

Walking the Carolinas

FROM THE MOUNTAINS TO THE SEA

2023 Edition

**Year-Round & Seasonal Volkssporting Events Hosted by the American Volkssport
Association (AVA) Clubs of NC**

Sanctioned events eligible for credit toward IVV Achievement Awards



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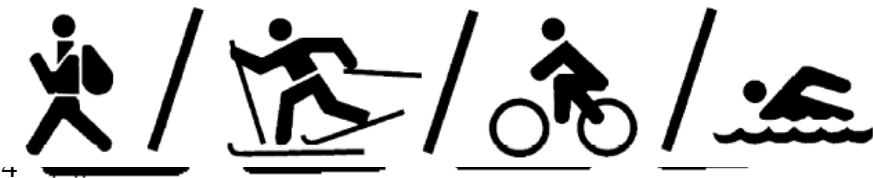
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THE AVA CLUBS OF THE TARHEEL STATE WALKERS INVITE YOU TO
JOIN THEM SEEING THE CAROLINAS - ONE STEP AT A TIME!



WELCOME

The varying terrain of **North Carolina** results in a climate that ranges from subtropical to nearly alpine in the mountains. From the Blue Ridge and Great Smoky Mountains, foothills, central Piedmont, and broad Coastal Plain to the Outer Banks, there are locations to suit almost anyone's vacation plans. For volkssporters, it is unbeatable! Call 1-800-VISIT-NC (1-800-847-4862) for NC Travel Info or visit www.visitnc.com.

In **South Carolina**, you can immerse yourself in southern hospitality when walking these varied routes. Stately homes and serene university campuses await you. Call 1-800-346-3634 for SC Travel Info, or visit www.travel.SC.com.

GENERAL INFORMATION

All events described in this booklet are sanctioned by the American Volkssport Association (AVA), and are eligible for credit toward IVV Achievement Awards. The AVA is a member of the International Federation of Popular Sports (IVV), along with over thirty other countries in North America, Europe, Africa and Asia.

WHAT ARE VOLKSSPORTS?

"Volkssport" is a German word that literally translated means "people's" or "popular" sports. Volkssporting in the United States is an integral part of an international movement devoted to physical fitness. These sports: walking, swimming, bicycling, cross-country skiing, and skating are commonly referred to as volksmarches, volksswims, etc. Their aim is to get people of all ages out-of-doors to exercise non-competitively in events where everyone who completes the event is declared a WINNER!

WHAT ARE YEAR-ROUND EVENTS? (YRE's)

Unlike other Volkssport events, which are limited to one or two days with set start/finish times, a year-round volkswalk, volksswim, or volksbike may be done daily, January 1 through December 31. (Note: there are also Seasonal Events which encompass a time period less than a year.) YRE's add two dimensions to Volkssporting. First, YRE's give local citizens a daily exercise opportunity and second, YRE's make traveling more fun for volkssporters. There are 1800+ YRE's located in almost 800 cities in the United States and Canada. In Europe, they are called Permanent Walks.

ELIGIBILITY

Anyone may participate. Volkssporting is a family oriented activity. Infants may be pushed in strollers or carried in backpacks, while youngsters and senior citizens may also participate. Children under 12 must be accompanied by an adult. Club membership is not required.

IVV RECORD BOOKS

Participants may enroll in the IVV Achievement Awards Program by purchasing IVV Record Books. Upon completion of milestones (10, 30, 50, etc. events and/or 500, 1000, 1500, etc. kilometers), the owner is entitled to a FREE certificate, hat pin, and patch. There is a Distance Book and an Event Book. The books cost \$6 each and may be purchased through any club. New walkers receive both books for \$5 in the "New Walker Packet."

YRE PROCEDURES

Maps and Start Cards for each Event are available at the **START POINT** and the **ALTERNATE START POINT**, as indicated for the individual Events. Fill out the Registration Log and Start Card. Sign the Waiver of Liability, which is located with the Log Sheet or on the Start Card. All Start Cards remain the property of the sponsoring club and must be carried during the event, and turned in at the completion of the event, whether or not receiving an award or IVV credit.

REGISTRATION AND FEES

Register and pick up Start Cards at the Start/Finish. Pre-registration may be required for certain events due to award or participation limits. Although events are free for those who do not desire the award or IVV Credit at some of the events, everyone must carry a Start Card. Some clubs charge a nominal fee for registration without IVV Credit. CONTRIBUTIONS ARE ALWAYS GRATEFULLY ACCEPTED. Credit-only is \$3.00 for each event. See individual Event for price of the Credit-with-Award.

IVV CREDIT

IVV Credit for each Year-Round may be entered for Distance Credit or Event Credit without limit. You may participate twice on the same day, using the same Start Card, for that Event, and receive Distance Credit and Event Credit each time, for the same fee.

REFRESHMENTS AND SERVICES

Water and restrooms are available at the Start/Finish and along some of the trails (see individual event map). It is always a good idea to carry water with you.

DISCLAIMER

No one, the sponsors of the events, city, county, or Start and Checkpoint locations, can be held responsible for any lost or stolen items, accidents, or injuries at any time. Every reasonable effort is expended by the sponsors to make the events safe and enjoyable.

STIPULATIONS

When you register for these events, you accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Please do not litter.

PETS

Unless otherwise noted, leashed dogs are permitted on the walks, providing you clean up after them. They are not allowed inside most public buildings.

HOURS

Although most of the trails are open daily, walk only in daylight hours and do not walk during extreme weather conditions. Your safety and well-being is our first priority.

GROUPS

Please provide advance notice to the sponsoring club for groups of 10 or more participating in any of the Year-Round Events. Arrangements will be made to expedite registration so as not to infringe upon the space allowed at the Start/Finish and to maximize your enjoyment of the trail. If at all possible, a club member will assist.

AWARDS

Most of the Events are "for Credit Only." "A" and "B" Awards are also available at some locations. The cost for the "B" Award does NOT include Credit. You must pay \$3 for IVV Credit, plus the cost marked on the "B" Award, unless stated otherwise on the Start Card.

When you do one event, you may buy as many of the "B" Awards as you want. Some of the events also have club hatpins and/or other commemorative items available. Look for them in the start box.

AVA Trail Rating System

Examples:

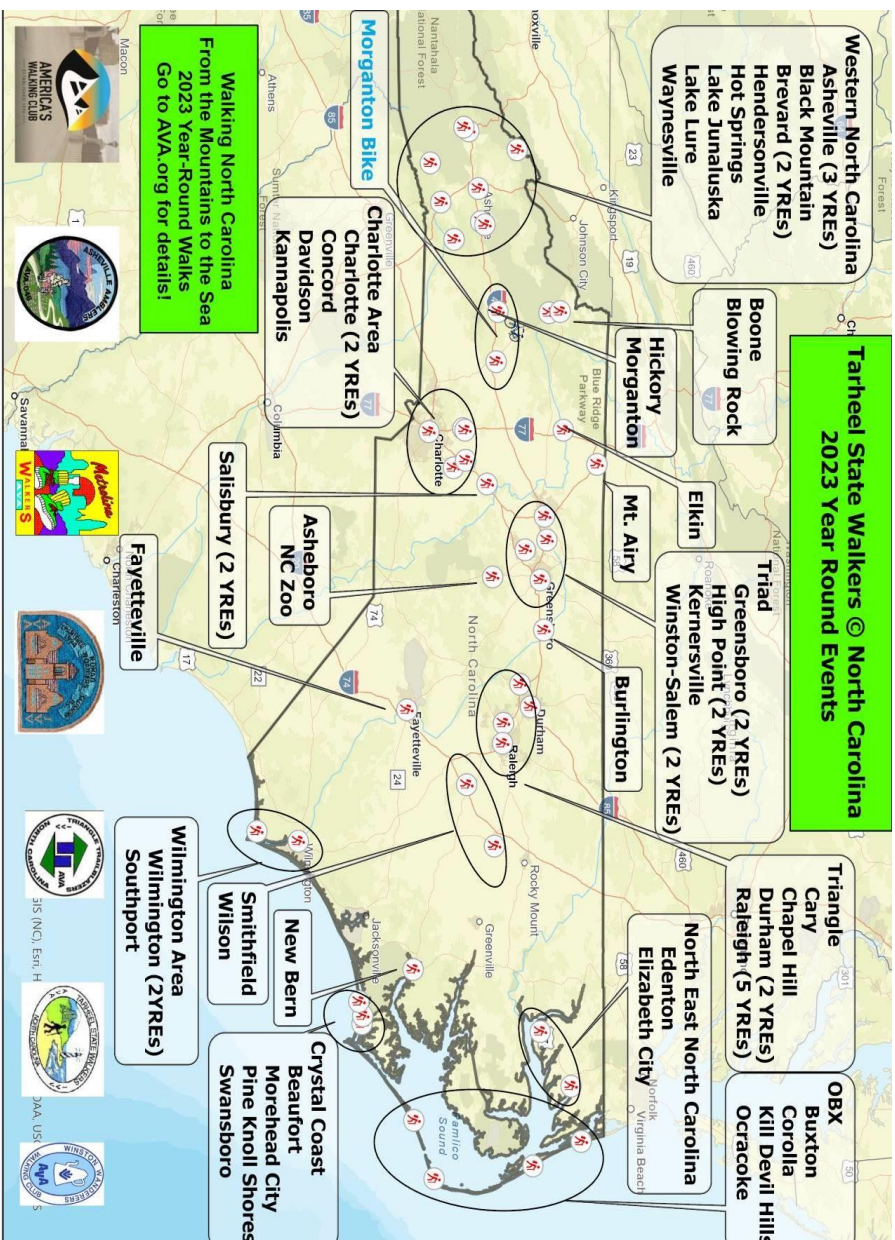
A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

A trail over a mountainous region with loose soil, roots, & across rocky streams would be rated 5D.

Incline/Elevation	Trail Surface/Terrain
1. Very small hills or very little stair climbing.	A. Almost entirely on pavement.
2. Some moderate hills and stair climbing.	B. A significant part of the route is on well-groomed trails with very few obstacles.
3. Some significant hills or stair climbing.	C. A significant part of the route is on somewhat difficult terrain (rocky/ rooted paths or soft sand).
4. Lots of significant hills or stair climbing.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills.	E. The majority of the route is on very difficult terrain.





APPALACHIAN TRAIL, NC

ONLINE START BOX REGISTRATION

Appalachian Trail

Madison County

4/10/42 Km WALK Y2324 Jan 3- Dec 31

Tarheel State Walkers Volkssport Association

START POINT: Please use the OSB (online start box) found by using my.ava.org. Search for the Hot Springs, NC – Appalachian Trail. (Be sure to create an account on my.ava.org prior to registering for an Online event.) The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods

HOURS: Dawn to dusk.

POC: Dennis Michele

dmichblue@aol.com

TRAIL DESCRIPTION: Rated 3B, Not suitable for wheelchairs or strollers. The Appalachian Trail goes right through the center of downtown Hot Springs. The remainder is on other streets in Hot Springs. Outside of town, the AT is steep and rocky. Two segments of the AT north and south of Hot Springs are also detailed. Hot Springs has been designated an Appalachian Trail Community. It provides abundant services for thru and section hikers. It is also an amazing place for vacationers just looking to spend a few hours on the trail. It is only one of two places in the East where you can take a dip in real hot springs with healing powers. Whitewater rafting, fly fishing and swimming are also available. There are nine locations in Hot Springs that have an AT Passport stamp. See list at www.atpassport.com/stamp-locations.

HOW TO GET THERE: Detailed start point and driving directions are provided along with walking directions which should be downloaded from the OSB upon registering for this event. You will initially be charged \$2 to download directions and another \$1 when you have completed the walk and Finish Table. If not downloading directions, you will be charged \$3 after completing the walk and Finish Table.

ASHEBORO, NC

NC ZOO

Randolph County
10 Km NATURE WALK Y1189
Winston Wanderers

START POINT: EARTH EXPLORER GIFT SHOP
(inside "North America" entrance)
North Carolina Zoological Park
4401 Zoo Parkway, Asheboro, NC 27203
GPS: N35° 37.79', W79°45.93'
1-800-488-0444, www.NCZOO.org

HOURS: Apr 1st -Oct 31st 9-5, Nov 1st – Mar 31st 9 am – 4 pm
CLOSED: Thanksgiving, Christmas Day, may close inclement weather
POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com
FEE AREA: **Adults: \$15, Children \$11 and Seniors: \$13**
see www.nczoo.org/tickets -for current ticket prices.

TRAIL: Rated 2A, Suitable for strollers and wheelchairs. No pets except for service dogs. This is one of world's largest and most beautiful zoos with 300 acres replication of African wilderness & 200 acres representation of N. American landscape. First American zoo conceived and built around natural habitat philosophy.

HOW TO GET THERE: **GREENSBORO**, take I-73 S to Asheboro, exit 70A (approx 30 miles) follow signs to zoo. **CHARLOTTE** take Hwy 49 or I-85 N to US 64 E. Follow US 64 BYP to Zoo Connector in Asheboro, follow signs to zoo. **WILMINGTON** take Hwy 74 W to Hwy 220 N at Rockingham. Follow I-73 to exit 70A Asheboro, follow signs to zoo Connector.

ASHEVILLE, NC

Buncombe County
7/10 Km CITY WALK Y1010 Jan 2- Dec 31
Asheville Amblers

START POINT: Asheville Chamber of Commerce Visitors Center
36 Montford Ave.
Asheville, NC 28801 828-258-6129, 800-257-1300

HOURS: M-F 9:00am-5:00pm, SA-SU 9:00am-5:00pm
CLOSED: New Year's Day, Easter, Thanksgiving, Christmas
½ DAY New Year's Eve & Christmas Eve

POC: Jon Whiteside; 828-301-4946; tjwhites@hotmail.com

TRAIL: Rated 2A, No wheelchairs; strollers difficult. Enjoy portions of the Urban Trail through the vibrant art deco downtown and the ambience of a designated "All American City". Visit the restored Grove Arcade with shops and restaurants now in place to depict its original uniqueness as an indoor shopping mall back in the 1920s. Walk by the Thomas Wolfe Home, well known author of "Look Homeward, Angel" and "You Can't Go Home Again" among other novels and short stories. Visit several old neighborhoods of Asheville and the new Greenway along Reed Creek. Walk thru the historic Montford District with old homes and B&Bs. Stroll through Riverside Cemetery where O'Henry, Thomas Wolfe and Zebulon Vance are buried. "B" award available.

HOW TO GET THERE: From the West on I-240 take Exit 4C, to Haywood St. Turn right onto Haywood St. and take the next right onto Montford Ave. The Visitor Center is the large brick building on the left immediately after you go over I - 240 and thru the stoplight. From the East on I-240 take Exit 4-C, turn right on Montford Ave. and left into Visitor Center.

ASHEVILLE, NC

NC ARBORETUM

Mayflower - 400th Anniversary Walk

Buncombe County

5/10/11/21 Km WALK Y1318 Jan 2- Dec 31

Asheville Amblers

START POINT: NC Arboretum Baker Exhibit Center
20 Frederick Law Olmsted Way
Asheville, NC 28806
828-665-2492

FEE AREA: \$16/carload; First Tuesday 50% off parking

HOURS: Mon-Sun 9-5, please call ahead.

CLOSED: Major holidays

POC: Charlie Hess, 828-699-1368 (H); 828-333-3384 (C)
CharlesHess71@gmail.com

TRAIL DESCRIPTION: Rated 3B, Not suitable for wheelchairs or strollers. Be sure to visit the Bonsai Exhibition Garden. **Pets** are not allowed in the Bonsai and formal gardens or buildings. Trail has four options; only one credit even if completing all options. 5Km includes formal gardens, a walk along a stream and through woods. 10Km & 11Km pass through formal and informal gardens and along forest roads and trails, along babbling streams and over bridges where large trout hide. 11 Km also goes around a lake. 21Km is a combination of 10 & 11Km. For more information go to <http://www.ncarboretum.org/> "A" award available.

HOW TO GET THERE: From I - 26, take Exit 33. Follow NC 191 south approx three miles. Turn right at light for the Blue Ridge Parkway. Turn right towards the Arboretum entrance gate. **From Blue Ridge Parkway**, take exit for NC-191 at Mile Marker 393 and turn left into Arboretum. Go to the Baker Exhibit Center and ask for Walk Box.

ASHEVILLE, NC

BILTMORE ESTATE

Buncombe County
5/10/12 Km Estate Walk Y1222 Jan 1 - Dec 31
Asheville Amblers

START POINT: Reception and Ticketing Center

Biltmore Estate
Asheville, NC 28803
800-624-1575

HOURS: Daily 9-5

CLOSED: Estate is open year round and does not close for holidays.

FEE AREA: Adult admission is required for walk and entrance to house and gardens. Go to www.biltmore.com for special events and details on fees.

POC: Jon Whiteside 828-301-4946, tjwhites@hotmail.com

TRAIL: Rated 3C. Not suited to strollers or wheelchairs. Pets not allowed in House. Completed in 1895, George Vanderbilt's 250-room chateau is as impressive today as it was more than a century ago. Biltmore House is truly a wonder of architecture and hospitality. Enjoy a self-guided tour of the house, as well as the beautiful gardens and grounds surrounding it, designed by renowned landscape architect Frederick Law Olmsted. Stroll through gardens, a newly renovated conservatory, and along paths and trails of the Estate not normally seen by visitors. Water and a camera are "musts;" trail shoes or hiking boots and a walking stick are recommended. Carry a snack. For an additional 2 km, walk through a 250-room chateau built by George Vanderbilt at end of the 19th century. A short video and 3-D diorama of Estate grounds at the registration area. 'A' award available. **Note:** Restrooms at registration area or at beginning or end of walk. No restrooms in the house.

HOW TO GET THERE: From I-40 take exit 50 toward Asheville (north). Go three blocks (follow signs to Biltmore Estate). Bear left, then turn left into Estate. Go through gatehouse and follow signs to Reception & Ticketing Center. Ask for "Walk Box" at Ticket Counter. Register and stamp books (difficult to return after walk). Drive to parking lots for visiting the house. Walk or take shuttle to **START POINT** for walk, which is in front of the house.

BEAUFORT, NC

Walking with America's Veterans

Carteret County
5/10 KM Town Walk Y1322 Jan 3 – Dec 29
Winston Wanderers

START POINT: Beaufort Historical Association
130 Turner Street
Beaufort, NC 28516
252-728-5225, 800- 575.7483 <http://beauforthistoricsite.org/>

HOURS: March-Nov, 9:30am-5pm Dec-Feb 10:00am-4:00pm

CLOSED: Sundays

POC: Mary Martin, 919-395-6147, mary.martin@stantec.com

TRAIL: Rated 1A, In North Carolina it is pronounced “Bo-furt”. Since 1525, seafarers have been drawn to the area beaches, historical sites, and wild horses of Carrot Island. Enjoy the history, traditions and ambiance of NC's third oldest town, founded in 1709, as you walk the historic waterfront district and along the live oak shaded Taylor's Creek waterfront. Visit the 300-year old cemetery, the Old Burying Ground; Hammock House, the Pirate Blackbeard's local residence; the NC Maritime Museum and many of the more than 100 restored historic homes of the 18th and 19th centuries.

HOW TO GET THERE: From Raleigh or I-95: Take US Hwy 70 East into Beaufort. Turn right at the first light onto Turner Street for two blocks. Beaufort Historical Association is on the left. Ask attendant for “Walk Box”.

BEAUFORT, SC

Par for the Course

Town Halls/City Halls

Beaufort County
6/10 Km TOWN WALK Y327
Asheville Amblers

ONLINE START BOX Available

START POINT: Quality Inn at Town Center
2001 Boundary St.
Beaufort, SC 29902
843-524-2144

HOURS: Daily Dawn to dusk

POC: Tom Hlaban; 262-899-2926; tom.hlaban@gmail

TRAIL: Rated 1A, Suitable for strollers but not wheelchairs due to steps. Walk through a classic old Southern port city with a National Cemetery, beautiful homes, quaint downtown, and a picturesque waterfront. Author Pat Conroy was a long-time resident. Site of many movies; recognized by the National Trust for Historic Preservation as one of a “dozen distinctive destinations.” “A” award available. Ask for 10% discount at hotel.

HOW TO GET THERE: From North & South, take exit 33 off I-95 and take US-17 North. US-17 will merge with US-21. Continue on US-21 South to Beaufort. Enter town on US-21 Business (Boundary St.). At the intersection of SC-170 and US-21 (traffic light #1), continue through 2 more traffic lights. Turn left at 3rd light when you see a large green sign for the Quality Inn.

BLACK MOUNTAIN, NC

Par for the Course
Town Halls/City Halls

Rockin' Round the Clock
Walking with America's Veterans

Buncombe County
7/10 Km WALK Y1138
Asheville Amblers

START POINT: Town Hardware and General Store
103 W. State Street
Black Mountain, NC 28711
828-669-7723

HOURS: M-SA 8-6, SU 1-5;

CLOSED: New Year's Day, Easter, Thanksgiving, Christmas

POC: Holly & Terry Reiling; 828-782-8433; tereiling@yahoo.com

TRAIL: Rated 2A, Stroll beautiful Montreat, with quaint cottages. Picturesque views accent surrounding mountains. Wander Montreat College & view the fresco, "The Prodigal Son", by artist Ben Long. Pass Lake Susan.

HOW TO GET THERE: From I-40 take Exit 64. Travel north on NC 9 (Broadway St.) to intersection of US70 (State St.). Town Hardware is the first store on your left at the corner of Broadway and State Street. **Parking** is available throughout the downtown area.

BLOWING ROCK - BLUE RIDGE PARKWAY, NC

Watauga County

10/20 Km Manor House/Maze Trail Y817

Jan 1 – Dec 31

Winston Wanderers

START POINT: Blowing Rock Market

<http://www.blowingrockmarket.com>

990 Main Street

Blowing Rock, NC 28605

828-414-9322

GPS N36° 08.11', W81° 40.67'

Drive a short distance to start point at Bass Lake

HOURS:

Sun-Thu 7am-9pm, Fri-Sat 7am-10pm

call for holiday hours. Walk during daylight hours only

POC: Brenda Saintsing, brendasaintsing@gmail.com, 336-475-3038

MANOR HOUSE TRAIL: Rated 3B, Register at Blowing Rock Market and drive about 0.7 miles to walk start at Bass Lake parking area. Enjoy the walk as it circles Bass Lake and goes through the forest on rhododendron lined, dirt and gravel surfaced carriage trails and visit the Manor House on the Moses Cone Flat Top Mountain Estate, now a national park nestled along the Blue Ridge Parkway. A large variety of hardwoods and conifers along with Rhododendron, Mountain Laurel and other native flora assure a colorful and interesting walk throughout the year. The trail may be difficult for wheel chairs due to hills and is recommended for medium and large wheeled strollers. To continue on for the 2nd half of the 20 km trail, return to Blowing Rock Market and continue with **THE MAZE TRAIL:** Rated 3B, Starts at Blowing Rock Market, Walk from town through the grounds of the renowned Chetola Resort and onto the carriage trails of the Moses Cone Estate. Walk features the aptly named Maze Trail, the estate's apple barn and Bass Lake. As with the Manor House trail, the variety of trees and flowering plants promises a visually pleasing walk throughout the year.

Manor House Trail is not suitable for wheel chairs due to hills and a few steps; and is recommended for medium and large wheeled strollers.

HOW TO GET THERE: **From the east** take US 421 to the Blue Ridge Parkway at Deep Gap and turn left onto parkway access ramp. From the north via US 221 turn left on US 421 for approximately 0.6 mi then turn right on the Blue Ridge Parkway access ramp. Turn right (south) on the parkway for approximately 18 miles to US 321/221 in Blowing Rock. Turn left on 321/221. At the second traffic light turn right on Bus 321/221/Main Street. At the next traffic light bear left on Main Street/Bus321 to the Blowing Rock Market on the right. (Option: Follow US 421/221 into Boone then left on SR105/ US 221 and left on US 321/221 into Blowing Rock.) **From the west** follow US 321through Boone into Blowing Rock. From the south US 321 north (I-85 exit 17 in Gastonia; I-40 exit 123 in Hickory) to Blowing Rock and follow Bus 321/Main Street through town to the start point on the left just past Blowing Rock Park. **NOTE:** US 321 is under construction between Lenoir and Blowing Rock and is subject to delays or detour. Call the NCDOT Traveler Information Line at 511 for current status.

BLUFFTON, SC

Par for the Course

Town Halls/ City Halls

Beaufort County
5/10Km Walk Y1068
Asheville Amblers

Online Start Box Only

HOURS: Daily, during daylight hours

POC: Debbie Beam 843-298-0540 thebeams@hargray.com

TRAIL: Rated 1A, You will receive driving instructions to walk start. This is a unique walk with many aspects - quiet neighborhoods, home of one of the signers of the Declaration of Independence, a truly remarkable church, a tour of an oyster shucking factory, and a bluff over looking the May River which gives Bluffton its name.

HOW TO GET THERE: Driving directions are included in the event directions you will receive from registering on the Online Start Box.

BOONE, NC

Greenway Walk

Walking with America's Veterans

Watauga County

10 Km GREENWAY WALK Y1465 Jan 1 - Dec 31

Winston Wanderers

START POINT: Holiday Inn Express, Boone
1943 Blowing Rock Road (Hwy 321)
Boone, NC 28607 828-264-2451.

HOURS: Daily. Please walk daylight hours only

POC: Brenda Saintsing, brendasaintsing@gmail.com, 336-475-3038

TRAIL: Rated 2A, Suitable for strollers and wheelchairs. Mostly on peaceful, paved paths along the south fork of the New River. Enjoy secluded nature trail just minutes from the town activity.

HOW TO GET THERE: From 1-77 Exit 73 or Wilkesboro follow US421 to US221/321/105. Left on US221/105 Extension to US221/321 South (Blowing Rock Rd.). Left on Blowing Rock Rd. about 1.2 miles to Start Point on the left side of the road, across the street from Chili's Restaurant.

BREVARD, NC – PISGAH FOREST

ESTATOE TRAIL

RIVER WALK

Transylvania County
5/10 Km Walk Y961
Asheville Amblers

START POINT: Comfort Inn and Suites
2228 Asheville Hwy
Brevard NC 28712

HOURS: Dawn to Dusk

POC: Charlie Hess 828-699-1368 (H); 828-333-3384(C);
CharlesHess71@gmail.com

TRAIL: Rated 1B, Amble along shaded pathway beside the Davidson River which includes a portion of the Estatoe Trail, used by the Cherokees as a trade route between western NC and SC. Visit a unique chapel founded in 1860 by Reverend English, a Methodist Circuit Rider, for the local community. Watch the various activities on the Davidson such as fly fishing, tubing and enjoying the cool waters. Visit and even join in an old style “swimming hole”.

HOW TO GET THERE: From I-26, take Exit 40 and go south on NC 280 to the intersection with US 276 and US 64 in Pisgah Forest. Continue straight on US276/64 through the first light and make a U-turn to enter the parking lot of Comfort Suites. Ask for the box at the registration desk

BREVARD, NC

CITY WALK

Rockin' Round the Clock Town Halls/City Halls
Walking with America's Veterans

Transylvania County
5/10 Km Town Walk Y1019
Asheville Amblers

START POINT:

Comfort Inn
2228 Asheville Highway (US 276/74)
Brevard NC 28712 828-262-8900

HOURS: Dawn to Dusk

POC: Charlie Hess 828-699-1368 (H); 828-3333383(C);
CharlesHess71@gmail.com

TRAIL: Rated 2A, Stroll through Brevard College, known for its music programs and small school atmosphere. Walk also includes picturesque neighborhoods, a vibrant and quaint downtown, an old mansion and the restful feeling of a small town environment. This is the only walk where you can see WHITE squirrels (not albinos) as you pass through the neighborhoods.

How to get there: From I-26, take Exit 40 and go south on NC280 to its end at the intersection with US 276/64. Continue straight on 276/64 through the first light, staying in the left lane to the first crossover. Make a U-turn there and a short left to enter the Comfort Inn parking lot on your right. Ask for the walk box at the registration desk.

You must drive to the Food Lion parking lot to begin walk:

Food Lion Super Market
100 College Station Dr
Brevard, NC 28712 828-884-4532

To get to Food Lion: From I-26, take Exit 40 and go south on NC-280 for approx 16 miles to intersection with US-64 and US-276. Continue straight on 64/276 approx 3 miles. Turn right on College Station Dr into strip mall. Food Lion is straight ahead.

BURLINGTON, NC

Walking with America's Veterans

Alamance County
10 Km TOWN WALK Y1180 Jan 1-Dec 31
Winston Wanderers

START POINT: Alamance County Community YMCA
1346 S Main Street
Burlington NC 27215
GPS N36005.1',W79°27.08'
336-227-2061

HOURS: Mon-Fri 5:30am-8:00pm, Sat 8:00am-4:00pm

CLOSED: Major holidays, including Easter.

POC: Ralph/Sandra Barnes, 336-288-2023, barnes1s@att.net

TRAIL: Rated 1A, suitable for strollers. Route tours historic downtown and residential areas with many National Registry listed points-of-interest, through a city park featuring a 1906-1910 vintage working carousel.

HOW TO GET THERE: From I-85/I-40 take exit 143, NC62/Alamance Rd. Go north 1.5 mile and turn right on US70 (being careful not to turn too far onto NC54). Pass through 2 traffic lights (Burlington City Park is on right), then bear right on Main St. to YMCA on right.

BUXTON / CAPE HATTERAS, NC

Lighthouses II

Walking with America's Veterans

Dare County

11 Km LIGHTHOUSE WALK Y602 Jan 3-Dec 29

Winston Wanderers

START POINT: Dillon's Corner (Gift shop, souvenirs, etc.)

Hwy12

Buxton, NC 27920 GPS:N35°15.91',W75°31.51'

252-995-5083. Tourist Info 1-800-446-6262

HOURS: Daily, Winter 7 to 7; Summer Dawn to Dusk

CLOSED: New Year's & Christmas Eve and Days. May be closed during bad weather. If in doubt, call the store to see if they are open. WALK DURING DAYLIGHT HOURS ONLY. The National Park Visitor Center is open 9 am to 5 pm daily.

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 1C, primary route will be difficult for strollers, and is not suited for wheelchairs, but may be done by both with bypass of nature trail and beach. Carry water, and insect repellent is strongly recommended. This is a level trail on grass along the roadway, on a dirt trail and 2 km along the beach. Visit the Cape Hatteras Lighthouse and experience the micro-climates of the beach and maritime forest settings of the NC barrier islands.

HOW TO GET THERE: US158 from Nags Head, south to Hwy 12, south to Start Point at Buxton. **From Raleigh or 1-95**, take US64 east all the way to Hwy 12. Take Hwy 12 south for about 47 miles to Buxton. Store is on right, across from the Hatteras Island Inn.

CARY, NC

BOND PARK

Par for the Course

Wake County
5/10 Km Y1296
Triangle Trailblazers

Rails to Trails

START POINT: Taylor Family YMCA
101 YMCA Dr.
Cary, NC 27513
919-469-9622

HOURS: Mon-Fri 8-6, Sat 8-3, Sun 12-5
CLOSED: Major holidays (call if in doubt)

POC: Debby Wapner, 919-749-5463, debywapner@aol.com

TRAIL: 10K rated 2C, 5K rated 2B. Not suitable for strollers or wheelchairs. The trail is on natural and paved paths. Majority of the walk is through wooded areas around a scenic lake, with roots and rocks, sometimes dipping into ravines and crossing bridges and boardwalks. Pets must be leashed.

HOW TO GET THERE: **From the west on I-40**, take exit 287, turning right onto Harrison Ave. Turn right onto Cary Pkwy. Turn left on YMCA Dr. (approximately 1 mile past light at High House Rd.) YMCA is on the left. **From the south on US1**, exit at Cary Pkway, and turn left. Turn right on YMCA Dr.

CHAPEL HILL, NC

Rockin' Around the Clock

Orange County
5/ 10 / 12 Km Y314
Triangle Trailblazers

START POINT: Carolina Coffee Shop
138 East Franklin St.
Chapel Hill, NC 27514 919-942-6875

HOURS: Daily 8-3

CLOSED: Thanksgiving, Christmas (Call to check)

POC: Rich Rycek, 919-699-0123, richrycek@gmail.com

TRAIL: 10K rated 2A, 5K rated 1A, 12K rated 2B. Ask at the bar for the blue folder. The 10km goes through old neighborhoods passing many historic houses, the UNC campus, Morehead Planetarium, the Coker Arboretum, and Old Chapel Hill Cemetery. The 10k includes walking past many of UNC's sports venues including Kenan Memorial Stadium and the "Dean Dome". The 12km trail also goes through residential areas, the UNC campus, and includes natural surfaces through forested areas with gullies, stream beds and rocky terrain. This option is not suitable for strollers or wheelchairs. The 5k option is mainly on the UNC campus.

HOW TO GET THERE: **From the west on I-40**, take Exit 266 (N.C. 86). Continue on N.C. 86 (Martin Luther King, Jr. Blvd.) for approx. 3 miles, which then becomes Columbia St. as it bears to the left. Cross Rosemary St. and turn left on E. Franklin St. The coffee shop is a short distance on the right. Ask for folder behind bar. **From the east on I-40**, take Exit 270 (U.S. 15-501 South) towards Chapel Hill. When U.S. 15-501 forks, bear to the right towards Franklin St. (there will be an overhead sign). Go approx. 3 miles. The coffee shop will be on the left a short distance after crossing Henderson St.

Note: There is limited parking on the street. Only short term parking is available directly in front of the coffee shop. Suggest after registering for the walk, proceed to the public parking lot on 104 West Rosemary St. - turn right on Columbia Street and then right on Rosemary Street.

CHARLESTON, SC

HISTORIC

Rockin' Round the Clock

Charleston County
5/10 Km CITY WALK Y1358
Asheville Amblers

ONLINE START BOX Available

START POINT: Hampton Inn - Historic District
345 Meeting St.
Charleston, SC 29403
843-723-4000, 800-853-8000

HOURS: Daily, dawn to dusk

POC: Suzie Whiteside 828-301-4948 suzew1@hotmail.com

TRAIL: Rated 1A, Suitable for strollers, but not wheelchairs. Stroll on sidewalks, cobblestones and stone pathways as you walk through this historic town. Walk through the Historic District, a waterfront park, White Point Gardens, the Market area and College of Charleston. Plan a whole day for this walk. There is too much to absorb in the normal volksmarching mode. "A" award available.

HOW TO GET THERE: From I-26 or US 17 southbound, exit onto Meeting St. Go six blocks to hotel on right, which is across the street from the Charleston Visitor's Center. **When coming from US 17 northbound**, get in the far right lane as 17 crosses over the Ashley River (coming into downtown). Take the Lockwood Dr. exit to Calhoun St. Go left on Calhoun to Meeting St, then left on Meeting. The hotel is two blocks down on the left (corner of Meeting & John St.). Parking in the Visitor's Center lot is recommended; across John St. from the hotel

CHARLESTON, SC

MAGNOLIA PLANTATION

Charleston County
5/10 Km PARK WALK Y294
Asheville Amblers

ONLINE START BOX Available

Start Point: Hampton Inn - Historic District
345 Meeting St.
Charleston, SC 29403
843-723-4000, 800-853-8000

Magnolia Plantation
3550 Ashley River Road
Charleston, SC 29414
800-367-3517
www.magnoliaplantation.com

HOURS: Magnolia Plantation is open daily 9:00am – 5:pm, except closed on Christmas Day.

FEE AREA: Basic Plantation admission: Adults \$29, Kids 6-12 \$15, Children under 6 Free. AAA discount: \$1 off each General Admission. You may purchase extra tickets for the following: Plantation House (\$15), Nature Train, Nature Boat, Slavery to Freedom Tour and Audubon Swamp: \$10 per person per each activity. See plantation website for additional information.

POC: Suzie Whiteside 828-301-4948 suzew1@hotmail.com

TRAIL: Rated 1A, Suitable for strollers; but not wheelchairs due to Swamp Gardens. **NO PETS.** Alligators are present on portions of the walk. They normally avoid human contact. **DO NOT ANNOY, CHALLENGE, OR FEED THE ALLIGATORS.** Tour the 50-acre garden with over 900 camellias and 250 azaleas plus hundreds of other flowering species year round. Walk through Audubon Swamp Garden and see a typical black water cypress and tupelo swamp complete with gators. See myriad of shore birds along banks of Ashley River. “B” award available.

HOW TO GET THERE: From **US 17** (south of Charleston), take SC 61 north about 10 miles to Plantation entrance on right.

How to get to Start Point: From **I-26 or US 17 southbound**, exit onto Meeting St. Go six blocks to hotel on right, across the street from the Charleston Visitor's Center. **When coming from US 17 northbound**, get in the far right lane as 17 crosses over the Ashley River (coming into downtown). Take the Lockwood Dr. exit to Calhoun St. Go left on Calhoun to Meeting St, turn left on Meeting. The hotel is two blocks down on the left (corner of Meeting & John St.). Parking in the Visitor's Center lot is recommended; across John St. from the hotel.

CHARLESTON, SC

RAVENEL BRIDGE

Charleston County
6/12 Km CITY WALK Y1348
Asheville Amblers

ONLINE START BOX Available

START POINT: Hampton Inn - Historic District
345 Meeting St.
Charleston, SC 29403
843-723-4000, 800-853-8000

HOURS: Daily, dawn to dusk

POC: Suzie Whiteside 828-301-4948 suzew1@hotmail.com

TRAIL: Rated 2A, you will receive driving instructions at Registration then drive a short distance to Walk start point. Suitable for strollers, but not wheelchairs. **NO PETS ON BRIDGE.** Stroll on sidewalks and across Ravenel Bridge on a dedicated walkway for spectacular views of Charleston and the water front, Mount Pleasant and the ships at Patriots Point. Bridge crosses a marsh and Cooper River. 6KM goes to mid-point of the bridge.

HOW TO GET THERE: From I-26 or US 17 southbound, exit onto Meeting St. Go six blocks to hotel on right, across the street from the Charleston Visitor's Center. **When coming from US 17 northbound**, get in the far right lane as 17 crosses over the Ashley River (coming into downtown). Take the Lockwood Dr. exit to Calhoun St. Go left on Calhoun to Meeting St, turn left on Meeting. The hotel is two blocks down on the left (corner of Meeting & John St.). Parking in the Visitor's Center lot is recommended; across John St. from the hotel.

CHARLOTTE, NC

UPTOWN & 4th WARD

ONLINE START BOX REGISTRATION

Par for the Course

Rockin' Around the Clock

Mecklenburg County
10 Km CITY WALK Y894
Metrolina Walkers

START POINT:

You must register for this event online at AVA.org and set up a personal account if you don't already have one. The process is simple and there are detailed directions on the website. Once you have registered for the walk you can print out detailed driving and trail directions. Upon completion of the walk, you must login to your account again to "finish" your walk. At this point you will be able to print stamped insert cards.

POC: Alan Black (704) 608-8339, ACBlack7@aol.com

TRAIL: Rated 1A. Walk through Uptown Charlotte business/cultural district, historic 4th Ward neighborhood, and government complex. Passes Carolina Panthers NFL stadium, Charlotte Knights minor league baseball stadium, Charlotte Hornets NBA basketball arena, and Romare Bearden Park. Part of trail is inside the Overstreet Mall complex.

Trail is mostly flat on city sidewalks. Overstreet Mall includes some stairs and escalators, with elevator alternatives.

HOW TO GET THERE: Detailed Start Point and Driving Directions will be provided once you have registered for the walk online.

CHARLOTTE, NC SOUTHEND

ONLINE START BOX REGISTRATION

Par for the Course

Rockin' Around the Clock

Mecklenburg County
10 Km CITY WALK Y1434
Metrolina Walkers

START POINT:

You must register for this event online at AVA.org and set up a personal account if you don't already have one. The process is simple and there are detailed directions on the website. Once you have registered for the walk you can print out detailed driving and trail directions. Upon completion of the walk, you must login to your account again to "finish" your walk. At this point you will be able to print stamped insert cards.

POC: Alan Black (704) 608-8339, ACBlack7@aol.com

TRAIL: Rated 1A. Walk through redeveloped Southend district, historic Dilworth neighborhood, Freedom Park, and pass Latta Park. Trail is mostly flat on city sidewalks, light rail trail and greenway.

HOW TO GET THERE: Detailed Start Point and Driving Directions will be provided once you have registered for the walk online.

COLUMBIA, SC

51 Capitals

Walking with America's Veterans

Richland County

5/10 Km HISTORIC DOWNTOWN WALK Y598

Asheville Amblers

START POINT: Hampton Inn

822 Gervais Street

Columbia, SC 29223 803-231-2000

HOURS: Daily, Dawn to dusk

POC: Robert Cooper; 828-565-3077; revrcooper@aol.com

TRAIL: Rated 2A, Suitable for strollers and wheelchairs. The trail takes you through the USC campus, the historical section of Columbia and around the State House grounds. See the Governor's Mansion, stroll along manmade waterfalls in a scenic park and through a memorial park honoring SC servicemen. A nice urban walk; walking the streets of Columbia is like following the footsteps of history. "A" and "B" awards available.

HOW TO GET THERE: **FROM I-26:** take I-126 (downtown Columbia) to exit for Huger. Take Huger to Gervais. Turn right onto Lincoln. Parking lot is almost immediately on your right. **FROM: I-20 or I-77:** take SC-277 (becomes Bull Street) to Elmwood Ave. Right on Elmwood to Assembly (3rd light). Left on Assembly to Senate (9 blocks). Right on Senate to Lincoln (2 blocks) Parking lot is first left.

CONCORD, NC

Par for the Course
Walking with America's Veterans

Rockin' Around the Clock

Cabarrus County
10 Km Greenway/Town WALK Y1762
Rowan Roamers

START POINT: Hampton Inn
612 Dickens Pl NE,
Concord, NC 28025
704-793-9700

HOURS: Daily, 7am 'til dusk

POC: Jerry/Bonnie Kadela 704-224-4479; bkadela2@gmail.com

TRAIL: Rated 1A, Walk is on paved greenway and through historic downtown Concord. In the downtown South Union and North Union Historic Districts view the mansions of former cotton mill owners. The old Cabarrus County courthouse, built in 1875-1876 is one of the finest examples of Victorian architecture public buildings in NC. The downtown consists of many period buildings which have been restored and now house restaurants and antique shops.

HOW TO GET THERE: Exit #60 from I-85 and east on Copperfield Blvd (on right next to Cracker Barrel) - walk is a 5 miles drive to Les Myers Park.

CORNELIUS, NC

ONLINE START BOX REGISTRATION

Par for the Course

Town Halls/City Halls

Mecklenburg County
10 Km TOWN WALK Y1448
Metrolina Walkers

START POINT:

You must register for this event online at AVA.org and set up a personal account if you don't already have one. The process is simple and there are detailed directions on the website. Once you have registered for the walk you can print out detailed driving and trail directions. Upon completion of the walk, you must login to your account again to "finish" your walk. At this point you will be able to print stamped insert cards.

POC: Joan Melville 704-564-1013, melville@bellsouth.net

TRAIL: Rated 1A, Walk through small town Cornelius, a town that split from Davidson and built up around a cotton mill. Walk is on sidewalks, streets and a short section on a dirt path through the woods and along lakeshore. Not suitable for strollers and wheelchairs.

HOW TO GET THERE: Detailed Start Point and Driving Directions will be provided once you have registered for the walk online.

COROLLA, NC

Lighthouses II

Currituck County

11 Km LIGHTHOUSE WALK Y1139 Jan 3 - Dec 29

Winston Wanderers

START POINT: Sun Realty

1135 Ocean Trail, Hwy 12

Corolla, NC 27927

GPS, N36° 22.77', W75° 49.77'

252-153-8822

HOURS: Daily 9-5

CLOSED: Christmas & New Year's Eves & Days, Thanksgiving Day

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 1C, strollers or wheelchairs may do parts of walk with beach and sound bypass. Insect spray may be needed, especially in May and June. CARRY WATER. Walk on the beach and along the Currituck Sound. See the Currituck Lighthouse and the 1920s vintage Whale Head Hunt Club, (both open for tours). Route is on varied trail surfaces including the sandy beach, paved and unpaved streets, sidewalks and gravel trails through this Outer Banks resort community. Occasionally whales and frequently porpoises are sighted along the Corolla beaches. Alternate routing is given for those who wish to bypass the beach sections.

HOW TO GET THERE: **From the north** take 158 onto the island. Go to 4th traffic light and turn left onto Hwy 12 toward Duck and Corolla After passing the Corolla lighthouse on your left watch for Sun Realty on right just past the Currituck Co Satellite Office. **From west and south** take US64 east through Manteo to Nags Head. Turn left on 158 and proceed 15 miles north and turn right on Hwy 12. Follow above directions at Hwy 12.

DAVIDSON, NC

**Par for the Course
Town Halls/City Halls**

Rockin' Around the Clock

Mecklenburg County
10 Km TOWN WALK Y1466
Metrolina Walkers

START POINT:

You must register for this event online at AVA.org and set up a personal account if you don't already have one. The process is simple and there are detailed directions on the website. Once you have registered for the walk you can print out detailed driving and trail directions. Upon completion of the walk, you must login to your account again to "finish" your walk. At this point you will be able to print stamped insert cards.

POC: Joan Melville 704-564-1013, melville@bellsouth.net

TRAIL: Rated 1A, Walk through historic small town Davidson, the Davidson College Campus and along a greenway. Not suitable for strollers and wheelchairs.

HOW TO GET THERE: Detailed Start Point and Driving Directions will be provided once you have registered for the walk online.

DURHAM / DUKE, NC

Rockin' Around the Clock

Durham County
5/6/7/10/11 Km WALK Y940
Triangle Trailblazers

START POINT: Mad Hatter's Cafe and Bake Shop
1802 West Main St.
Durham, NC 27705 919-286-1987

HOURS: Mon-Sat 7am-4pm; Sun 8am-4pm
CLOSED: Thanksgiving, Christmas, New Year's Day

POC: Deb Lewis, 919-544-6566, lewis064@nc.rr.com

TRAIL: Rated 1B, Difficult for strollers, not suitable for wheelchairs. The trail is predominately on sidewalks and gravel paths with only slight hills and some steps. It goes through the Sarah P. Duke Memorial Gardens (Dogs allowed in Gardens only before 10 a.m. and after 5 p.m.) and Duke University. The walk's highlights are the beauty of the gardens and the magnificent Gothic architecture of the campuses including Duke Chapel.

HOW TO GET THERE: **Driving north (toward Durham) on I-85**, take Exit 172 onto the Durham Freeway (NC-147 South) to Swift Ave. (Exit 14). Turn left on Swift Ave. to Main St. crossing RR tracks. As you cross the RR tracks, get in the left lane, turn left on W. Main St. and immediately turn right into Whole Foods shopping center. Mad Hatter's will be on right. Park in the shopping center lot. Enter the Mad Hatter's from the shopping center, and the box will be on the floor on your left just inside the door. **Driving south on I-85**, take Exit 174A onto Bypass Us-15/501 South. After half a mile, take Exit 108B onto Durham Freeway (NC-147 South) to Swift Ave. (Exit 14) and follow above directions. **Driving on I-40 either east or west**, take Exit 279B onto the Durham Freeway (NC-147 North) to Swift Ave (Exit 14), turn right on Swift Ave. to cross RR tracks and follow above directions.

HISTORIC DURHAM, NC

Par for the Course Walking with America's Veterans

Town Halls/City Halls

Durham County
5/10/ Km WALK Y504
Triangle Trailblazers

START POINT: Mad Hatter's Cafe and Bake Shop
1802 West Main St.
Durham, NC 27705 919-286-1987

HOURS: Mon-Sat 7am-4pm; Sun 8am-4pm
CLOSED: Thanksgiving, Christmas, New Year's Day
POC: Deb Lewis, 919-544-6566, lewis064@nc.rr.com

TRAIL: 10K rated 2A, 5K rated 1A. Medium difficulty for strollers, not suitable for wheelchairs. The walk is nearly all on sidewalks with only slight hills and very few steps. It goes through residential areas as well as the heart of the downtown business district. Notable points of interest include the Historic Durham Athletic Park, Farmers Market, Durham County Library, Durham Bulls Athletic Park, American Tobacco Campus, Brightleaf Square, and an option to walk the Duke University East Campus.

HOW TO GET THERE: **Driving north (toward Durham) on I-85**, take Exit 172 onto the Durham Freeway (NC-147 South) to Swift Ave. (Exit 14). Turn left on Swift Ave. to Main St. crossing RR tracks. As you cross the RR tracks, get in the left lane, turn left on W. Main St. and immediately turn right into Whole Foods shopping center. Mad Hatter's will be on right. Park in the shopping center lot. Enter the Mad Hatter's from the shopping center, and the box will be on the floor on your left just inside the door. **Driving south on I-85**, take Exit 174A onto Bypass Us-15/501 South. After half a mile, take Exit 108B onto Durham Freeway (NC-147 South) to Swift Ave. (Exit 14) and follow above directions. **Driving on I-40 either east or west**, take Exit 279B onto the Durham Freeway (NC-147 North) to Swift Ave. (Exit 14), turn right on Swift Ave. to cross RR tracks and follow above directions.

EDENTON, NC

Lighthouses II

Chowan County
5/10 Km HISTORIC TOWN WALK Y0663
Winston Wanderers

START POINT: Historic Edenton Visitors Center
108 N Broad St
Edenton, NC 252-482-2637

HOURS: Tues-Sat 9am-5pm;
CLOSED: Sun – Mon, Call for holiday schedule

POC: Lloyd Tolbert 276-403-0608, treb03@gmail.com

TRAIL: Rated 1A, A Waterfront Village with Southern Grace and Colonial History
Founded on November 6, 1712, Edenton celebrated its 300th anniversary from November 6, 2012 through December 2013. Edenton served as the first Colonial Capital until 1743. Its citizens then helped in our fight for freedom, and became instrumental in establishing the principles and values upon which our nation was founded. Edenton survived the Revolutionary and the Civil Wars largely intact. Visitors today will find historic homes and three National Historic Landmarks preserving our heritage for future generations. The state's oldest Courthouse, built in 1767 and still in use today, stands above the village green looking toward Edenton Bay.

HOW TO GET THERE: From US-17, take exit 227 (NC-32) towards Edenton. If you are coming from the west, turn right at end of exit ramp. If coming from the east, turn left at end of exit ramp. Continue on NC-32 for .5 mile to N. Broad St. Turn Right on N. Broad St. for ½ mile, start point is on left at corner of E. Gale St (Parking is around back of Visitors Center)

ELIZABETH CITY, NC

Walking with America's Veterans

Pasquotank County

5/10 Km HISTORIC WALK Y895 Jan 3-Dec 29

Winston Wanderers

START POINT: Muddy Waters Coffeehouse

100 W. Main St.

Elizabeth City, NC 27909 252-338-BREW (2739),

GPS: N36°18.02, W76°13.44' Tourist Info: 252-338-4040.

HOURS: Daily 6:00am to 6:00pm

CLOSED: Major Holidays.

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 1A, Suitable for strollers. Trail is through the Downtown and West End Historic districts with over 30 National Registry points-of-interest, along the waterfront, and shaded residential streets.

HOW TO GET THERE: **From the South on Hwy 17** at new exit 255 bear to the right to stay on US 17 (DO NOT take US 17 Bypass). Entering the city at the fork of US 17/Hughes Blvd. (to the left) and business 17/Ehringhaus St (to the right), stay left on US17/Hughes Blvd to Main St. Turn right on Main Street to Coffeehouse on the left at the corner of Main and Road Street. **From North or West take US 17 /158**, at new exit 264 stay on US17/158 (DO NOT take US 17 Bypass) into Elizabeth City then left on Business 17/Road Street to coffeehouse on the right. **From the East on Hwy 158**, cross the bridge into Elizabeth City and turn left on Bus 17/Road Street to the coffeehouse on the right. Limited parking at coffeehouse, but ample free parking nearby. Ask at coffeehouse for directions.

ELKIN, NC

Surry, Wilkes, and Yadkin Counties
10 Km TOWN WALK Y1188 Jan 3-Dec 29
Winston Wanderers

START POINT: Yadkin Valley Chamber of Commerce Visitor Center
257 Standard Street, Elkin, NC

HOURS: Mon-Fri 8:30am to 4:30pm

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 2B, strollers OK with a few steps. Not for wheelchairs. Tours historic downtown and quiet residential areas with views across Yadkin River Valley, through city park and recreation area. Revised trail for 2022.

HOW TO GET THERE: I-77 to Exit 82, turn west, follow road for 2 miles. Turn left on Elm St. one block and right on Main St (becomes Bridge St) across Yadkin River crossing. Turn left on Standard St. Visitor Center is ½ block on right. Free parking at Visitor Center.

FAYETTEVILLE, NC

CARVER'S CREEK STATE PARK

Mayflower - 400th Anniversary Walk

Cumberland County
10 Km Park Walk Y2818 Jan 1 - Dec 31
Winston Wanderers

START POINT: Hardee's Restaurant
6397 North Ramsey St.
Fayetteville, NC 28311 (910) 630-3015

HOURS: Hardees open daily
Trail open 8:00am -6:00pm Nov-Feb; 8:00am-8:00pm Mar- May;
8:00am-9:00pm Sep-Oct and 8:00am-9:00pm Jun-Aug daily

POC: John Pollard jpollard004@nc.rr.com (910) 868-4642

TRAIL: Rated IC, Open 8:00am -6:00pm Nov-Feb; 8:00am-8:00pm Mar-May; 8:00am-9:00pm Sep-Oct and 8:00am-9:00pm Jun-Aug daily

Walk is along sandy, occasionally rocky trails with tree roots and occasional small hills through typical sandhills landscape. Wildflowers vary with season. Park has 8 species of woodpeckers including endangered red cockade woodpecker. The only restroom is on the parking lot. Carry water and insect repellent. Youth under age 18 may walk free for credit with an adult.

HOW TO GET THERE: From I-295 take Exit 28 to US401 North (Ramsey St). Turn north toward Lillington on US401 North. Box is in the Hardees Restaurant on left in 0.1 miles.. Register and drive 2.6 miles to start point.

GREENSBORO, NC

Guilford County

6/11 Km HISTORIC CITY WALK Y1546 Jan 1 - Dec 31

Winston Wanderers

START POINT: Kathleen Price Bryan Family YMCA

501 W. Market Street.

Greensboro, NC 27401

336-478-YMCA (9622).

HOURS: Mon –Fri 5:30am – 8:00pm, Sat 8am –2pm
Call for Holiday hours

POC: Ralph/Sandra Barnes, 336-288-2023, barnes1s@att.net

TRAIL: Rated 2B, Suitable for strollers but curbs will make it difficult for wheelchairs. Trail is mostly on city sidewalks and a paved park trail. See February One Place and Woolworth building, site of 1960 sit-in that helped to launch the civil rights movement, museums and stately homes.

HOW TO GET THERE: From the south on I-85 exit 122, US 220 north to Washington St. in downtown. Cross Washington Street and move to the left lane to turn left into the YMCA parking lot (before you get to Market Street).

FROM EAST OR WEST ON I-40/Bus-85, exit 218 Freeman Mill Rd/US 220 (westbound use 218A, eastbound use 218B) to Washington St. in downtown. Cross Washington Street and move to the left lane to turn left into the YMCA parking lot (before you get to Market Street).

With courtesy to the YMCA members please park toward the center or back of the lot to leave the closer parking spots for the members.

GREENSBORO, NC

GUILFORD COURTHOUSE NATIONAL MILITARY PARK VISITOR CENTER

Walking with America's Veterans

Guilford County

5/10/20 Km PARKS WALK Y1320 Jan 1 - Dec 31

Winston Wanderers

START POINT: Guilford Courthouse National Military Park Visitor Center
2332 New Garden Road, Greensboro, 336-288-1776.

Hours: Open Tuesday- Saturday 8:30am-5pm
Closed on Sun & Mon
CALL IN ADVANCE IF NOT SURE

Closed: New Year's Day and Christmas.

POC: Ralph and Sandra Barnes, 336-288-2023, barnes1s@att.net

TRAIL: Rated 2B, Suitable for large-wheeled strollers. Some gravel-surfaced paths may make it difficult for wheelchairs and small-wheeled strollers. The trail, on park roads, gravel paths, and paved greenways, winds through four contiguous parks, past a lake, and a maze of monuments commemorating the Revolutionary battle fought at Guilford Courthouse on March 15, 1781. Last 10 Km of trail mostly on greenway.

HOW TO GET THERE: **From the south on I-85**, exit 122 to US 220 north (or from Business I-85, exit 122, Freeman Mill/US220). Follow as it becomes Edgeworth to Battleground Ave. Left on Battleground to New Garden. Right on New Garden and right into Park. **FROM EAST OR WEST ON I-40/Bus-85**, exit 218 Freeman Mill Rd/US 220 (westbound use 218A, eastbound use 218B) then follow as above to start point.

HENDERSONVILLE, NC

Rockin' Round the Clock

Walking with America's Veterans

Henderson County
5/10 Km WALK Y0691
Asheville Amblers

START POINT: Henderson County Travel and Tourism Visitor Center
201 S Main Street
Hendersonville NC 28792
828-693-9708 800-828-4244

HOURS: M-F 9-5; Weekends and holidays 10-5

CLOSED: Thanksgiving, Christmas and New Years

ALT START PT: Quality Inn and Suites
I-26 and Upward Road
111 Commercial Blvd
Flat Rock NC 28731 828-393-9995

HOURS: Daily dawn to dusk

POC: Doug & Sue Agor 828-681-9995;
sfw2dwa71@morrisbb.net

TRAIL: Rated 2A Walk meanders through a vibrant downtown with specialty shops and restaurants for all tastes. Walk continues through historic neighborhoods to Patton Park and Oakdale Cemetery where the angel inspiring Thomas Wolfe's "Look Homeward, Angel" is located

HOW TO GET THERE: From I-26, take Exit 49B onto US 64W. Travel approximately 2 miles towards Hendersonville, turn left onto Main Street, go 8 blocks to Visitor Center on right, Parking lot is just beyond Visitor Center

ALT START POINT: From I-26, take Exit 53. From the north, turn right. From the south, turn left. Turn left at stop light at Commercial Blvd to Quality Inn and Suites, which is immediately behind McDonalds. Walk begins at Henderson County Visitor Center.

HICKORY, NC

Rockin' Around the Clock

Catawba County

6/11 Km CITY WALK Y1078 Jan 3 - Dec 29

Winston Wanderers

START POINT: Outdoor Supply Company
2427 N. Center St.
Hickory, NC 28601
828-322-2297

HOURS: MON - FRI 10 - 7, SAT 10 - 6,

CLOSED: Sunday and Major Holidays

POC: Brenda Saintsing 336-475-3038 brendasaintsing@gmail.com

TRAIL: Rated 2A, Recommend large wheeled strollers. Will be difficult for wheel chairs. The trail is mostly on sidewalks and pavement and encompasses part of the town, local churches, older residential areas, two parks, Lenoir Rhyne University campus and other varied points of interest.

HOW TO GET THERE From I-40 take exit 125, Lenoir Rhyne Blvd. If westbound turn right and if eastbound turn left on Lenoir Rhyne Blvd. Follow about 1.3 mile to major intersection with Tate Blvd to the right and 1st Avenue to the left.. Turn Left on 1st Ave. Turn right on Hwy 127 and continue to 23rd Ave NE stoplight. Just past the stoplight and Revolution Ale House there is a shopping plaza on the left, if you reach McDonalds you have gone too far. Start point is on the lower end. Free Parking.

<http://g.co/maps/dketk> After registering, drive 2.5 miles to walk start point. There is ample free parking in Union Square and along Main Ave on both sides of Union Square but use caution to avoid the 2 hour limited spots, outer edge is 4 hr. parking.

HIGH POINT, NC

PIEDMONT ENVIRONMENTAL CENTER

Guilford County

12/16 Km NATURE WALK Y682 Jan 1 - Dec 31

Winston Wanderers

START POINT: Piedmont Environmental Center (PEC)
1220 Penny Road High Point, NC 27265
336-883-8531 GPS: N36°00.07', W79°57.28'.

HOURS: Mon - Fri 9 - 5, Trails open all daylight hours.
(Staff reductions may cause unplanned short closures.)
Call center to confirm.

CLOSED: New Year's, Easter, Thanksgiving, Christmas

POC: Ralph and Sandra Barnes, 336-288-2023, barnes1s@att.net

TRAIL: Rated 2C. Not suitable for strollers or wheelchairs. This is an easy-to-moderate walk with some hills of short duration. Through mostly wooded areas and along some wetland areas on scenic paved greenway and natural forest paths. Insect repellent is advised.

HOW TO GET THERE: **From Greensboro,** exit I-40 at either Wendover Ave (exit 214) or NC68 (exit 210) towards High Point. Turn left on Penny Rd. The PEC is approx. 2 miles on the left. **From Winston -Salem,** Take US311 (I-40 exit 196) south to High Point, following the 311 bypass to Eastchester Dr, exit 23. Left on Eastchester, right on Wendover and right on Penny Rd, to the PEC on the left. **From north and east on I-85:** take the (new) 1-85 bypass south to Bus-85/US29/70 (exit 118) toward Jamestown/High Point. Exit Bus 85 on the (new) US311 bypass, exit 19, and follow to Exit 21, Greensboro Road/ Lexington Ave. Turn right on Greensboro Rd to Penny Rd. Turn left on Penny Rd to PEC on the right. **From south on I-85:** take I-85 to US52 (exit 87) to Bus-85/US29/70 to High Point. Exit Bus 85 on the (new) US311 bypass, exit 19, and follow to Exit 21, Greensboro Road/ Lexington Ave. Turn right on Greensboro Rd to Penny Rd. Turn left on Penny Rd to PEC on the right.

HIGH POINT, NC

Guilford County

5/10/20 Km CITY WALK Y473 Jan 1 - Dec 31

Winston Wanderers

START POINT: High Point Convention and Visitors Bureau

1634 N. Main St. #102

High Point, NC 27262

336-884-5255/800-720-5255

HOURS: Mon – Fri 8:30 am – 5 pm

CLOSED: Saturdays, Sundays, Major Holidays, call in advance to confirm.

POC: Brenda Saintsing, brendasaintsing@gmail.com, 336-475-3038 .

TRAIL: Rated 1A, Suitable for strollers, some difficulty for wheelchairs. First half of route is on city streets through downtown and a pleasant, creek side paved greenway on the way to the High Point Museum and Historical Park at the turn-around. The second half features more of the historical residential sections.

HOW TO GET THERE: **From Winston-Salem I-40**, take Exit 196, US 311/High Point. Follow BUS 311 (Main St.) to State Ave. Turn left on State Ave and immediately right into Visitor Center parking. **From north and east on I-85:** take the I-85 bypass south to Bus-85/US29/70 (exit 118) then Bus 85 to High Point/Downtown/Bus 311 exit. Follow BUS 311 north (Main St.) across Lexington Ave to State Ave. Turn right on State Ave and immediately right into Visitor Center parking. **From south on I-85:** take I-85 to US52 (exit 87) to Bus-85/US29/70 to High Point. Exit High Point/Downtown/Bus 311 and follow as above to parking and start.

HILTON HEAD, SC

Beaufort County
5/10 Km WALK Y1013
Asheville Amblers

START POINT: ONLINE START BOX

HOURS: Daily, during daylight hours

POC: Debbie Beam 843-298-0540 thebeams@hargray.com

TRAIL: Rated 1B, Enjoy the sound of the surf and seabirds as you walk along a pristine beach. Stroll through exquisite neighborhoods, along shaded paths/walkways/bridges sheltered from busy streets. Enjoy a rest at quaint little park with refreshing water features or on swings overlooking the beach. Fantastic shopping and eating along the way.
Beach sand will create difficulty for wheel chairs and strollers

HOW TO GET THERE: OSB - First register for the event

The detailed location of, and driving directions to, the event starting point are included in the event directions, downloaded from the Online Start Box (OSB).

HILTON HEAD - PINCKNEY ISLAND

Beaufort County
5/11 Km Walk Y1260
Asheville Amblers

START POINT: ONLINE START BOX

HOURS: Daily, during daylight hours

POC: Debbie Beam 843-298-0540 thebeams@hargray.com

TRAIL: Rated 1A, Take a restful walk in the woods along shaded lanes in the Pinckney Island Wildlife Refuge. Pass by open areas where flocks of Ibis, endangered Wood Storks and Egrets abound. In Spring and Fall, it is also a favored stop off point for warblers and other migratory birds. This is an ideal walk for birders or for those who just enjoy a peaceful, serene walk in the woods. You may even glimpse the elusive Roseate Spoonbill. **No restrooms on Pickney Island.** Carry water, bug spray and sun protection.

HOW TO GET THERE: OSB - First register for the event

The detailed location of, and driving directions to, the event starting point are included in the event directions, downloaded from the Online Start Box (OSB).

KANNAPOLIS, NC

Par for the Course
Walking with America's Veterans

Town Halls/City Hall

Cabarrus County
10 Km PARK WALK Y472
Rowan Roamers

START POINT: On the Run Exxon Express
921 Dale Earnhardt Blvd.
Kannapolis, NC 28081
704-938-9430

HOURS: Daily, 7am 'til dusk

POC: Jerry/Bonnie Kadela 704-224-4479; bkadela2@gmail.com

TRAIL: Rated 1A, Route includes: the Dale Earnhardt Memorial, Baker's Creek Park, a paved greenway through a city park with playgrounds, splash pad, miniature train, and a beautifully restored double decked carousel which is originally from Venice. It is one of only seven in the US and contains over 1700 lights. The trail also includes the NC Research Center campus and Veteran's Memorial Park.

HOW TO GET THERE: From I-85 exit 60 West towards downtown Kannapolis on Dale Earnhardt Blvd. Go 2.9 miles to start point on your right at corner of Main and Dale Earnhardt Blvd.

KERNERSVILLE, NC

TRIAD PARK

Par for the Course

Walking with America's Veterans

Guilford County
10 Km PARK WALK Y1816
Winston Wanderers

START POINT: 421 Market & Grill
1438 E Mountain St,
Kernersville NC, 336- 996-2831

HOURS: Mon-Sat 6am-8pm

POC: Lloyd Tolbert, 276-403-0608 treb03@gmail.com

TRAIL: Rated 2C, Walk is on paved greenways and trails that meander around assorted types of ballfields, playgrounds, Frisbee golf course and Carolina Field of Honor. Triad Park is a joint venture of Forsyth and Guilford Counties. A total of 426 acres have been bought by the counties as a regional centerpiece park which has nature based park facilities nestled in the woods and meadows. The park is an ongoing project for many years, developing in phases with facilities and opportunities to meet the needs of all levels of recreation and leisure - a park for everyone! Youth under age 18 may walk free with credit. Donations are welcomed.

HOW TO GET THERE: Take I-40 to exit # 208 (Sandy Ridge Road). At end of the ramp, turn (right if coming from east and Left if you are coming from the west) to follow Sandy Ridge Road for .6 miles until it reaches a "T" intersection (West Market St.). Turn Left onto West Market Street and follow for 2.5 miles, registration point on left. After registration drive .3 miles to Start Point.

KILL DEVIL HILLS, NC NAGS HEAD WOODS PRESERVE

Dare County
11/6/5 Km PARK WALK Y1998
Winston Wanderers

START POINT: Forbes Candy & Gift Shop,
1700 South Croatan Highway, Hwy 158
Kill Devil Hills NC, 252-441-2122

HOURS: Sun-Thu 9A-10P; Fri 9A-11P, Sat 8A-11P

POC: Bill Lowell, 757-357-5355, wlowell@mindspring.com

TRAIL: Rated 2C, Trails: Daily Dawn to Dusk; Walk through maritime forest, wetlands and sand dunes in this nature preserve that is a designated National Natural Landmark. Use and carry insect repellent. The preserve is host to a myriad of fauna and flora including over 100 species of birds, with over 50 species nesting here; and over 300 plant species, including several that are rare to North Carolina. The trail surfaces are natural, unimproved but well-traveled. The 6 km trail (first part of the 11 km) has significant steps, one steep sandy hill, and is not suitable for strollers or wheelchairs. Dogs are not allowed on these trails. The easier 5km loop includes the .5 mile ADA (Americans with Disability) Trail. Leashed dogs are allowed on the 5 km route. The Nags Head Woods Preserve enjoys a 4.5 (of 5.0) user rating on both Trip Advisor and Yelp. Although not part of the walk route two of the largest active sand dunes on the East Coast are at the northern (Run Hill) and southern (Jockeys Ridge) borders of the preserve. Rest rooms are available at the registration point and at the preserve visitor center when it is open, weekdays 9A-5P.

Please note, as indicated in the above description, that only the 5 km route is suitable for strollers (difficult), wheelchairs not advised. Also note the need for insect repellent and that pets are restricted to the 5 km route.

HOW TO GET THERE: Register here then drive approximately 1 mile to the walk venue in the preserve. Take your preferred route onto the island to US Hwy 158/Croatan Hwy to Kill Devil Hills/Nags Head. As you near milepost 9.5 in Kill Devil Hills prepare to turn at the traffic light at Ocean Acres Drive. Forbes is on the southwest corner of the intersection of Croatan Highway and Ocean Acres Drive so if southbound turn right and if northbound turn left at the traffic light at Ocean Acres Drive. Then immediately turn left into Forbes parking lot. There are three Forbes locations on the island and GPS units may default to a different one so please confirm address when programming GPS. (POC Cell number: 757-651-8439)

LAKE JUNALUSKA, NC

Mayflower – 400th Anniversary Walk

Par for the Course

Haywood County
7/10 Km LAKE WALK Y1321
Asheville Amblers

START POINT: Lake Junaluska Conference and Retreat Center
Bethea Welcome Center
91 N. Lakeshore Dr.
Lake Junaluska, NC 28745 828-452-2881

HOURS: Mon-Sun, 9:00am-5:00pm;
Closed: Thanksgiving, Christmas

Alt. Start Pt: Bojangles
1119 Dellwood Road
Waynesville, NC 28785 828-454-5584

Hours: 6:00am to 11:00pm

POC: Robert Cooper 828-565-0377 revrcooper@aol.com

TRAIL: Rated 3B, Not suitable for strollers or wheelchairs. Trail goes through attractive residential areas and along a scenic lake path. You'll enjoy mountain vistas, see statues of Chief Junaluska and of Malcolm the Swan, stroll through the Rose Garden, pass Susanna Wesleys garden and visit the Native Garden. "B" award available.

HOW TO GET THERE. FROM ASHEVILLE: I-40 West. Take Exit 27 on the right (Waynesville, Hwy 19-23-74), then Exit 103 to the right (Hwy 19). Pass the lake, quickly turn right at Main Gate entrance to Lake Junaluska Conference and Retreat Center (stone gateway). Quickly turn left into 2nd driveway to Bethea Welcome Center. **FROM TENNESSEE:** I-40 East. Right on exit 20, (Maggie Valley /Hwy 276). Left on Hwy 19-276 through traffic light (2.4 mi). Shortly past the Buttered Biscuit Restaurant, turn left on North Lakeshore Drive (see above).

If Bethea Welcome Center is closed go back to Hwy 19, turn right and go a very short distance to Bojangles Restaurant on left.

LAKE LURE, NC

Par for the Course
Town Halls/City Halls

Rockin' Around the Clock
Walking with America's Veterans

Rutherford County
5/10 Km LAKE WALK Y0962
Asheville Amblers

START POINT: Lake Lure Inn and Spa
2771 Memorial Hwy
Lake Lure, NC 28746
828-625-2525

HOURS: Dawn to dusk

POC: Jim/Janet Walters 828-625-9456 jandjwalters@gmail.com

TRAIL: Rated 2B, Starting at a unique inn and spa, meander to a covered bridge and along a most pleasant bathing beach. Walk through the charming Lake Lure Flowering Bridge, stroll to the village of Chimney Rock to enjoy walking along the Broad River with fantastic views of Chimney Rock and Hickory Nut Falls, both featured prominently in the movie "Last of the Mohicans". Pick up great buys at local shops and enjoy sumptuous meals. You'll then return to walk along Lake Lure, site of the annual Dragon Boat races, with its restful parks and extensive marina. "Dirty Dancing" was filmed at Lake Lure. All this set against a background of majestic mountains and sheer gorge cliffs.

HOW TO GET THERE: From I-26, take exit 49A (US 64 East) 12.7 miles. Right on US 64/NC 9/US 74A East for 3.9 miles to the Inn on the right. From I-40, take exit 64 and go south on NC-9 for 12.7 miles. Left on NC 9/US 74A East for 4 miles to Inn on the right. Park in spaces on the south side of the Inn - the left side as you face the entrance. Box is at the reception desk.

MOREHEAD CITY, NC

Carteret County
11 Km HISTORIC WALK Y896 Jan 3 - Dec 29
Winston Wanderers

START POINT: Crystal Coast Visitor Center
3409 Arendell St.(Hwy70)
Morehead City, NC 28557
GPS; 34°43.43', W76°45.07'
252-726-8148. Tourist Info 1-800-786-6962.

HOURS: M-F9-5, SA-SU 10-5
VERIFY WINTER HOURS by calling 1-800-786-6962).

CLOSED: New Years, Thanksgiving and Christmas days

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 1A, Suitable for strollers and wheelchairs. Route goes through campus of Cartaret Community College, a quiet residential area and along historic downtown waterfront. Short section along Arendell St.

HOW TO GET THERE: From New Bern, east on Hwy 70 to Morehead City. Follow signs to VC. By ferry, from Ocracoke to Cedar Island reservations suggested 1-800-BY-FERRY (1-800-293-3779) south on Hwy 12, then Hwy 70 to VC.

MORGANTON, NC

Par for the Course

Town Halls/City Halls

Burke County

6/10/11/13/21/23 Km HISTORIC TOWN AND GREENWAY WALK Y1225

Asheville Amblers

START POINT: Burke County Visitor Information Center,
110 E. Meeting St.,
Morganton, NC 28655
828-433-6793

HOURS: M-Th 8:00am – 5:00pm
Fri 8:00am - 4:00pm
Sat (Jun – Oct) 10:00am – 3:00pm

CLOSED: Sun all year, Sat from Nov-May

POC: Dennis Michele 828-6284343 dmichblue@ol.com

TRAIL: Rated 2A, Suitable for strollers but wheelchairs only on Greenway walk.. Walk has four options. Only one event credit even if completing all options. 6/10 KM is along the greenway with views of Catawba River and through a large park. This is the only option suitable for large wheelchairs and is rated 1A. 11KM includes historic old neighborhoods with homes dating from the 1800s through the 1920s, a picturesque downtown area, a beautiful old courthouse and a shaded Greenway along the Catawba River. Saucy squirrels on the greenway love peanuts. Town Hall is on the 10K walk. 13K includes the 11KM option with additional neighborhoods and the site where Frankie Silver was hung for killing her husband. 21/23 Km is a combination of the above. "B" award available.

HOW TO GET THERE: Burke County Visitor Center. From I-40 take exit 103 (US64 East) toward Morganton. Follow "Visitor Information" signs. Go 1.5 miles to US64/70 Business. Turn right and go approx. 1/2 mile passing Sterling Street to Visitor Center at end of block on right.

New Event
MORGANTON, NC (BIKE)

Burke County
15/27Km GREENWAY BIKE Y3228
Asheville Amblers

START POINT: Miracle on the Greenway Bike Rentals
351 Sanford Drive
Morganton, NC 28655
828-403-5576

HOURS: M-S 9:00am – 5:30pm

POC: Dennis Michele 828-628-4343 dmichblue@ol.com

TRAIL: Rated 1A. Greenway is shared by walkers and bikers. Walkers have right of way. Announce when you are passing walkers. Bike rentals available at start point. Bike along well paved trail almost entirely tree shaded. Enjoy the peaceful sound of the Catawba River along the route. Check out a place where you can actually pan for gold. Enjoy posters by local school artists covered to protect them from the elements. Carry some peanuts to share with saucy squirrels along the route. “B” awards available.

HOW TO GET THERE: From I-40, take Exit 103 (US 64 E) toward Morganton. Go approx. $\frac{3}{4}$ miles to junction with West Fleming Drive (3rd light). Left on Fleming and go approx. 2 miles (you will cross over US 70) to River Ridge Mall on left. Left into parking lot and park on right hand area.

MOUNT AIRY, NC

Walking with America's Veterans

Surry County

10 Km "MAYBERRY" TOWN WALK Y891 Jan 3 - Dec 29

Winston Wanderers

START POINT: Mount Airy Visitors Center

<http://www.visitmayberry.com/>

200 N. Main

Mt. Airy, NC 27030

336-786-6116 or 1-800-948-0949

Hours: M-F 8:30 am –5:00 pm, Sat 10 am. - 5 pm, Su 1 pm – 4 pm

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 1A, suitable for strollers, route is on a paved creek-side greenway and on sidewalks through downtown and residential areas of Andy Griffith's hometown. See Andy's boyhood home, Snappy Lunch, home of the famous pork chop sandwich, and Floyd's Barber Shop, where Andy Griffith went. Mayberry Days Festival is the last weekend of September. Optional route for Cemetery Stroll participants

HOW TO GET THERE: From 1-77 exit 101 (1-74) to exit 17, US 52 north toward Mt. Airy. From the south: take US 52 north to Mt. Airy. Follow US 52 Bypass and exit right on NC-89 (Mt. Airy/Galax). At traffic light continue straight on NC-89 East (Independence Blvd), through 5 more traffic lights to Renfro St. Turn right onto Renfro, go to Moore St and turn right, then into parking lot. The Visitors Center will be at the corner of Main and Moore Sts. (At the time clock, 1½ short blocks up Moore).

MYRTLE BEACH, SC

Airports - Celebrating America's Flight

Horry County
5/10 Km TOWN WALK Y1578
Rowan Roamers

START POINT: YOGA IN COMMON

The Market Common
3062 Deville St Myrtle Beach, SC 29577

HOURS: Mon-Fri 9-7; Sat-Sun 9-6

POC: Don Webb - Kathy Tinius (843) 238-1548
ktinius@yahoo.com donaldwebb@yahoo.com

TRAIL: Rated 1A Trails are on sidewalks and paved hiker-biker trails; all trails suitable for wheelchairs and strollers. Leashed dogs are welcome, please pick up after your dog and trash cans are available on the trails. Trails are not along the beach but are through residential areas, along lakes within the residential areas, along the lake at Grand Park, beside Savannahs Park, passing the City of Myrtle Beach ballparks, and through the streets of the Market Common.

HOW TO GET THERE: From the North, take either 17 Business or 17 Bypass South through Myrtle Beach until just south of the airport. From 17 Bypass, take the Farrow Parkway exit towards the Market Common, turn left onto Farrow Parkway. Follow Farrow Parkway to the Market Common, turn left at the light at Nevers Street. Turn left onto Deville Street (Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

From 17 Business, watch for the Market Common sign and turn right onto Farrow Parkway, turn right at the light at Howard Street, turn right at Nevers Street. Turn left onto Deville Street (Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

From the South, take either 17 Business or 17 Bypass North. From 17

Bypass, take the Farrow Parkway exit towards the Market Common, turn right onto Farrow Parkway. Follow Farrow Parkway to the Market Common, turn left at the light at Nevers Street. Turn left onto Deville Street (Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

From 17 Business, you will pass the Myrtle Beach State Park on your right, watch for the large Market Common sign and turn left onto Farrow Parkway, turn right at the light at Howard Street, turn right at Nevers Street. Turn left onto Deville Street (Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

From inland, and to avoid tourist traffic, take 544 from Conway; after you pass over the intracoastal waterway, take the first right/exit at the Habitat for Humanity ReStore; at the light next to the gas station, turn right onto 707. Follow 707 through Socastee to the light at 17 Bypass (large overpass); continue straight under the overpass, 707 will become Farrow Parkway. Follow Farrow Parkway to the Market Common, turn left at the light at Nevers Street. Turn left onto Deville Street (Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage. From the garage, turn left down Deville Street and look for Yoga in Common at the corner of Deville and Nevers Streets.

Enter Yoga In Common and ask for the Volksmarch Box which should be stored behind checkout area.

NEW BERN, NC

Craven County
10 Km HISTORIC TOWN WALK Y1140
Winston Wanderers

START POINT: Chamber of Commerce
316 South Front Street
New Bern, NC 28560
1-800-437-5767.

HOURS: Tuesday-Friday 9-5 and Saturday 10-4

CALL TO CONFIRM HOURS

CLOSED: Sundays- Mondays, Thanksgiving, Christmas,
New Years Day

POC: Bill Solarek; sbsolar@woh.rr.com (937) 668-3310.

TRAIL: Rated 1A, Suitable for strollers but wheelchairs might have trouble with curbs. Heritage Tour brochure at Start has detailed points of interest along the walk. Walk through history in North Carolina's second oldest town, settled in 1710. View several of the more than 150 historic landmarks as the route goes through historic neighborhoods; along the waterfront at the convergence of the Neuse and Trent rivers; past Tryon Palace, Capitol building and home of the Colonial Governor of NC (admission charge to enter); and through a Cemetery. Enjoy an eclectic mix of shops and eateries as you stroll through the old downtown.

HOW TO GET THERE: I-95 or Raleigh: take US 70 E to New Bern. Exit 417A to E Front. After crossing bridge S Front is first street. Left on S Front for two blocks start point on right. Morehead City and beaches: Take US 70 W to New Bern. Exit right on BUS 70 to S Front (1st street left after bridge) left on S Front. After turn to S Front go two blocks to start point on right.

OCRACOKE, NC

Lighthouses II

Walking with America's Veterans

Hyde County
5/10 Km ISLAND WALK Y933
Winston Wanderers

START POINT: National Park Service Visitor Center 252-928-4531

HOURS: Daily 9-5 (call ahead to confirm hours)

Alternate Start Point: YR602 Buxton, Dillons Corner (store) Highway 12 across street from Hatteras Island Inn.

POC: Lloyd Tolbert 276-403-0608 treb03@gmail.com

TRAIL: Rated 1B, Enjoy the vast history and traditions of this unique community on Ocracoke Island. Visit the second oldest operating lighthouse in the nation and a nature trail loop through the Springer's Point Nature Preserve. Trail is mostly on village streets and the nature trail. Sunscreen, insect repellent and water are all highly recommended. Public restrooms available at the National Park Service Visitor Center. In the event of an impending tropical storm Ocracoke has mandatory evacuation of non-residents. Call ahead if in question; Ocracoke Tourist info 252-928-6711, or Ocracoke Ferry office 252-928-3841

HOW TO GET THERE: National Park Service Visitor Center at the end of Highway 12 and adjacent to the Ferry Terminal in Ocracoke Village. Ocracoke Island is accessible only by free ferry from Hatteras Village on Hatteras Island (reservations not taken) and toll ferries from Cedar Island and Swan Quarter. Reservations are strongly recommended on the toll ferries, 800-856-0343 for Cedar Island or 800-773-1094 for Swan Quarter. For general ferry information and schedules 800-293-3779 or www.ncferry.org. **To the Hatteras Ferry from US Highways 64 or 158** follow State Highway 12 south, through Buxton, to the ferry terminal in Hatteras Village. To Cedar Island from I-95 follow US 70 east through Morehead City and Beaufort to Hwy 12 then Hwy 12 to the ferry terminal. To Swan Quarter follow US 264 east through Greenville and Washington to Swan Quarter and follow signs to ferry terminal. Parking in the NPS lot near the visitor center and ferry terminal.

PINE KNOLL SHORES, NC

Walking with America's Veterans

Carteret County
6/11 Km HISTORIC WALK Y927
Winston Wanderers

START POINT: NC Aquarium Pine Knoll Shores
1 Roosevelt Blvd.
Pine Knoll Shores, NC 28512
252-247-4003, 866-294-3477 <http://www.ncaquariums.com>
GPS; N34deg 42.0', W76deg 49.8'.

HOURS: Daily 9-5
CLOSED: New Years, Thanksgiving and Christmas days

POC: Bill Solarek; sbsolar@woh.rr.com (937) 668-3310

TRAIL: Rated 1C, Walk the nature trail through maritime forest, paleo dunes and salt marshes of the Roosevelt Nature Preserve on the NC Birding Trail with views of Bogue Sound and through neighboring residential areas on one of the NC barrier islands. Free access to start box and restrooms. Entrance fee to visit aquarium exhibits. Note: NC Zoo memberships are also good for the aquarium. Aquarium is handicapped and stroller friendly as are some parts of the walk route. Sunscreen, insect repellent and water are all highly recommended.

HOW TO GET THERE: From I-95 or Raleigh: take US Hwy 70 east into Morehead City. Turn right on the Atlantic Beach Causeway to Highway 58 in Atlantic Beach. Turn right on Hwy 58 approximately 5 miles to mile marker 7 and the traffic light at Pine Knoll Blvd. Right on Pine Knoll Blvd to Roosevelt Blvd, then left to the aquarium Start box is located at the Visitor Services window inside main entrance and immediately to the right.

New Walk

Port Royal, SC

Lighthouses II

Beaufort County
6/10 Km CITY/PORT WALK Y3209
Ashville Amblers

ONLINE START BOX Available

START POINT: Quality Inn at Town Center
2001 Boundary St.
Beaufort, SC 29906
843-524-214

Hours: Daily, Dawn to Dusk

POC: Tom Hlaban 262-899-2926
Tom.Hlaban@gmail.com

TRAIL: R Rated 1A. You will receive driving instructions at registration, then drive a short distance to the walk start point. An enjoyable stroll through an old coastal town steeped in history from colonial times to the present. Enjoy the boardwalk through the Cypress Wetlands and observe birds, alligators and turtles. Another long boardwalk allows great views of the port and a tower gives you a bird's eye view of the area. Keep an eye out for dolphins!

HOW TO GET THERE: From north or south take exit 33 off I-95 and take US 17 N. US 17 will merge US 21 Continue on US 21 South to Beaufort. Enter town on US 21 Business (Boundary St) At the intersection of SC 170 and US 21 (traffic light) continue through 2 more traffic lights. Turn left at next light when you see a large green sign for Quality Inn.

RALEIGH, NC

LAKE JOHNSON PARK

51 Capitals

Par for the Course

Wake County
5/10 Km WALK Y1495
Triangle Trailblazers

START POINT: Thomas G Crowder Woodland Center
5611 Jaguar Park Dr.
Raleigh, NC 27606
919-996-3141

HOURS: Daily, 8am to dusk. Call to verify.
CLOSED: New Years Day, MLK Birthday, Thanksgiving, Christmas

POC: Debby Wapner, 919-749-5463, debywapner@aol.com

TRAIL: Rated 2C, Not suitable for strollers or wheelchairs. The trail loops the entire lake on paved and natural surfaces through forested areas. Some of the terrain is hilly with rough areas. Much of the trail hugs the shoreline with beautiful views of the lake. Pets ok. The 5k route is also on natural surfaces.

HOW TO GET THERE: Lake Johnson is located in southwest Raleigh. **From I-40/440** take exit 295 (Gorman St.). Go north on Gorman St. towards Raleigh. In one mile at the 2nd stop light, turn left on Avent Ferry Rd. In .7miles, at 'Y' intersection, veer right on Athens Rd. In .4 miles, turn left on Jaguar Park Dr. In .3 miles, turn left into the Thomas Crowder Woodland Center & Lake Johnson Pool. Take 1st right towards the Center. Ask for box at desk.

RALEIGH, NC

N.C. MUSEUM OF ART

Par for the Course
51 Capitals

Rails to Trails

Wake County
5/10 Km PARK WALK Y2217
Triangle Trailblazers

START POINT: Whole Foods Market
3540 Wade Avenue.
Raleigh, NC 27607
919-828-5805

HOURS: Daily, 7 a.m. to dusk
CLOSED: Art Museum galleries on Mondays

POC: Kathy Cockrell 919-610-6907
kathycockrell@bellsouth.net

TRAIL: Rated 2B, Difficult for strollers and wheelchairs. The trail takes you through the Ann and Jim Goodnight Museum Park, passing by many sculptures and other art installations. The walk continues on Reedy Creek Greenway, crossing a pedestrian bridge over I-440, to the entrance to Meredith College and then back to the park.

HOW TO GET THERE: From either direction on I-440, take the Wade Avenue exit and turn east toward downtown Raleigh. At the first traffic light, turn left on Ridge Road and then right into the shopping center. Whole Foods is the first store front. Ask for the file box at the Customer Service counter. Register here then follow instructions on directions to drive to the N.C. Museum of Art parking lot:

RALEIGH, NC

OAKWOOD

Mayflower – 400th Anniversary Walk
51 Capitals

Par for the Course
Walking with America's Veterans

Wake County
6/10 Km HISTORIC CITY WALK Y597
Triangle Trailblazers

START POINT: N.C. Museum of History Information Desk
5 E. Edenton Street
Raleigh, NC 27601 919-814-7000

HOURS: Tues-Sat 9-5, Sun 12-5
CLOSED: Mondays, State and National Holidays

POC: Keung Hui, 919-610-1710, tkhui@rushpost.com

TRAIL: Rated 1A, Suitable for strollers, medium difficulty for wheelchairs. Pets are OK, except for the Cemetery. The trail is mostly flat on city sidewalks. The route passes through Historic Oakwood neighborhood and the Oakwood Cemetery. Walk through Mordecai Park, a "village street" of 19th century homes; past an historic railroad station; around the State Capitol and Legislative buildings; past the Museums of Natural Science and History; and into City Market, a downtown area with restaurants and shops. .

HOW TO GET THERE: **From the west**, exit onto Wade Ave. from I-40. Follow Wade as it merges into Capital Blvd., exit to the right for Peace St., turn left on Peace to Blount St. Turn right on Blount to Edenton, turn right on Edenton, and cross Wilmington. The museum will be on the right. **From the east**, exit onto New Bern Ave. (exit 13-A) from I-440 (Raleigh Beltline). New Bern eventually becomes Edenton. Stay on Edenton. After crossing Wilmington, museum will be on the right. **Parking** is available in the government complex visitor lot behind the museum (entrance on Edenton). On weekends, state government lots are open to the public and free parking is permitted on streets.

RALEIGH, NC
UMSTEAD STATE PARK
ONLINE START BOX REGISTRATION

51 Capitals

Wake County
5/12 Km WALK Y994
Triangle Trailblazers

Start Point:

This event no longer has a physical start box. You must register for this event online at AVA.org and set up a personal account if you don't already have one. The process is simple and there are detailed directions on the website. Once you have registered for the walk you can print out detailed driving and trail directions. Upon completion of the walk, you must login to your account again to "finish" your walk. At this point you will be able to print stamped insert cards.

HOURS: 8 am to 5 pm daily
CLOSED: Christmas Day
POC: Richard Rycek, 919-699-0123, richrycek@gmail.com

TRAIL: Rated 3C, Scenic park walk on Umstead's Sycamore Trail. Natural surface through forested area with some hills. Unsuitable for strollers or wheelchairs. Pets ok on leash. Restrooms available near parking lot and Visitor Center.

HOW TO GET THERE: Detailed Start Point and Driving Directions will be provided once you have registered for the walk online.

RALEIGH, NC

WOLFPACK

Mayflower – 400th Anniversary Walk
Rockin' Around the Clock
Walking with America's Veterans

Par for the Course
51 Capital

Wake County
5/10 Km HISTORIC CITY & PARK WALK Y2983
Triangle Trailblazers

START POINT: N.C. Museum of History Information Desk
5 E. Edenton Street
Raleigh, NC 27601 919-814-7000

HOURS: Tues-Sat 9-5, Sun 12-5
CLOSED: Mondays, State and National Holidays

POC: Keung Hui, 919-610-1710, tkhui@rushpost.com

TRAIL: 10K rated 2A, 5K rated 1A. The trail is predominantly along city sidewalks and asphalt trails. Walk through downtown Raleigh, around the State Capitol Building, through historic Pullen Park that features a carousel built in 1911, onto the campus of NC State University, the Raleigh Rose Garden, and into the Village District shopping area. Medium difficulty for strollers, unsuitable for wheelchairs. The 5K goes from start point out to the N.C. State Bell Tower and back.

HOW TO GET THERE: **From the west**, exit onto Wade Ave. from I-40. Follow Wade as it merges into Capital Blvd., exit to the right for Peace St, turn left on Peace to Blount St. Turn right on Blount to Edenton, turn right on Edenton, and cross Wilmington. The museum will be on the right. **From the east**, exit onto New Bern Ave. (exit 13-A) from I-440 (Raleigh Beltline). New Bern eventually becomes Edenton. Stay on Edenton. After crossing Wilmington, museum will be on the right. **Parking** is available in the government complex visitor lot behind the museum (entrance on Edenton). On weekends, state government lots are open to the public and free parking is permitted on streets.

SALISBURY, NC

Par for the Course

Walking with America's Veterans

Rowan County
10 Km HISTORIC TRAILS WALK Y599
Rowan Roamers

START POINT: Holiday Inn Express,
125 Marriott Circle,
Salisbury, NC 28144.
704-314-4100

Then drive to and park behind:
Rowan County Visitor Center- Salisbury
204 E. Innes St., Ste. 120
Salisbury, NC 28144
704-638-3100. Tourist info 800-332-2343

HOURS: Open 24 hours a day, every day

POC: Elaine Howle, 704-798-0807
Elaine.owl@hotmail.com

TRAIL: Rated 1A, Suitable for strollers but not wheelchairs. The walk takes you through the historic area of town, pass two 1770s cemeteries and the Rotary Club's "The Patriots Flag Concourse and Memorial" and the Bell Tower Park. The walk is mostly on city sidewalks and pathways.

HOW TO GET THERE: From I-85 Exit 76. You will be on E. Innis St. to register at the Holiday Inn Express. The walk start point is a 1.2 mile drive on E. Innis west to Lee St. The Visitor Center is on right (NE corner) of E. Innis and Lee St. **PARKING:** Turn right on Lee St. and turn right into the parking lot. The walk starts from parking lot.

SALISBURY, NC

DAN NICHOLAS PARK

Rowan County
10 Km NATURE WALK Y496
Rowan Roamers

START POINT: Dan Nicholas Park Concession Window
6800 Bringle Ferry Rd.
Salisbury, NC 28146
Park number: 704-216-7803

HOURS: Daily Summer 9-9, Winter 9-5

POC: Boyd Morgan, 704-279-3282, bamorgan47@gmail.com

TRAIL: Rated 2C, Not suitable for strollers or wheelchairs. On park trails and roads of 350-acre park. Attractions include trestle bridge over lake, paddle boats, carousel, miniature train, nature center, petting zoo, and 80-unit family campground.

HOW TO GET THERE: From I-85 exit 76 (Albemarle South). Proceed 4/10 mile and turn left onto Newsome Road. Travel 1.0 mile on Newsome Road and turn right on Bringle Ferry Rd. for 5.6 miles to park entrance on left. Take 2nd right in park to lot at lake. Walk to concession bldg/park office.

SMITHFIELD, NC

ONLINE START BOX REGISTRATION

Par for the Course
Town Halls/City Halls

Rails to Trails
Walking with America's Veterans

Johnston County
5/10 Km WALK Y3008
Triangle Trailblazers

Start Point:

You must register for this event online at AVA.org and set up a personal account if you don't already have one. The process is simple and there are detailed directions on the website. Once you have registered for the walk you can print out detailed driving and trail directions. Upon completion of the walk, you must login to your account again to "finish" your walk. At this point you will be able to print stamped insert cards.

HOURS: Daily, dawn to dusk

POC: Jan Weeks / 216-333-2281 / jansanwee@gmail.com

TRAIL: Rated 1A, Suitable for strollers, medium difficulty for wheelchairs. LIMITED RESTROOMS ON TRAIL (restaurants in town). This walk briefly follows the Smithfield-Neuse Riverwalk before entering the Historic Riverside Cemetery which was established in 1777. The trail then continues through lovely tree-lined residential areas. Lastly, you will explore downtown Smithfield passing by the Johnston County Courthouse and the Ava Gardner Museum which houses memorabilia of the Smithfield native, a glamorous screen star from Hollywood's Golden Age

HOW TO GET THERE: Detailed Start Point and Driving Directions will be provided once you have registered for the walk online

SOUTHPORT, NC

Town Halls/City Halls

Brunswick County
5/10 Km HISTORIC TOWN WALK Y1375
Rowan Roamers

START POINT: Fort Johnson-Southport Museum and Visitor's Center
203 E Bay St
Southport, NC28461
Tourist info:910-457-7927

HOURS: Monday – Saturday 10:00 – 4:00
CLOSED: Sundays, Thanksgiving, Christmas Eve and Christmas Day
POC: Bob Doleman 910-399-2404 doleman1936@hotmail.com

TRAIL: Rated 1A, Suitable for strollers and wheelchairs with slight modifications. The route includes the old Smithville burying grounds (not accessible with a wheelchair) picturesque turn of the century homes, a walk along the boardwalk to a gazebo overlooking the Cape Fear River, and past Fort Johnston (probably the smallest active US Army post). Views of Oak Island and Bald Head Island lighthouses. Many antique shops and stores along the route.

HOW TO GET THERE: **From the West**, take US 74 east to the junction of NC 211. Take NC 211 south to Southport (it becomes Howe St.) and take a left at the last stoplight before the water (Moore St.). Take the next right at Davis St. Visitors Center is on the left (Ft. Johnson). **From Wilmington**, take US 74 west. Follow US 17 south and take a left onto NC87. When NC 87 joins NC 133 at Sunny Point, bear right onto NC 133. Take a left onto NC 211 (Howe St.) and turn left at the last stoplight before the water (Moore Street). Take the next right at Davis St. Visitors Center is on the left (Ft. Johnson).

SPARTANBURG, SC

Rockin' Round the Clock

Spartanburg County
6/9/12 Km TOWN WALK Y582
Asheville Amblers

START POINT: YMCA of Greater Spartanburg
151 Ribault Street
Spartanburg, SC 29302
864-585-0306

HOURS: M-F 5:00am-9:00pm; SA 7:00am-7:00pm;
SU 1:00pm-6:00pm

CLOSED: Christmas, Thanksgiving and Easter

POC: Margaret Suits, 828-285-8444; MCSuits@icloud.com

TRAIL: Rated 2A, Not suitable for wheelchairs and difficult for strollers. Delightful walk through picturesque Piedmont town called “Sparkle City” for its many beautiful fountains. Walk includes Converse and Wofford Colleges and Liberty Park. Tree lined neighborhoods, fine homes and a vibrant downtown are also included. During pre-season, see the NFL’s Carolina Panthers in their training camp. “A” & “B” award available.

HOW TO GET THERE: From I-26 or I-85, turn onto Business I-85 to Exit 5 Turn toward Spartanburg on I-585/US-176 (becomes Pine Street). Go approx. 4 miles on Pine, crossing Main, and then right on Ribault (unmarked). YMCA is on the left. If using GPS, enter 266 South Pine Street.

SWANSBORO, NC

Walking with America's Veterans

Carteret & Onslow Counties
10 Km WALK Y1493 Jan 3 - Dec 29
Winston Wanderers

START POINT: Swansboro Visitors Center
203 W. Church St
Swansboro, NC 28584
(910) 326-1174

HOURS: Monday - Friday 9am - 4pm. Foyer open dawn to dusk

CLOSED: New Years, Thanksgiving & Christmas

POC: Lloyd Tolbert, 276-403-0608 treb03@gmail.com

TRAIL: Rated 1A, Suitable for wheelchairs and strollers. Enjoy a walk through this historic coastal town that dates from around 1730. Situated on the White Oak River and the Intracoastal Waterway, this lovely little town is surrounded by water on three sides. Swansboro has a particularly charming downtown historic area lined with antiques shops, boutiques, art galleries and restaurants. Parking is free and the merchants are friendly.

HOW TO GET THERE FROM WILMINGTON: Take U.S Hwy 17 north to SR 24 in Jacksonville. Right on SR 24 into Swansboro. Pass the fire station and turn right on Church Street (at St. Mildred's Church). Follow Church Street for 5 blocks to Water St. Start Point is on the right. **FROM RALEIGH VIA I-40:** Exit 373, Magnolia (east bound I-40 turn left; westbound turn right - toward Jacksonville) and continue for about 5 miles to the intersection with Hwy 24 East. Follow Hwy 24 on to Swansboro and follow as above to start point. **FROM U.S. 70 near MOREHEAD CITY:** take Hwy 70 to Hwy 24 West. After crossing the 2 bridges into Swansboro make the 2nd left turn onto S. Water Street. Continue 3 blocks to W. Church Street and Visitors Center will be directly in front of you.

NOTE: Pets are not allowed on festival days, second Saturday in June and second Saturday in Oct.

WAYNESVILLE, NC

Par for the Course

Town Halls/City Halls

Haywood County
5/10 Km TOWN WALK Y585
Asheville Amblers

START POINT: Mast General Store
63 N. Main St.
Waynesville, NC 28786
828-452-2101 Tourist info 800-334-9036

HOURS: M-SA 10am-5pm, SU 1pm-5pm
CLOSED: New Year's Day, Easter, Thanksgiving, Christmas

POC: Robert Cooper 828-565-0377
revrcooper@aol.com

TRAIL: Rated 3A, Suitable for strollers. Trail goes from downtown with public art, quaint shops and restaurants, past Revolutionary and Civil War sites, over part of the Waynesville Greenway, through the Waynesville Recreation Park. The 10k passes through the historic Frog Level area, through a peaceful cemetery with spectacular views and through quiet residential neighborhoods. 10K passes the Town Hall. Mast General Store is a must-see. "B" award available

HOW TO GET THERE: **From Asheville,** I-40 West. Right on Exit 27 (Waynesville, Hwy 19,23,74) to Exit 102. Turn right on Hwy 276 (South) (Russ Ave. becomes Walnut St). Continue to "T". Right on Main St. (still 276) to Mast General Store on right. **FROM TENNESSEE:** I-40 East. Right on Exit 20 (Maggie Valley, Hwy 276). South on 276 to traffic light. Left on Hwy 19/276. At next light (2.4 mi) turn right on 276 South (Russ Ave. becomes Walnut St). Right on Main St. to Mast General Store on right.

WILMINGTON, NC

**Rails to Trails
Town Halls/City Halls**

**Rockin' Around the Clock
Walking with America's Veterans**

New Hanover County
10 Km HISTORIC CITY WALK Y893
Rowan Roamers

START POINT: Visitor Kiosk at 2 South Water St
Wilmington, NC 28401
Tourist info 910-341-4030

HOURS: November through March weekends only
April – May and Sept – Oct 9:00-4:30 daily
Jun, July and August 9:30-5:00 daily
Closed in inclement weather

CLOSED: Thanksgiving and Christmas
POC: Bob Doleman 910-399-2404
doleman1936@hotmail.com

TRAIL: Rated 1A, Walk is on sidewalks and Riverwalk boardwalk. Visit 1898 Memorial (only successful coup d'etat in US history), pass Cape Fear Museum, Children's Museum, RR Museum and Serpentarium (8K mark, feeding at 3 PM Sat/Sun). Tours of Coast Guard Cutter Diligence if in port. View Battleship North Carolina, Cotton Exchange, and historical photos in new Convention Center. Frequent TV and movie productions along the route.

HOW TO GET THERE:

From US 74E, continue onto BusUS-17N toward US-421 South, Wilmington, exit right onto Front Street North 1.4 mi, then turn left onto Market Street .9 mi, then turn left on S Water Street. 400 ft. The visitor kiosk is on your right.

WILMINGTON, NC GREENFIELD PARK

Walking with America's Veterans

New Hanover County
10 Km HISTORIC CITY WALK Y1374
Rowan Roamers

START POINT: Visitor Kiosk at 2 South Water St
Wilmington, NC 28401
Tourist info 910-341-4030

HOURS: November through March weekends only
April – May and Sept – Oct 9:00-4:30 daily
Jun, July and August 9:30-5:00 daily
Closed in inclement weather

CLOSED: Thanksgiving and Christmas

POC: Bob Doleman 910-399-2404
doleman1936@hotmail.com

TRAIL: Rated 1A, Walk is on paved bike path around Greenfield Lake.
Path is part of East Coast Greenway, a trail connecting cities from Maine to Florida.

HOW TO GET THERE:

From US 74E, continue onto BusUS-17N toward US-421 South, Wilmington, exit right onto Front Street North 1.4 mi, then turn left onto Market Street .9 mi, then turn left on S Water Street. 400 ft. The visitor kiosk is on your right.

After you register you drive to Greenfield Park.

WILSON, NC

Par for the Course
Walking with American Veterans

Rockin' Around the Clock

Wilson County
5/10 Km WALK Y1498
Triangle Trailblazers

START POINT: Holiday Inn Express
5000 Hayes Place
Wilson, NC 27896
252-234-7900

HOURS: Daily, dawn to dusk

POC: Jan Weeks, 216-333-2281 / jansanwee@gmail.com

TRAIL: Rated 1A. The trail is mostly flat on sidewalks and quiet, tree-lined streets in lovely residential neighborhoods. The route continues through many of Wilson's Historic Districts, Downtown Wilson and passes through the Vollis Simpson Whirligig Park. You don't want to miss this one-of-a-kind attraction which is on both the 5K and 10K. Newly opened in 2021 is the Whirligig Museum directly across the street from the park at 230 Goldsboro.

HOW TO GET THERE: **From Raleigh**, take I-440 (Beltline) or I-540 to US-64/264 East towards Rocky Mount/Wilson. When the highways split, continue on US-264 towards Wilson. Exit US-264 at East Alternate 264 for Wilson (Exit 36-B). As you approach the I-95 Junction, look for Holiday Inn Express on the left (next to McDonalds). **From I-95 South**, take exit for US-264 (Exit 121), turn right, go 1/10 mile, hotel will be on the right. **From I-95 North**, take exit for US 264 (Exit 121), turn left, hotel will be on the right. Register here then drive to the start of the walk at the Recreation Park Community Center, 500 Sunset Rd. Directions will be on the walk map found in the box.

WINSTON-SALEM, NC - 2 walks

Forsyth County
Winston Wanderers

Jan 1 - Dec 31

10 Km HISTORIC WALK Y081 - Downtown & Old Salem

Walking with America's Veterans

12 Km SCENIC LAKE WALK Y237-Salem Lake

START POINT: Gateway YWCA
1300 South Main Street
Winston-Salem, NC 27127
336-354-1589.

HOURS: M-F 6:30am-8:00pm; Sat 7:00am-2:00pm

Y081 starts at YWCA. **Others** - register at YWCA and drive to walk venue.

POC: (Y081 & Y237) Lloyd Tolbert, 276-403-0608 treb03@gmail.com

HOW TO GET THERE: From **Business I-40** take the Cherry Street exit (EXIT 233B). **IF WESTBOUND**, turn right on Cherry to 2nd Street and right on 2nd Street to Liberty Street. Follow Liberty as it changes to Old Salem Rd. to traffic circle and go halfway around. Turn on first right after Waughtown St. and follow around building to entrance. **IF EASTBOUND** turn right on Marshall Street to W Salem Ave. Turn left W Salem Ave to traffic circle and go ¼ around (right turn). Turn on first right after Waughtown St. and follow around building to entrance.

Y081 -10 Km Downtown & Old Salem TRAIL: Rated 2B, suitable for strollers, but difficult for wheelchairs. Trail winds through downtown, quiet neighborhoods of the Historic West End, along the stroll way - a segment of Rails-to-Trails, and Old Salem - a reconstructed early Moravian town. Has some moderate hills.

Y237-12 Km Salem Lake

START LOCATION: Three miles EAST of downtown.

Pick up start card, directions, and map at YWCA.

HOURS: Trail - daily, dawn to dusk, all year. Facilities - Hours for walk location: Trails available all daylight hours. Facilities hours at walk location - Dec - Feb Daily 9 - 5; March - Oct Daily 7-7 with extended weekend hours Jun - Aug Fri - Sun 6am - 10pm; Nov Daily 7 - 6. Closed Thanksgiving, Christmas and New Years Days.

TRAIL DESCRIPTION: Rated 2B, suitable for strollers. Secluded, wooded, dirt and paved path; a couple of hills.

Tentative - SCHEDULED EVENTS

FOR 2023

Contact the host club for details on these events.

AA – Asheville Amblers
RR – Rowan Roamers
TT – Triangle Trailblazers

MW – Metrolina Walkers
TSW – Tarheel State Walkers
WW – Winston Wanders

Regular Events Are in **BOLD**, all others are group walks

January

1 – (Sunday) – AA – Asheville City – 1pm
1 – (Sunday) – WW – Old Salem – 10am
7 – RR – Salisbury City – 10am
14 – TT – Chapel Hill – 10am
16 - Mon - *MLK Day*
21 – AA – Spartanburg – 10am
28

February

4 – AA – Asheville Biltmore – 1pm
11 – TT – Smithfield – 10am
18 – AA – Columbia – 1pm
18 – WW – Fayetteville – Carver's Creek – 10am
20 - Mon - *Presidents' Day*
25 – MW – Davidson – 10am

March

4 – TT – Durham/Duke – 10am
4 – AA – Brevard City – 10am
11 - RR – Dan Nicholas Park – 10am
18 – MW – Charlotte Southend – 10am
24-26 (F-Sun) – AA – Hilton Head (5 walks)
25 – WW – Elkin – 10am

April

1 – TT - Raleigh Art Museum – 10am
1 – RR – Concord – 10am
8– MW – Cornelius – 10am
9 - Sun - *Easter*
15 – AA – Morganton City – 10am
22 – WW – Burlington – 10am
29 – MW – Gaston Co. group walk on Seasonal Trail – time TBD

May

6 – RR – Kannapolis – 9am
6 – AA – Brevard Estate – 9am
13 – TT – Wilson – 9am
20 – MW – Charlotte Uptown – 10am
20 – AA – Asheville Arboretum – 9:30am
27 – WW – Greensboro Parks – 8am
29 – *Mon – Memorial Day*

June

3 – TT – Raleigh Umstead Park – 9am
3 – AA – Spartanburg – 9am
10 – WW – High Point PEC – 8am
17 – MW – Davidson – 9am
17 – AA – Black Mountain/Montreat Route – 9am
24

July

1
8 – AA – Asheville City – 9am
15
22 – AA – Hendersonville with annual picnic – 9am
22 – WW – Salem Lake – 8am
29

August

5 – AA – Morganton Greenway – 9am
12 – TT – Raleigh Lake Johnson – 9am
12 – WW – Boone – 9am
13 (Sunday) – WW – Blowing Rock – 9am
19 – RR – Salisbury – 9am
19 – AA – Lake Junaluska – 9am
26

September

2
4 – *Mon – Labor Day*
9 – TT – Durham Historic – 9am
9 – AA – Lake Lure – 9am
16 – WW – Mount Airy – 10am
23 – AA – Asheville Arboretum – 10am
23 – MW – Davidson – 10am
30– Save for Traditional Event TBD

October

7-8 – AA – Indigenous People’s Day – Trad. Event – Far Western Counties – 3 walks

10 - Monday – Indigenous People’s Day

14 – RR – Dan Nicholas Park – 10am

14 – TT – Raleigh Wolfpack – 9:30am

21 – AA – Waynesville with Apple Festival – 10am

21 – MW – Charlotte Southend – 10am

28 – WW – Kernersville – Triad Park – 10am

November

4 – RR - Concord – 10am

6-8 (Mon-Wed) – AA – Charleston (three walks)

11 – MW – Cornelius – 10 am

11 – TT – Cary Bond Park – 9:30am

18 – WW – Greensboro City – 10am

23 - Thurs - Thanksgiving

24 – AA - Black Friday in Black Mountain #optoutside – Black Mountain City – 1pm

25

December

2

9 – MW – Charlotte Uptown - 10am

9 – AA – place and time TBD with annual luncheon

9 – TT – Raleigh Oakwood – 10am (annual lunch meeting after)

16 – RR – Kannapolis – 10am

23

25 - Mon - Christmas

30

2024 Jan 1, New Year’s Day, is a Monday



TSWVA
North Carolina



Rowan Roamers
Salisbury



Triangle Trailblazers
Raleigh



Asheville Amblers
Asheville



Winston Wanderers
Winston-Salem



Metrolina Walkers
Charlotte