









TRICOUNTY RESOURCES

Physical Activity



	<p>Altamont High 200 West Main Altamont, UT84001 435-738-1345 http://ahs.dcsd.org/</p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p>Duchesne High 155 West Main Duchesne, UT84021 435-738-1260 http://dhs.dcsd.org/</p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p>Reservation Ridge/Timber Canyon Go online for maps Duchesne, UT84021 435-738-2482 https://www.trails.com/tcatalog_trail.aspx?trailid=BGS113-130</p>	<p>Walking/Hiking Trails</p>	<p>Call for prices</p>
	<p>Jensen Park 8775 East 6000 South Jensen, UT84035 435-781-0982 http://www.untainrecreation.org/index.asp?SEC=C033FE73-191E-4B28-96E0-B080F8781630&Type=GALLERY</p>	<p>Walking/Jogging Paths, Horseshoes</p>	<p>Free</p>

	<p>Dinosaur National Monument From U.S. Highway 40 in Jensen, Utah, take Utah Highway 149 north to the monument. (11625 East 1500 South) Jensen, UT84035 435-781-7700 http://www.nps.gov/dino</p>	Walking/Hiking Trails	Vehicle: \$10, Per Person: \$5
	<p>Lapoint Park 10762 East 6900 North Lapoint, UT84039 435-781-0982 http://www.untahrecreation.org/index.asp?SEC=CE4ED5FA-8FFD-407C-8DD2-9B2419C1499B&Type=GALLERY</p>	Walking/Jogging Paths, Horseshoes	Free
	<p>Manila High 200 West 200 North Street Manila, UT84046 435-784-3174 http://www.dsdf.org/District/1423-Untitled.html</p>	Track, Open grass, Tennis	Free
	<p>Bear Canyon Bootleg Trail Manila, UT84046 435-784-3445 http://www.flaminggorgecountry.com/Bear-Canyon-Bootleg</p>	Walking/Hiking Trail	Free
	<p>Roosevelt Junior High 350 West 200 South Roosevelt, UT84066 435-725-4585 http://rjhs.dcsd.org/</p>	Track, Open grass, Tennis	Free

	<p>Union High 135 North Union Roosevelt, UT84066 435-725-4525 http://uhs.dcsd.org/</p>	Track, Open grass, Tennis	Free
	<p>Tabiona High 10 North Main Tabiona, UT84072 435-738-1320 http://tab.dcsd.org/</p>	Track, Open grass, Tennis	Free
	<p>Tridell Park 10498 North 800 East Tridell, UT84076 435-781-0982 http://www.untahrecreation.org/index.asp?SEC=7B15D8B8-A9DF-43F5-9C1C-EE6BD3659D05&Type=GALLERY</p>	Walking/Jogging Paths, Horseshoes	Free
	<p>Vernal Junior High 161 North 1000 West Vernal, UT84078 435-781-3130 https://www.greatschools.org/utah/vernal/681-Vernal-Jr-High-School/</p>	Track, Open grass, Tennis	Free
	<p>Vernal Middle 721 West 100 South Vernal, UT84078 435-781-3140 http://vmschool.weebly.com/</p>	Track, Open grass, Tennis	Free
	<p>Uintah High 1880 West 500 North Vernal, UT84078</p>	Track, Open grass, Tennis	Free

	435-781-3110 http://uhsuintah.ss12.sharpschool.com/		
	Dry Fork Rock Art Trail To reach the ranch, drive to downtown Vernal and then get onto 500 North Street. Follow that street west to 3500 West Street. Turn north and follow 3500 West to the McConkie Ranch Road. It is about 6.4 miles from the 500 N/3500 W intersection to the ranch Vernal, UT84078 800-200-1160 http://www.utah.com/vernal/dryforkcanyonrockart.htm	Walking/Hiking Trail	Small fee
	Flaming Gorge National Recreation Area It is South of I-80, between Green River and Rock Springs, Wyoming and extends into the Uintah Mountains towards Vernal, Utah. Vernal, UT84078 435-789-1181 https://utah.com/flaming-gorge	Walking/Hiking Trails, Swimming	Call for prices
	Uintah Recreation Center 610 South Vernal Avenue Vernal, UT84078 435-781-0982 http://www.uintahrecreation.org/	Indoor Track, Fitness Center, Aquatic Center	Adults: \$5.50, Seniors (62+): \$3.85, Military: \$3.85
	Ashley Valley Community Park 500 North 900 West Vernal, UT84078 435-781-0982 http://www.uintahrecreation.org/index.asp?SEC=63076CEB-E15B-461E-8DAB-CF8977BAE782&Type=GALLERY	Walking/Jogging Paths, Horseshoes	Free
	Naples City Park 1970 South 1700 East Naples, UT84078	Walking/Jogging Paths, Horseshoes, Open grass	Free

	435-781-0982 http://www.uintahrecreation.org/		
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	Remember the Maine Park 4250 North 3500 West Vernal, UT84078 435-781-0982 http://www.uintahrecreation.org/	Walking/Jogging Paths, Horseshoes	Free
	Red Fleet Hiking Complex 170 South 500 East Vernal, UT84078 435-781-4501 http://www.visitdinosaurland.com/Red-Fleet-Hiking-Complex	Walking/Hiking Trails	Call for prices

TRICOUNTY RESOURCES






Nutrition

	<p>Flaming Gorge Food Pantry 65 North 1st Avenue Manila, UT84046 435-784-3993 http://www.daggettcounty.org/index.aspx?NID=119</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Duchesne County Food Pantry 10 East 100 North Roosevelt, UT84066 435-722-5684 http://www.foodpantries.org/ http://ubaog.org/index.php/programs/community-services/tri-county-food-pantries</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Davis Food & Drug 750 E 200 N Roosevelt, UT84066 435-722-2296 http://davisfoodanddrug.com/</p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p>Ashely Valley Food Pantry 426 East 20 South Vernal, UT84078 435-789-1014 http://ubaog.org/index.php/programs/community-services/tri-county-food-pantries</p>	<p>Food Assistance</p>	<p>Free</p>

	<p>Ashley Valley Farmers Market 225 East Main Street Vernal, UT84078 435-790-1518 https://bestfarmersmarkets.org/event/ashley-valley-farmers-market-2018-08-04-vernal-ut.html</p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p>Smith's 1080 W Highway 40 Vernal, UT84078 435-789-7135 https://www.smithsfoodanddrug.com/</p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p>Walmart Supercenter 1851 W Highway 40 Vernal, UT84078 435-789-9784 http://www.walmart.com/</p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p>Davis Food & Drug 575 W Main St Vernal, UT84078 435-789-2001 http://davisfoodanddrug.com/</p>	<p>Supermarket</p>	<p>Prices vary.</p>


TRICOUNTY RESOURCES

Blood Pressure

	<p>Davis Food & Drug 750 E 200 N Roosevelt, UT84066 435-722-2296 http://davisfoodanddrug.com/</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p>Walgreens 1316 W Highway 40 Vernal, UT84078 435-789-7936 http://www.walgreens.com/</p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p>Smith's 1080 W Highway 40 Vernal, UT84078 435-789-7135 https://www.smithsfoodanddrug.com/</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p>Walmart Supercenter 1851 W Highway 40 Vernal, UT84078 435-789-9784 http://www.walmart.com/</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p>Davis Food & Drug 575 W Main St Vernal, UT84078 435-789-2001 http://davisfoodanddrug.com/</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>

TRICOUNTY RESOURCES

Mental Health

	<p>Northeastern Counseling Center 282 West 800 South Roosevelt, UT84066 435-725-6300 http://nccutah.org/</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
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