

The Duty Rowe FIT KIDS FITNESS TRAILWAY™

Fit Kids of Southwest Oklahoma along with Fort Sill MWR, Wichita Mountains Wildlife Refuge, the City of Lawton, the Towns of Medicine Park, Meers & Cache have come together to help our youth stay fit and active. Use this map to discover easy to challenging hiking and biking trails right in your own backyard. Get Up, Get Out, Get Moving!

In memory of Duty Rowe, whose guidance and inspiration helped with the development of this program.

TRAILWAY LEGEND

DEGREE OF DIFFICULTY

NOVICE INTERMEDIATE EXPERT

Colored icons show degree of difficulty of each color coded trail.

- HIKING
- BICYCLING
- MOUNTAIN BIKING
- HORSEBACK RIDING
- CAMPGROUND
- PARKING AREAS
- WALKING
- WHEELCHAIR ACCESSIBLE
- ARCHERY
- SWIMMING
- KAYAKING
- SINGLE TRACK
- FORT SILL BOUNDARY
- PROPOSED TRAILS
- EXISTING HARD SURFACE BIKE TRAIL
- PROPOSED HARD SURFACE BIKE TRAIL
- POINTS OF INTEREST



The Black Swallowtail (*Papilio polyxenes*) is the official state butterfly of Oklahoma.



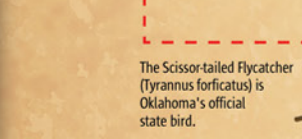
The Wichita Mountains Wildlife Refuge offers over 15 miles of hiking trails from novice to intermediate levels. What better way to get exercise than in the beautiful surroundings of the Wichitas.



The Scenic Byway includes the towns of Medicine Park, Apache, Carnegie, Mountain View, Meers and the Wildlife Refuge.



Our message is clear . . . staying active is key to your overall good health and well being.
"Eat Better, Move More, Be Tobacco Free."



The Scissor-tailed Flycatcher (*Tyrannus forficatus*) is Oklahoma's official state bird.



The Indian Blanket (*Gaillardia pulchella*) is Oklahoma's official state wildflower.



LETRA/Lake Elmer Thomas Recreation Area offers fishing, hiking, biking, camping, swimming, miniature golf, water slide, archery, rental cabins and RV campgrounds.

FORT SILL BICYCLE ROUTES



Detail Martha Songbird Trail/Fort Sill



Martha Songbird Trail
Family Friendly & Dog Friendly
This is a great hike any time of the year for the whole family. It provides a great way to learn about nature and how to identify the local trees.
Directions: Take Interstate 44 to Fort Sill Key Gate. Fort Sill is a closed post. If you are driving onto Fort Sill you must show your driver's license.
For more details go to: www.everytrail.com/guide/martha-songbird-nature-trail

"In every walk with Nature one receives far more than he seeks." ~ John Muir



SCAN THE QR CODE BELOW TO BE DIRECTED TO THE FIT KIDS FITNESS TRAILWAY PAGE WHERE YOU CAN DOWNLOAD A PDF FILE OF THIS MAP.



The Collared Lizard or commonly referred to as a Mountain Boomer (*Crotaphytus collaris*) is the official state reptile of Oklahoma.

DETAIL OF MEDICINE PARK MOUNTAIN BIKE TRAILS



CITY OF LAWTON PROPOSED BICYCLE ROUTES



CITY OF LAWTON - ELMER THOMAS PARK WALKING & BIKE TRAILS



THE OUTER LOOP OF ELMER THOMAS PARK SHOWN IN BRIGHT GREEN IS A HARD SURFACE TRAIL AND PROVIDES A GREAT OUTDOOR SPACE THAT IS WHEELCHAIR ACCESSIBLE.