

WINSTON-SALEM, NC - 2 walks

Forsyth County
Winston Wanderers

Jan 1 - Dec 31

10 Km Historic Walk YR081 - Downtown & Old Salem

Bridges

Honoring Our Flag

Points of Reference

Trekking With Trees

Water Fountain

Food for Thought

National Register of Historic Places

Take Walk in City Park

US Post Offices

You'll Never Walk Alone

12 Km Scenic Lake Walk YR237-Salem Lake

Bridges

Points of Reference

Lakes and Reservoirs

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

HOURS: M-F 5:45 AM- 9 PM, Sat 7 AM - 5 PM, Sun 1 PM- 5 PM

YR081 starts at YWCA. **Others** - register at YWCA and drive to walk venue.
POC: (YR081 & YR237) Lloyd Tolbert, 276-403-0608 treb03@gmail.com

HOW TO GET THERE: From **Business I-40** take the Cherry Street exit (EXIT 5C). **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.

YR081 -10 Km Downtown & Old Salem TRAIL: Rated 2A, 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.

YR237-12 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 1C, suitable for strollers. Secluded, wooded, dirt and paved path; a couple of hills. Single walkers may contact POC well in advance for walking companion. After heavy rains, trail may need to be altered. See map before starting.