# TRAIL MIX
## QR CODE FITNESS TRAIL

**At Ellanor C. Lawrence Park**

**5235 Walney Rd, Chantilly, Va. 20151**

Feet
0    125    250    500

Walney Rd.

Big Rocky Run

Cabell's Mill

Big Rocky Run Trail

Parking

Trail Mix Trail

**You will need a QR Code Reader to access trail exercises.**

**Mix it up with Trail Mix** - a QR Code Fitness Trail for all ages and abilities. Look for QR code signs at each station (marked by red pin drops). Use your smart device to scan the QR code (most devices can do this with the built-in camera) and access the video for that station. Be sure to move to the side when doing your activity so others can access the code. Stations can be done in any order; scan the INTRO or EXIT QR code at your first and last stations. And most importantly - have fun!

703-324-8563  TTY: Va. Relay 711

Fairfax County Park Authority

COUNTY OF FAIRFAX · VIRGINIA · 1742

FCPF
Fairfax County Park Foundation