

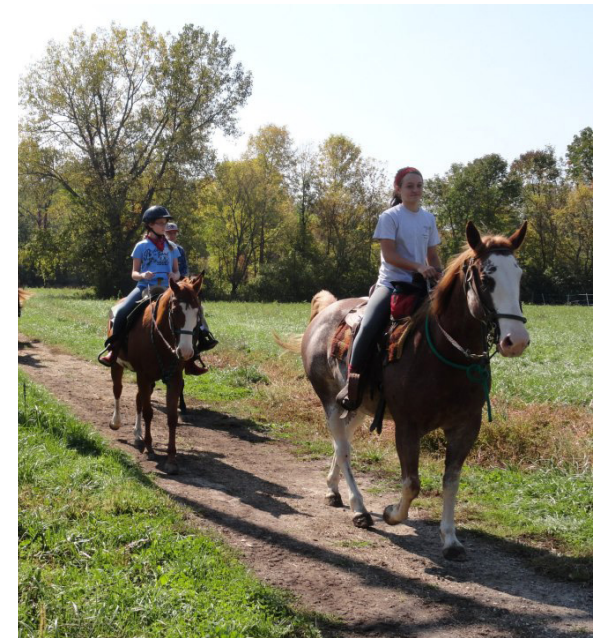
- Existing B&O Trail
- Existing Trails
- Proposed Trails
- B&O *Next Level* Paved Bike/Pedestrian Trail (Construction 2022-2024)
- B&O *Next Level* Share-the-Road Trail (Construction 2023-2024)
- B&O *Next Level* Rustic Equestrian Trail (Construction 2023-2024)



B&O Trail walkers



B&O Trail bike riders



B&O Trail equestrians



White Lick Creek Trail Bridge

**IMAGINE** miles and miles of peaceful, scenic trail laced with clear country streams and lined with trees and blossoming wild flowers. Envision a place where families, friends and neighbors casually meet to escape the stress and demands of a hectic lifestyle. Ponder a venue where you can stroll, jog, bicycle or horseback ride along a trail free from motorized vehicles. This is the B&O Trail.

B&O Trail Association Inc. (BOTA) creates the B&O Trail. As a non-profit, volunteer organization, it was organized to promote pollution-free transportation alternatives, improve the quality of life, enhance local communities, preserve a passage to history and provide opportunities for people to enjoy and recreate in Indiana's natural environment.

In 2021, BOTA, with significant financial support from the Central Indiana Community Foundation (CICF), the Hendricks County Community Foundation, Hendricks Regional Health, Hendricks Power, IU Health West, Indy Gateway, and multiple individuals, was awarded a \$4.6 million grant from the Next Level Trails program administered by the Indiana Department of Natural Resources.

## Benefits of the B&O Trail

**THE B&O TRAIL** is part of the INDNR state-wide interconnected visionary trail network that aims to provide a trail within 5-miles of every Hoosier.

The 2017 Indiana Trails Study, conducted by the Eppley Institute for Parks and Public Lands at Indiana University's School of Public Health, notes the following key benefits of trails:

- That a large majority of users report increasing their exercise level because of a nearby trail.
- That trail users report better overall health, better sleep, and less stress than non-users.
- That a large majority of property owners believe a nearby trail increased their property value.
- That a large majority of trail neighbors felt the trail was a better neighbor than expected and improved their neighborhood.

Other trail benefits include:

- Preservation of wildlife habitat, trees and vegetation that refresh the air, filter water runoff into streams, and buffer adjacent land uses.
- Direct linkages between schools, community destinations, and neighborhoods.
- Serving as an outdoor education lab to study and understand nature and the environment.

### CONTACT:

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