

RALEIGH, NC NORTH HILLS

Alternative Capitals	Animal Safari	Boardwalks
Bridges	Cities in Song	Food for Thought
Honoring Our Flag	Ice Cream Parlors	Points of Reference
State Capitals	Treasure Hunt	Trekking With Trees
Water Fountains	Walk USA Street by Street	
You'll Never Walk Alone		

Wake County
11 Km WALK YR0358
Triangle Trailblazers

START POINT: REI in North Hills
4291 The Circle at North Hills
Raleigh, NC 27609
919-571-5031

HOURS: M-SA 10 am – 9 pm, SU 11 a.m. – 6 p.m.
CLOSED: Thanksgiving and Christmas

POC: Keung Hui (919) 782-4110, tkhui@rushpost.com

TRAIL: Rated 2B, Hard for strollers; unsuitable for wheelchairs; pets must be leashed; restrooms available. The route takes walkers through an attractive, wooded, residential area. Walkers will see a mix of building periods, well-maintained ranches built in the '60's and 4000+ square-foot homes now being built. Also includes popular sections of greenway trail along Crabtree Creek. Some hills may be challenging.

HOW TO GET THERE: REI is located in the North Hills shopping district. From the I-440 Beltline in Raleigh, take the exit for Six Forks Road North, Exit 8-B. Go a short distance to the stoplight at the entrance to the shopping district on the left. Turn left here, and you will see the REI building (a large 3-story building) on the left. There is ample parking. The box is located at the Customer Service counter inside the store.

RALEIGH, NC

LAKE JOHNSON PARK

Alternative Capitals

Cities in Song

Points of Reference

Take Walk in City Parks

Trekking With the Trees

Animal Safari

Lakes & Reservoirs

State Capitals

Treasure Hunt

You'll Never Walk Alone

Bridges

Wake County

12 Km PARK WALK YR1495

Triangle Trailblazers

START POINT: Lake Johnson Park
4601 Avent Ferry Rd.
Raleigh, NC 27606
919-233-2121

HOURS: Daily, dawn to dusk

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.

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. At the 2nd stop light, turn left on Avent Ferry Rd. Follow Avent Ferry Rd. to Lake Johnson Park entrance on the left (1.5 miles). The box is located in the park management office/concession stand at the boathouse.

RALEIGH, NC

OAKWOOD

Alternative Capitals	Animal Safari	Cities in Song
Food for Thought	Honoring Our Flag	Ice Cream Parlor
National Register of Historic Places		Points of Reference
State Capital	Take Walk in City Park	Treasure Hunt
Trekking With Trees	US Post Offices	Vice Presidential Walks
Walk USA Street by Street		Walking Path of Inventions
You'll Never Walk Alone		

Wake County
5/10 Km HISTORIC CITY WALK YR597
Triangle Trailblazers

START POINT: N.C. Museum of History Information Desk
5 E. Edenton Street
Raleigh, NC 27601 919-807-7900

HOURS: M-SA 9-5, SU 12-5

CLOSED: State and National Holidays

POC: Pat Morefield, 919-349-1467, lamadre742@gmail.com

TRAIL: Rated 1A, Suitable for strollers, medium difficulty for wheelchairs. Pets 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; into the State Capitol and Legislative buildings; past the Museums of Natural Science and History; and into City Market, a downtown Farmer's Market 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

Alternative Capitals

Bridges

Points of Reference

Trekking With the Trees

Animal Safari

Cities in Song

Treasure Hunt

You'll Never Walk Alone

Wake County

5/12 Km SCENIC PARK WALK YR994

Triangle Trailblazers

START POINT: Wm. B. Umstead State Park Visitor Center
8801 Glenwood Ave. 27617
US Hwy. 70W
(Between Raleigh & Durham)
919-571-4170

HOURS: 8 am to 5 pm daily

CLOSED: Christmas Day

POC: Linda Spencer, (919) 539-0753,
linda.spencer1115@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 at Start Point.

HOW TO GET THERE: The Visitor Center is located in the Crabtree Section of Umstead State Park off US 70, ten miles NW of Raleigh. **From I-440** (Raleigh Beltline) take the Crabtree Valley/US 70 exit (exit 7). Go six miles west on US 70 to the park entrance on the left. **From I-40**, take I-540 (exit 283) to US 70E (exit 4-A). Go straight at the bottom of the ramp to 70. Park entrance is one mile on the right. Visitor Center is 1/2 mile from the entrance. **Note: The southern entrance to the park off I-40 (Exit 287) does not connect to the Start Point.**

RALEIGH, NC

WOLFPACK

Alternative Capitals	Animal Safari
Bridges	Cities in Song
Honoring Our Flag	National Register of Historic Places
Points of Reference	State Capital
Take Walk in City Parks	Treasure Hunt
Walk USA Street by Street	Walking Path of Inventions
You'll Never Walk Alone	

Wake County
10 Km HISTORIC CITY & PARK WALK YR728
Triangle Trailblazers

START POINT: N.C. Museum of History Information Center
5 E. Edenton Street
Raleigh, NC 27601 919-807-7900

HOURS: M-SA 9-5, SU 12-5

CLOSED: State and National Holidays

POC: Pat Morefield, 919-349-1467, lamadre742@gmail.com

TRAIL: Rated 2B, The trail is predominantly along city sidewalks, asphalt trails, and a short distance on a natural greenway path. Walk through downtown Raleigh, into 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 Cameron Village shopping district. Medium difficulty for strollers, unsuitable for wheelchairs.

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