

Shadow Bay Park

FREE



Walk and Talk

Walk for fun and fitness!

Thursdays
9:00a.m. - 9:45a.m.

All ages welcome • Register and record your mileage on your personal tracking sheet at Park Office.

Limited pedometers available.

For more info, call 407-254-9175

Shadow Bay Park
5100 Turkey Lk Rd. Orlando 32819

www.OrangeCountyParks.net

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.



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