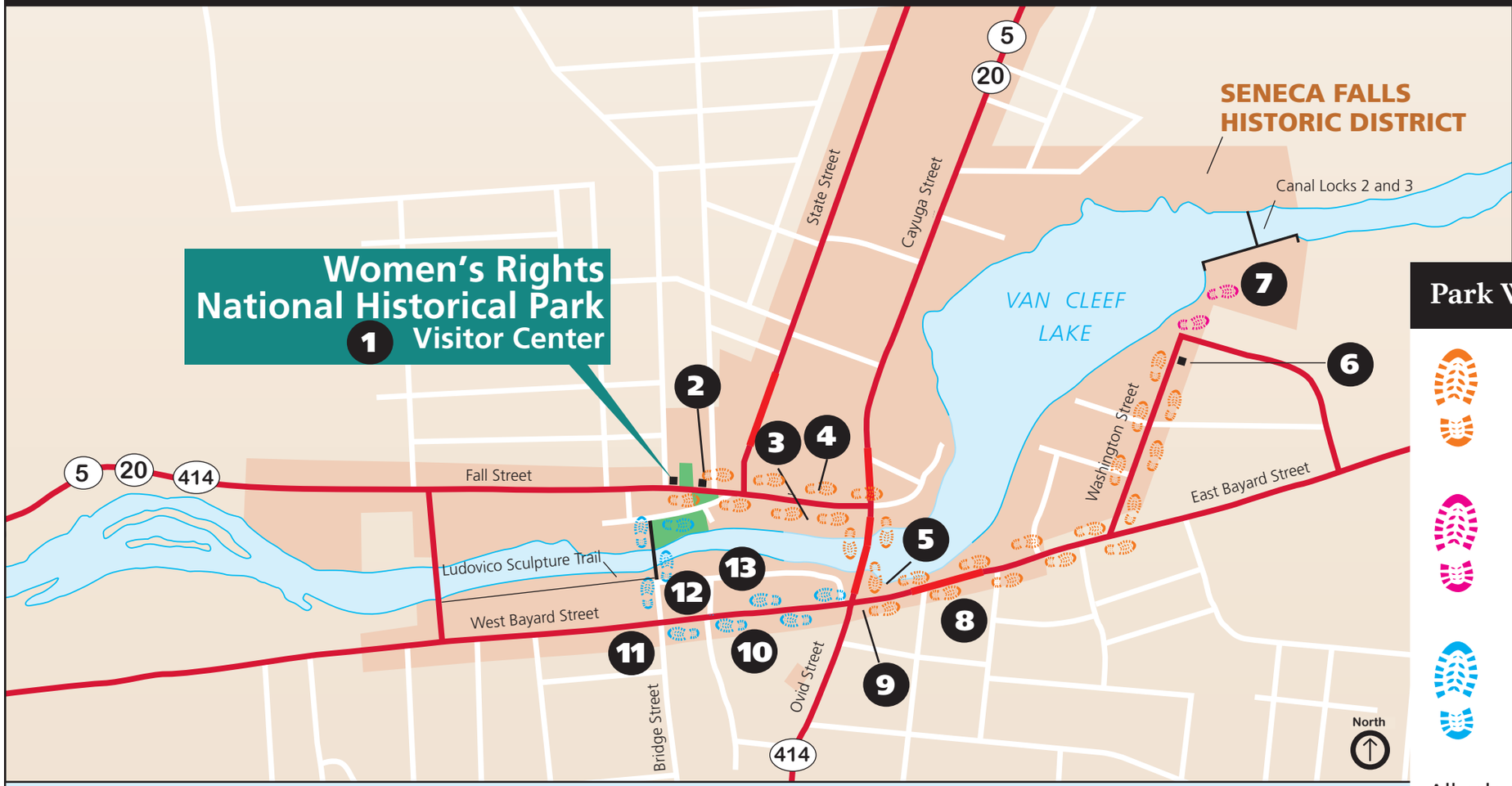
Women's Rights
National Historical Park
Seneca Falls, NY

Burn While You Learn!

National Park Walking Tour Calorie Counter

National Park Service
U.S. Department
of the Interior



Park Walks and Calorie Counts:

Visitor Center to
Elizabeth Cady Stanton House 0.7 miles
73 calories (200 lb person)
55 calories (150 lb person)

Elizabeth Cady Stanton House to
Chamberlain House 0.04 miles
4 calories (200 lbs)
3 calories (150 lbs)

Elizabeth Cady Stanton House to
Visitor Center 0.8 miles
86 calories (200 lbs)
64 calories (150 lbs)

All calorie counts are calculated at a walking rate of 3mph or 20 minutes per mile.

Calories calculated with: Walking Calories Calculator
http://walking.about.com/library/cal/uccalc1.htm

let's move outside

In support of the First Lady's
Let's Move Outside! program
www.letsmove.gov

Healthy Parks Healthy People US

1	**Women's Rights National Historical Park**	**136 Fall Street**	**NPS Open to the public**	**Visitor Center with exhibits, statues, film, sales area, and restrooms. Includes park headquarters and administrative offices. 315.568.0024**
2	**Wesleyan Chapel (WRNHP)**	126 Fall Street	NPS Open to the public	Site of the First Women's Rights Convention. Exhibits and ranger programs. 315.568.0024
3	**Seneca Falls Heritage Area Visitor Center & Seneca Museum**	89 Fall Street	New York State Museum Open to the public	Area visitor center and museum with exhibits about the economic and industrial setting of 19th c. Seneca Falls. 315.568.1510
4	**National Women's Hall of Fame**	76 Fall Street	Museum Open to public	Exhibits and film to honor women whose contributions have been of the greatest value for the development of this country. 315.568.8060
5	**When Anthony Met Stanton**	Near corner of East Bayard/ Ovid Streets	Public Sculpture	Sculpted by Ted Aub, this statue illustrates the introduction of Susan B. Anthony to Elizabeth Cady Stanton by Amelia Bloomer.
6	**Elizabeth Cady Stanton House (WRNHP)**	32 Washington Street	NPS Open to the public	Home where the Stanton family lived from 1847 to 1862 while Stanton developed as a women's rights leader. Ranger programs. 315.568.0024
7	**Jacob P. Chamberlain House**	1 Seneca Street	NPS Closed	Jacob P. Chamberlain was a signer of the Declaration of Sentiments 315.568.0024
8	**Trinity Episcopal Church**	10 East Bayard Street	Former Church Closed	Many prominent Seneca Falls residents, including the Bascoms, Sacketts, Lathams, and Stantons, attended services here between 1834 and 1878.
9	**Ansel Bascom House**	4 East Bayard Street	Funeral Home	Ansel Bascom opened his apple orchard at this site to anti-slavery speaker Abby Kelley Foster in 1843.
10	**Lovina Latham House**	37 West Bayard Street	Private Residence	Lovina Latham and her daughter both signed the Declaration of Sentiments.
11	**Franklin Hotel**	55 West Bayard Street	Private Residences	In the 1830s the Franklin Hotel and the Sackett Block were the focal points of the village's south-side economic and social activity.
12	**Sackett Block**	Northeast corner of Bridge/West Bayard Streets	Businesses/Private Residences	Built 1828-1829 by Judge Gary V. Sackett, this area housed the most important businesses and residences in Seneca Falls until the railroad was built north of the canal in 1841.
13	**Seneca Knitting Mill**	Canal Street	Future site of National Women's Hall of Fame Closed	Built in 1844 as the Seneca Falls Woolen Mills by Gary V. Sackett, the building operated as a woolen and knitting mill until 1999.

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Healthy Parks Healthy People

As pointed out by National Park Service Director Jon Jarvis in a speech at the Harvard School of Public Health, the connecions between personal health and parks have been evident since public parks were conceived in the 17th century. We've put together this handy set of walks and calorie counts for your guidance. Taking a walking tour in and around Women's Rights National Historical Park is a great way to "Get Outside and Move!"

Check out the National Park Service's Healthy Parks Healthy People initiative: http://www.nps.gov/public_health/hp/hphp.htm.