LANGDON CITY PARK HISTORY

Park Commission established June 29, 1956

Present park land purchased from Walter Ramage in 1956 for \$20,300

Original Skating Rink flooded at 3rd St park in 1956

Softball Field on present site of Elementary School in 1957

Present City Park blueprints drawn in 1958

Swimming Pool first opened in June 1959 \$60,000 New Pool Opened 1992

Present Baseball Field first used in 1961

First trees planted 1962

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Brought to you by Cavalier County Health District, the Langdon Park Board and Cavalier County

Emergency Manager.

Langdon, ND 58249

Langdon City Park Area Walking Map





Areas of Interest

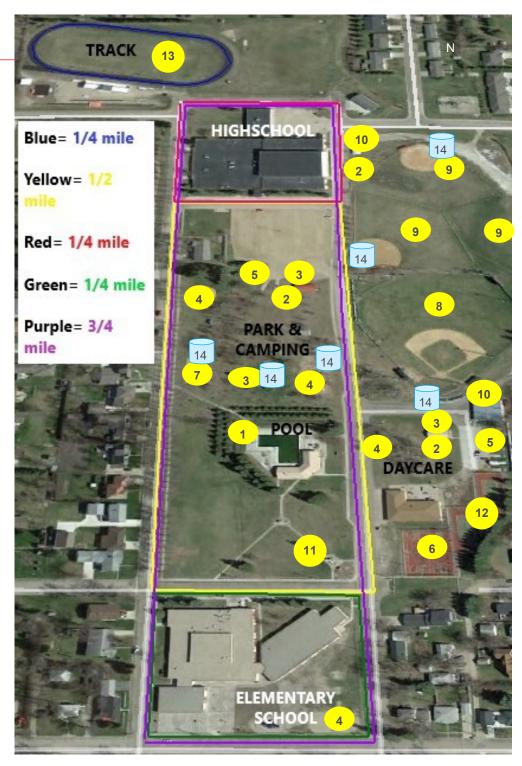
- 1. Langdon City Pool
- 2. Public Toilets
- 3. Picnic Shelter
- 4. Playground
- 5. Campground
- 6. Basketball Court and Tennis Court
- 7. Volleyball pit
- 8. American Legion Baseball Diamond
- 9. Langdon Park Board Baseball Diamond
- 10. Baseball Concession stand
- 11. Minuteman Missile Monument
- 12. Tennis courts
- 13. Langdon Area Schools Track
- 14. Water fountain/water filling station

Contact Us

Langdon Park Board (701) 256-2155 city@cityoflangdon.com

Cavalier County Health District (701) 256-2402 tgustafs@nd.gov

Visit us on the web: www.cavaliercountyhealth.com



Physical Activity Recommendations

Children and teens be physically active for at least 60 minutes on most, if not all, days. Adults should do a minimum of 2 hours and 30 minutes, or 30 minutes 5 days a week, of moderate-intensity aerobic activity a week.

Benefits of Physical Activity

Among adults and older adults, physical activity can lower the risk of:

- Early death
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Breast and colon cancer
- Falls
- Depression

Among children and adolescents, physical activity can:

- Improve bone health
- Improve cardiorespiratory and muscular fitness
- Decrease levels of body fat
- Reduce symptoms of depression
- Improve cognitive skills
- Improve ability to concentrate and pay attention

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