park and its surrounding wetlands are also home to diverse wildlife. For adults and children alike, there is nothing like the wonder of nature to peak curiosity, forging powerful lifelong connections with the natural environment.

## TRAIL ETIQUETTE

Help us keep the trails safe and accessible to all residents by following common trail etiquette:

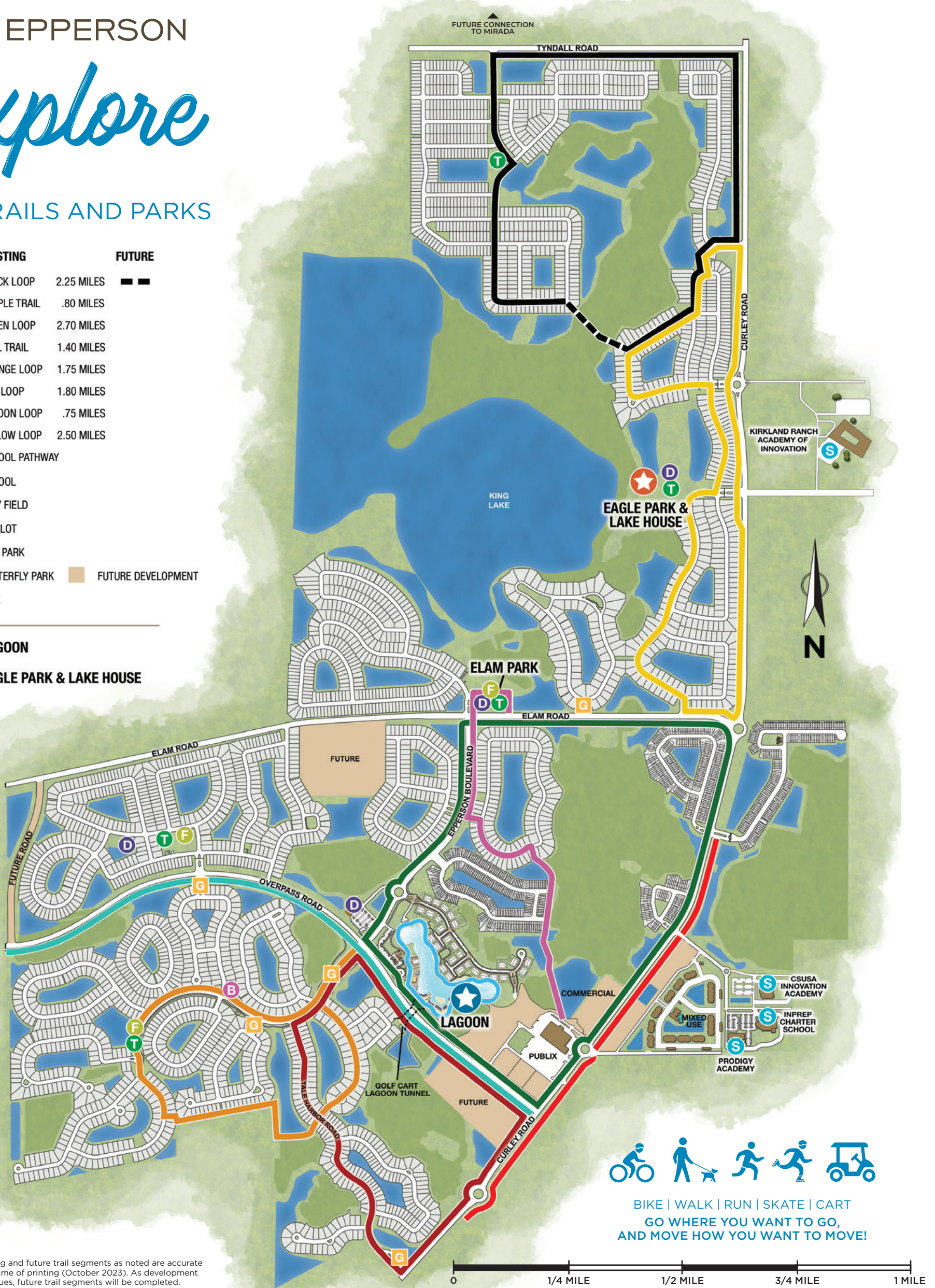
- Be courteous and respectful of fellow trail users
- Use the right side of the trails, leave the left for passing
- Know your right of way as a pedestrian, cyclist, etc
- Stay alert, listen for audible signals and allow other trail users to pass
- Do not disturb wildlife
- Dogs on the trails must be leashed at all times
- Help keep our paths clean, no littering please



# Explore

## OUR TRAILS AND PARKS

- | EXISTING |                         | FUTURE     |
|----------|-------------------------|------------|
|          | BLACK LOOP              | 2.25 MILES |
|          | PURPLE TRAIL            | .80 MILES  |
|          | GREEN LOOP              | 2.70 MILES |
|          | TEAL TRAIL              | 1.40 MILES |
|          | ORANGE LOOP             | 1.75 MILES |
|          | RED LOOP                | 1.80 MILES |
|          | LAGOON LOOP             | .75 MILES  |
|          | YELLOW LOOP             | 2.50 MILES |
|          | SCHOOL PATHWAY          |            |
|          | SCHOOL                  |            |
|          | PLAY FIELD              |            |
|          | TOT LOT                 |            |
|          | DOG PARK                |            |
|          | BUTTERFLY PARK          |            |
|          | GATE                    |            |
|          | FUTURE DEVELOPMENT      |            |
|          | LAGOON                  |            |
|          | EAGLE PARK & LAKE HOUSE |            |



Existing and future trail segments as noted are accurate as of time of printing (October 2023). As development continues, future trail segments will be completed.



BIKE | WALK | RUN | SKATE | CART  
GO WHERE YOU WANT TO GO,  
AND MOVE HOW YOU WANT TO MOVE!

## THE BIRDS & CRITTERS OF EPPERSON - HOW MANY CAN YOU SPOT?



**LIMPKIN**  
Only found in Florida & Southern Georgia



**TRICOLORED HERON**  
Adults are a beautiful mix of blue-gray, lavender, and white



**BALD EAGLE**  
Nesting season is from October 1 to May 15



**SNOWY EGRET**  
Can be identified by their bright yellow feet



**LITTLE BLUE HERON**  
Heads change from purple-gray to a dark red during breeding periods



**SANDHILL CRANE**  
Known for their red crown, often seen in pairs



**SOUTHEASTERN AMERICAN KESTREL**  
The smallest falcon in the United States



**SOUTHERN FOX SQUIRREL**  
The largest tree squirrel at 10-15 inches in length