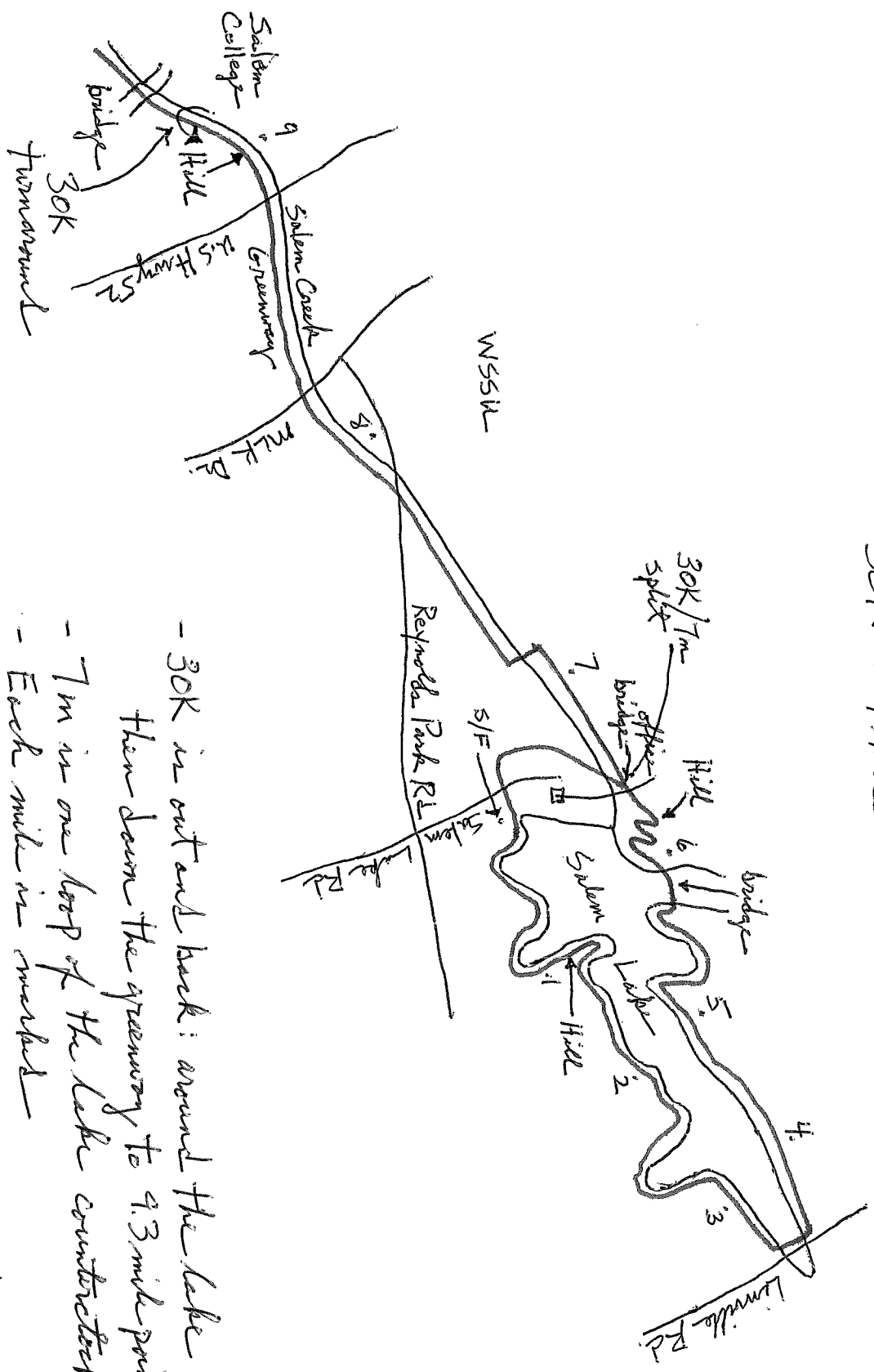


SALEM LAKE TRAIL & GREENWAY

30K & 7 mile



- 30K in out and back: around the lake counter-clockwise then down the greenway to 9.3 mile point & return
- 7m in one loop of the lake counter-clockwise
- Each mile in marked
- Notes at 3.5, 6.5, 9.3, 12.1, and 15.1 miles
- Hills: see map