At Riverfront Park, start at the main parking lot by the pond. Run a 1.5-mile loop along paved paths around the pond. Explore multiple dirt trails off the main path. For a longer run, continue west from Riverfront Park under the S Billings Blvd bridge to Norm’s Island. Maps of Norm’s Island trails are available at the kiosk on the south side of Wendell’s Bridge.

GO BIKE

(1-5 miles) From the intersection of Shiloh Road and Rimrock Road: Ride west on Rimrock Road until it splits in a Y. Stay left and turn left onto 64th Street, then take a right onto Grand Ave. When it ends, turn left onto 88th Street, then right on Lipp Road. At the end of Lipp Road, turn right onto Buffalo Trail and ride up three large hills (about 10 miles) until it ends at Molt Road. Turn right on Molt Road and go down three hills until it merges back with Rimrock Road at the Y.

GO WALK

(1-5 miles) From the historic Billings Depot on Montana Avenue, walk west to the Western Heritage Center. Turn north on 29th Street, Walk to 2nd Ave N and head west to the Moss Mansion at Division Street. Return on 2nd Ave N to many cafes, restaurants and shops near the SkyPoint at the center of downtown. Walk north on Broadway past Alberta Bair Theater and Parmly Billings Library. For a longer walk, cross 6th Ave, head west, then turn north at 3rd Street to Pioneer Park.

GO RUN

(1-5 miles) At Riverfront Park, start at the main parking lot by the pond. Run a 1.5-mile loop along paved paths around the pond. Explore multiple dirt trails off the main path. For a longer run, continue west from Riverfront Park under the S Billings Blvd bridge to Norm’s Island. Maps of Norm’s Island trails are available at the kiosk on the south side of Wendell’s Bridge.

SUGGESTED ROUTES

GO BIKE

(1-5 miles)  At Riverfront Park, start at the main parking lot by the pond. Run a 1.5-mile loop along paved paths around the pond. Explore multiple dirt trails off the main path. For a longer run, continue west from Riverfront Park under the S Billings Blvd bridge to Norm’s Island. Maps of Norm’s Island trails are available at the kiosk on the south side of Wendell’s Bridge.

GO WALK

(1-5 miles) From the historic Billings Depot on Montana Avenue, walk west to the Western Heritage Center. Turn north on 29th Street, Walk to 2nd Ave N and head west to the Moss Mansion at Division Street. Return on 2nd Ave N to many cafes, restaurants and shops near the SkyPoint at the center of downtown. Walk north on Broadway past Alberta Bair Theater and Parmly Billings Library. For a longer walk, cross 6th Ave, head west, then turn north at 3rd Street to Pioneer Park.

GO RUN

(1-5 miles) At Riverfront Park, start at the main parking lot by the pond. Run a 1.5-mile loop along paved paths around the pond. Explore multiple dirt trails off the main path. For a longer run, continue west from Riverfront Park under the S Billings Blvd bridge to Norm’s Island. Maps of Norm’s Island trails are available at the kiosk on the south side of Wendell’s Bridge.

THANK YOU TO OUR SPONSORS

St. Vincent Healthcare

Billings, Montana’s Trailhead

HEALTHY LIFESTYLES

Scientific evidence shows that communities with trails, greenways and sidewalks have higher levels of physical activity. Spending time outside in fresh air and sunshine reduces stress. Physical activity reduces the risks of heart disease, depression and obesity. People who bike or walk to work or school are less likely to be overweight and more likely to live longer.