

EAST LAKE TRAIL MAP



Legend

Sign Locations

Trail Loops

- Cornerstone (0.9mi)
- East Lake (2.5mi)
- Lake Shore (1.3mi)
- Mallard Shores (1.0mi)
- North Bay (0.6mi) (future)
- North Creek (0.6mi)

**City of Lakeville
Parks & Recreation Dept.
(952) 985-4600
www.lakevillemn.gov**



*ENJOY LAKEVILLE'S TRAILS
ACTIVE RESIDENTS = HEALTHY RESIDENTS*

*THIS MAP MADE POSSIBLE
THROUGH A GRANT FROM THE
DAKOTA COUNTY
PUBLIC HEALTH DEPARTMENT*

A Calorie Calculator

The "Net Calorie Burn" measures calories burned, minus basal metabolism. Scientists consider this the best way to evaluate the actual calorie-burn of any exercise. The walking formulas apply to speeds of 3 to 4 mph. The average human walking speed is about 3 miles per hour. At 5 mph and faster, walking burns more calories than running.

	Your Total Calorie Burn/Mile	Your Net Calorie Burn/Mile
Running	.75 x your weight (in lbs.)	.63 x your weight
Walking	.53 x your weight	.30 x your weight

