

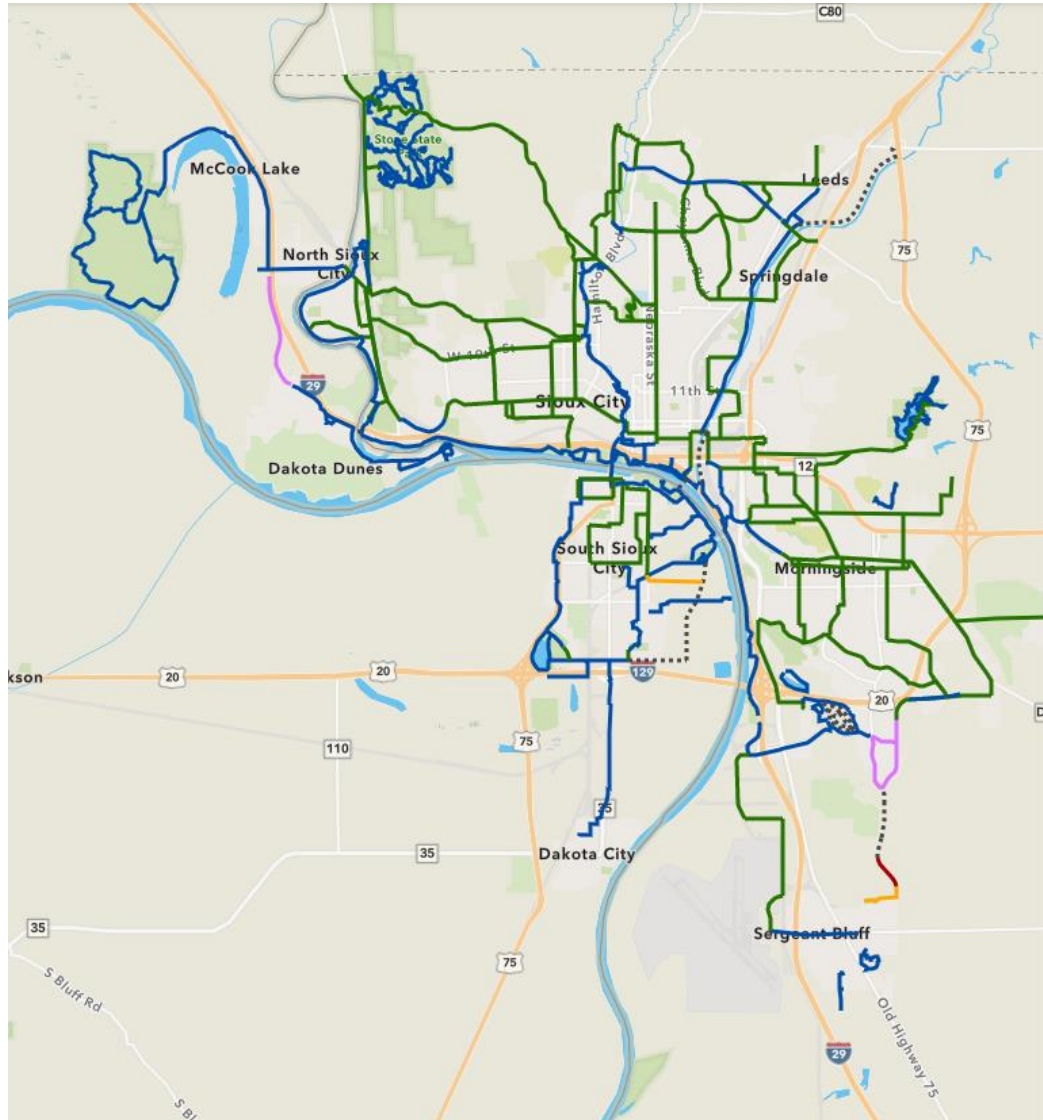


# Walking Resource Guide

## Free or low-cost walking locations in Siouxland

It is recommended that adults get in 150 minutes of moderate-intensity exercise, such as walking, each week.  
Aim for 30 minutes of walking five days a week or 10 minutes of walking several times a day.

## Siouxland Walking Trails



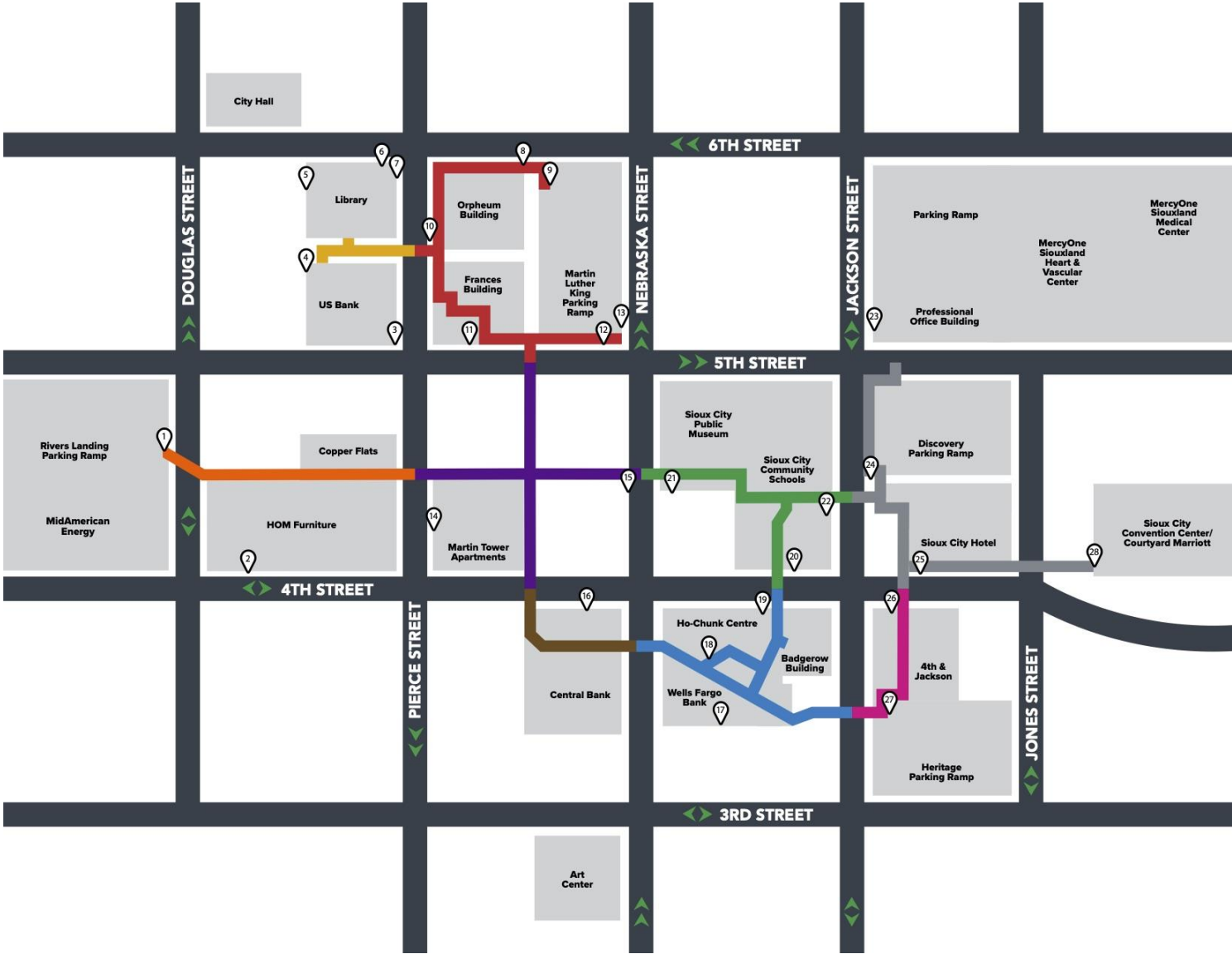
### Legend

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- Existing Trail
- Existing Shared Roadway
- ..... Future Trail
- Programmed Trail 2023
- Programmed Trail 2024
- Programmed Trail 2025

- Adam’s Homestead and Nature Preserve
- Bacon Creek Park Trail
- Big Sioux River Trail
- Chautauqua Park Trail
- Cone Park Trail
- Crystal Cove Park Trail
- Dakota Dunes Trail
- Floyd River Trail
- Freedom Park Trail
- Highway 12 Trail
- I-29 Trail
- Lewis and Clark Trail
- Perry Creek Trail
- Prairie Park Trail
- Sergeant Bluff Community Trails
- Sertoma Park Trail Loop
- Singing Hills Trail
- Stone State Park
- Western Iowa Tech Community College Trail

# Sioux City Skywalk



## SKYWALK MAP

**HOURS**  
 Monday - Saturday 6:30AM - 10:00PM  
 Sunday 9:00AM - 5:30PM

**DISTANCES**

Rivers Landing Ramp to Discovery Ramp	.33 miles (4 blks)
Rivers Landing Ramp to Heritage Ramp	.4 miles (5 blks)
Rivers Landing Ramp to MercyOne Siouxland Medical Center	.5 miles (6 blks)
Sioux City Hotel to Ho-Chunk Centre	.1 miles (1 1/3 blks)
Sioux City Hotel to SC Convention Center/Courtyard	.2 miles (1 1/5 blks)
Sioux City Hotel to HOM Furniture	.25 miles (3 blks)

Ground Level Entrance



## Other community walking locations



### [Southern Hills Mall](#)

[4400 Sergeant Rd, Sioux City, IA 51106](#)

Cost: Free

Mall Walking Hours

Monday – Saturday 8:00 a.m. – 8:00 p.m.

Sunday 10:00 a.m. – 5:00 p.m.

Call to confirm hours 712-274-0109



### [Expo Center](#)

[550 Expo Center Drive, Sioux City, IA 51101](#)

Walking Hours: Monday – Friday, 8:00 a.m. – 4:30 p.m.

Cost: \$2/time

\$25/four months

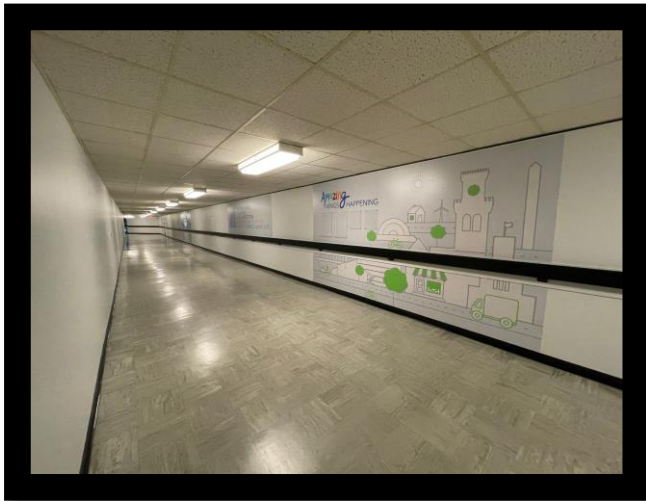
\$100/year



[Four Seasons Health Club](#)

[1600 7<sup>th</sup> St. Sioux City, IA 51101](#)

Cost: \$5/day access to walking track only. Will be required to wear wristband.



[UnityPoint Health St. Luke's Tunnels](#)

[2720 Stone Park Boulevard Sioux City, IA 51104](#)

Cost: Free

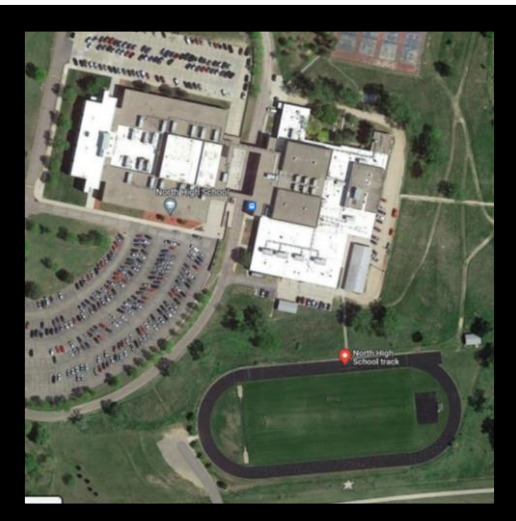
Walking Hours: COMING SOON



### Sioux City East High School Track

[3300 Cypress Street Sioux City, IA 51106](#)

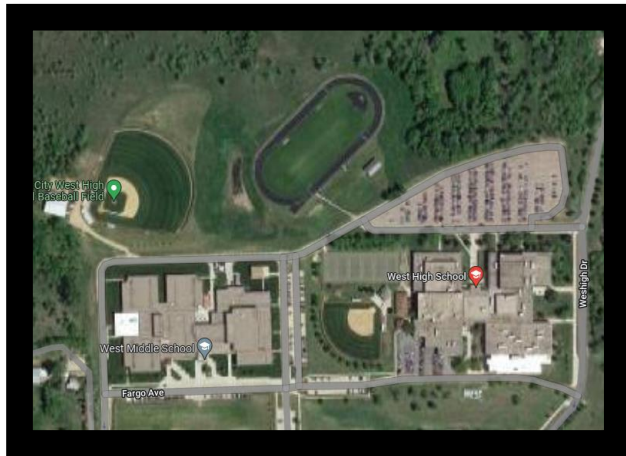
Cost: Free Walking Daily - unless school event is occurring



### Sioux City North High School Track

[Parking of off Outer Dr. N Sioux City, IA 51104](#)

Cost: Free Walking Daily- unless school event is occurring



## Sioux City West High School Track

[2001 Casselman St. Sioux City, IA 51103](#)

Cost: Free Walking Daily - unless school event is occurring



## [Sergeant Bluff Community Center](#)

[903 Topaz Drive Sergeant Bluff, IA 51054](#)

Cost: Free

Hours: Monday – Friday 9:00 a.m. – Noon

\*\*Currently Closed – Will reopen after new floor is installed. Hopefully in Sept. 2022.

Do you have a location that you would like to add to the walking resource guide? Simply e-mail [mlewis@siouxlanddistricthealth.org](mailto:mlewis@siouxlanddistricthealth.org) with facility information.

