

## 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



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

901 3rd St  
Langdon, ND 58249

# Langdon City Park Area Walking Map



**Public Health**  
Prevent. Promote. Protect.

## 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](http://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