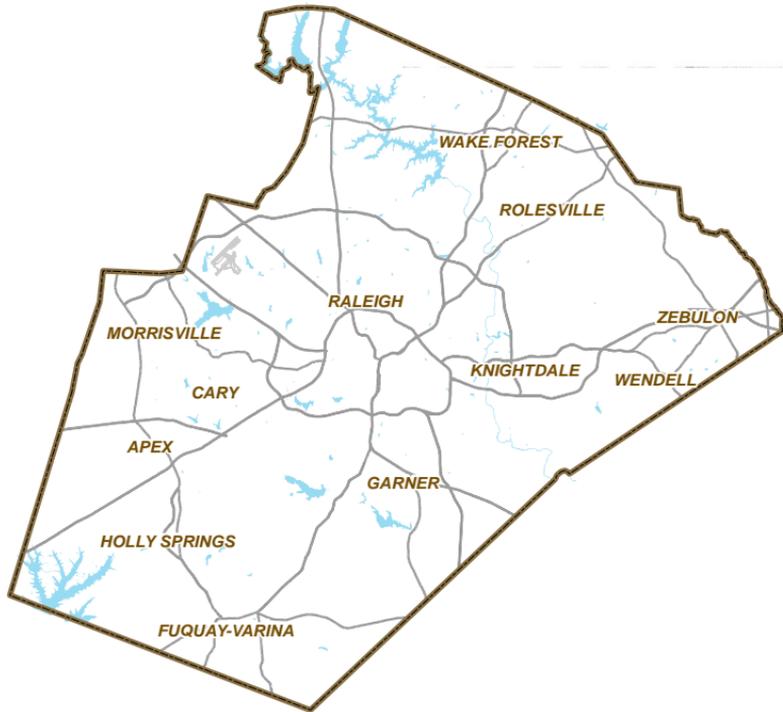




# trails & greenways of wake county

pocket guide and community resource





## individual agency

trails & info

Apex	05	Raleigh	23
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Welcome to the

# trails & greenways

of wake county

pocket guide and community resource

**The Parks and Recreation Partnership for a Healthier Wake**, with support from Wake County Human Services Health Promotion Chronic Disease Prevention, the North Carolina Physical Activity and Nutrition Branch, the John Rex Endowment and WakeMed Health and Hospitals, has created a guide of existing trails and greenways to promote physical activity using the abundance of existing resources we have available here in our county.

Physical activity is an essential component of a healthy lifestyle, and walking is an easy and inexpensive way to get that activity. The purpose of this guide is to help connect people to resources for physical activity in their own communities. Wake County is home to 13 distinct parks and recreation departments that own and manage parks, trails and greenways. These facilities are great resources for low to no cost physical activity close to where we live, learn, work, play and pray.

Being physically active will help you achieve a number of important health benefits including: reducing your risks associated with developing a chronic disease, managing your weight, improving your spirits, managing your stress and improving your overall level of fitness. Always be safe while you're exercising—be sure to consult with your physician before beginning any physical activity program, try to walk with a partner, and wear comfortable shoes and clothing. Start slow and easy and be sure to warm up, stretch and cool down to help your body prepare and recover from physical activity. Remember to stay hydrated while exercising especially during Wake County's hot summer months.

Each of the 12 municipal parks and recreation agencies, as well as the Wake County Department of Parks, Recreation and Open Space, are highlighted in this guide. Wake County is a dynamic and growing area, so new trails and greenways are in progress. Be sure to contact your local parks and recreation department to find out about even more opportunities to get out and get active in your community.

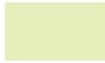
**Enjoy your walk!**

## parks & open space

### legend



park



greenway property



school



wake county schools



trails and greenways



parking access



lakes / ponds



wake county border

### streets



neighborhood streets



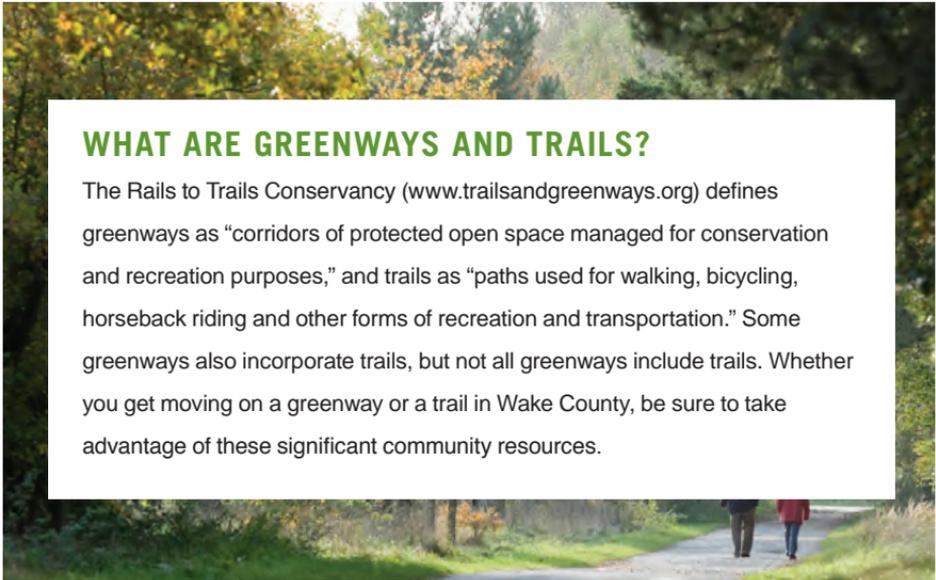
primary roads



state roads



major highways



## WHAT ARE GREENWAYS AND TRAILS?

The Rails to Trails Conservancy ([www.trailsandgreenways.org](http://www.trailsandgreenways.org)) defines greenways as “corridors of protected open space managed for conservation and recreation purposes,” and trails as “paths used for walking, bicycling, horseback riding and other forms of recreation and transportation.” Some greenways also incorporate trails, but not all greenways include trails. Whether you get moving on a greenway or a trail in Wake County, be sure to take advantage of these significant community resources.

---

## GREENWAY SAFETY

Follow these safety guidelines from Raleigh Parks and Recreation when using any trail or greenway:

Bicyclists, skaters and skateboarders should approach pedestrians cautiously and slow down when there is limited vision.

Users, including pets, should remain on the right side of the trail and permit other users to easily pass on the left.

Patrons should provide a clear, audible signal when approaching other users from behind.

Bicyclists, skaters and skateboarders must always yield the right of way to pedestrians.

Patrons should be aware of other users on the trail.

The use of headphones is discouraged.

Patrons are encouraged to walk or jog with a companion, and to always carry a cell phone.

Patrons are encouraged to use the trails only in daylight hours.

Patrons should securely lock private vehicles. If valuables are left in a vehicle, place them in a location that is out of sight.

# apex

phone: 919.249.3402

fax: 919.249.3368

[www.apexnc.org](http://www.apexnc.org)

---

The Town of Apex Parks, Recreation, and Cultural Resources Department offers a variety of passive and active leisure opportunities for Apex citizens and residents of southwestern Wake County. The town currently has eight parks, over seven miles of greenway and one community center. Since passing a \$13,000,000 park bond referendum in 2004, the town has completed the following projects: Phase IA and IB of the Beaver Creek Greenway, expansion of the Apex Community Center, Phase I of the Beckett Crossing Greenway Phase I of the Haddon Hall Greenway and the Halle Cultural Arts Center of Apex.

## DON'T MISS!

2.2 mile lakeside walking trail at Apex Community Park, 2200 Laura Duncan Rd.

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## trails

**APEX COMMUNITY PARK** 2200 Laura Duncan Road / 2+ miles / paved and unpaved

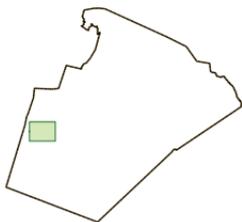
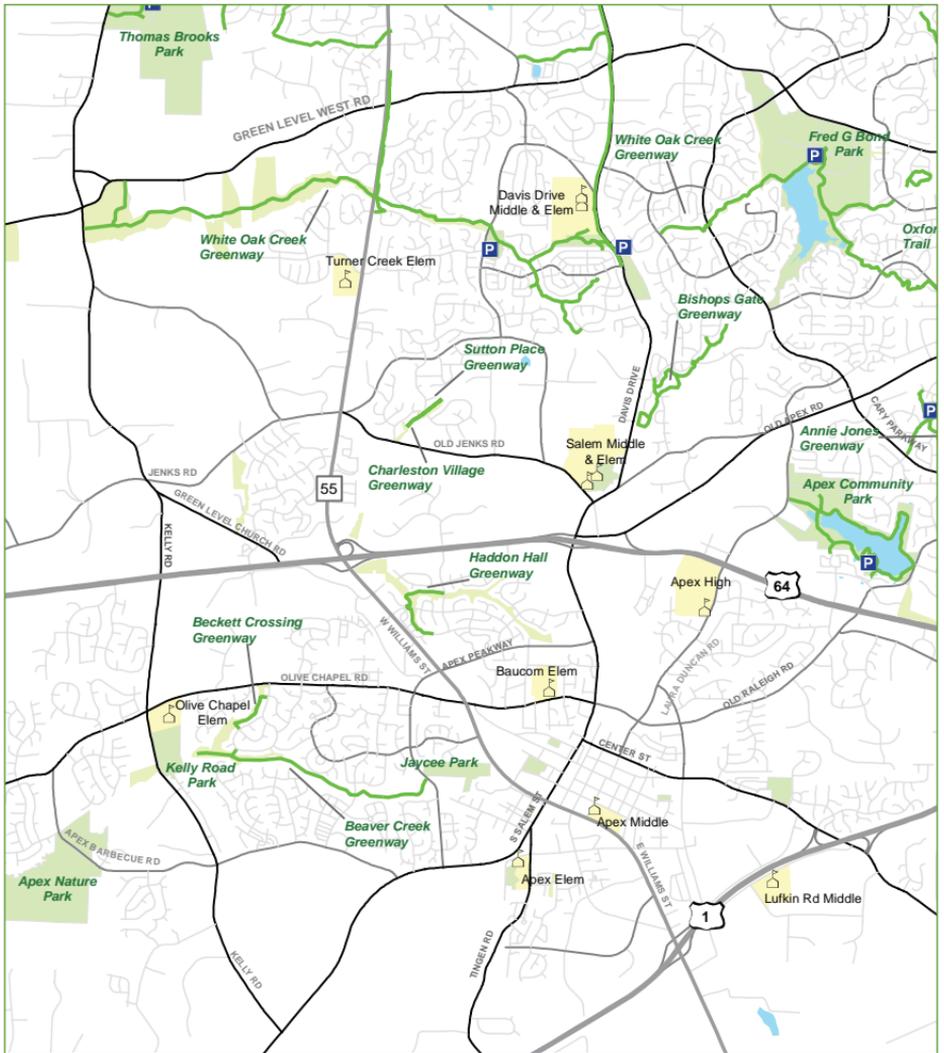
**BEAVER CREEK GREENWAY** Olive Chapel Rd / 2.5 miles / paved

**BECKETT CROSSING GREENWAY** Celandine Dr. / 0.2 miles / paved

**CHARLESTON VILLAGE** Castleburg Dr. / 0.35 miles / paved

**HADDON HALL GREENWAY** Haywards Heath Ln. / 0.25 miles / paved

**SUTTON PLACE** Holtridge Dr. / 0.25 miles / paved



# apex / southwest cary



# cary

phone: 919.469.4061

fax: 919.469.4344

[www.townofcary.org](http://www.townofcary.org)

---

The Town of Cary's Parks, Recreation & Cultural Resources Department (PRCR) operates a diverse network of facilities and programs that includes approximately 1,800 acres of parks, greenways and open space. Park facilities are provided at 21 park sites. Organized leisure programs ranging from athletics to fine arts are regularly offered for Town of Cary citizens of all ages at 16 unique special-use facilities, including three community centers, outdoor amphitheaters, skate park, dog park and a nature center. The department also offers numerous programs and special events for senior citizens and people with disabilities.

## DON'T MISS!

**Black Creek and White Oak Creek Greenways** which will ultimately extend 15 miles linking the 5,000 acre Umstead State Park to the American Tobacco Trail.

---

## trails

**AMBERLY LAKE GREENWAY** Amberly Planned Development / 0.98 miles / paved

**ANNIE JONES GREENWAY** Gatehouse Dr. / Lake Pine Dr. / 1.11 miles / paved and unpaved

**BACHELOR BRANCH GREENWAY** NC 55 to Green Hope School / 0.78 miles / paved

**BISHOP'S GATE GREENWAY** Bishop's Gate Subdivision / 1.39 miles / paved

**BLACK CREEK GREENWAY** Old Reedy Creek Rd. / 5.37 miles / paved

**CAMP BRANCH GREENWAY** Ten Ten Rd. / 0.62 miles / paved

**CARRAMORE MULTI-USE TRAIL** Carramore Planned Development / 0.59 miles / paved

**CARY PARK LAKE GREENWAY** Green Level to Durham Rd. / 1.87 miles / paved

---

**CHURCHILL ESTATES GREENWAY** Ten Ten Rd. / 0.50 miles / paved

**DAVIS DRIVE MULTI-USE TRAIL** Davis Drive Park / 3.07 miles / paved

**DUTCHMAN'S BRANCH GREENWAY** Greyhawk Planned Development / 0.41 miles / paved

**GLENKIRK GREENWAY** Old Weatherstone Way / 0.23 miles / paved

**GREEN HOPE SCHOOL GREENWAY** Sears Farm Rd. / 1.04 miles / paved

**HIGGINS GREENWAY** SW Maynard Rd. / 0.55 miles / paved

**HINSHAW GREENWAY** Greenwood Circle / 1.66 miles / paved

**LOUIS STEPHENS DR MULTI-USE TRAIL** Carpenter Village / 1.36 miles / paved

**NC HWY 55 MULTI-USE TRAIL** Parkscene Lane / 1.21 miles / paved and unpaved

**NORTHWOODS GREENWAY** Godbold Park / 0.87 miles / paved and unpaved

**OXXFORD HUNT GREENWAY** W Chatham St. / 1.0 miles / paved and unpaved

**PARK VILLAGE GREENWAY** Park Village / 0.69 miles / paved

**PIRATES COVE GREENWAY** Greenway Circle / 0.78 miles / paved

**REGENCY PARK GREENWAY** Glade Park Dr. / 0.58 miles / paved

**SHERWOOD GREENS GREENWAY** Sherwood Forest Place / 0.26 miles / paved

**SOUTHBRIDGE GREENWAY** Southbridge Planned Development / 0.28 miles / paved

**PANTHER CREEK GREENWAY** Cary Glen Blvd. / 1.87 miles / paved

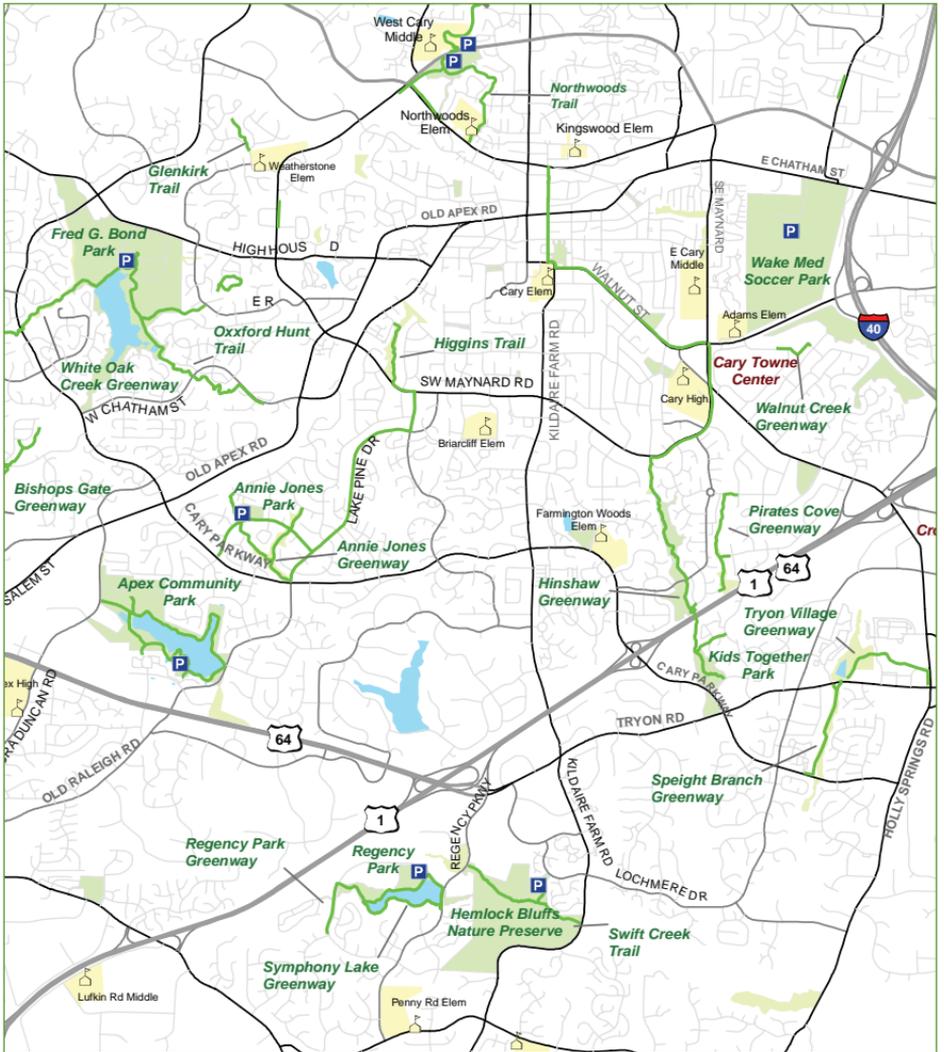
**SPEIGHT BRANCH GREENWAY** Tryon Rd. / .72 miles / paved

**STONECREEK GREENWAY** Davis Dr. / .60 miles / paved

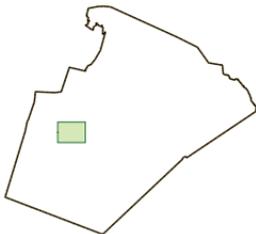
**SWIFT CREEK GREENWAY** Kildaire Farm Rd. / 0.88 miles / paved

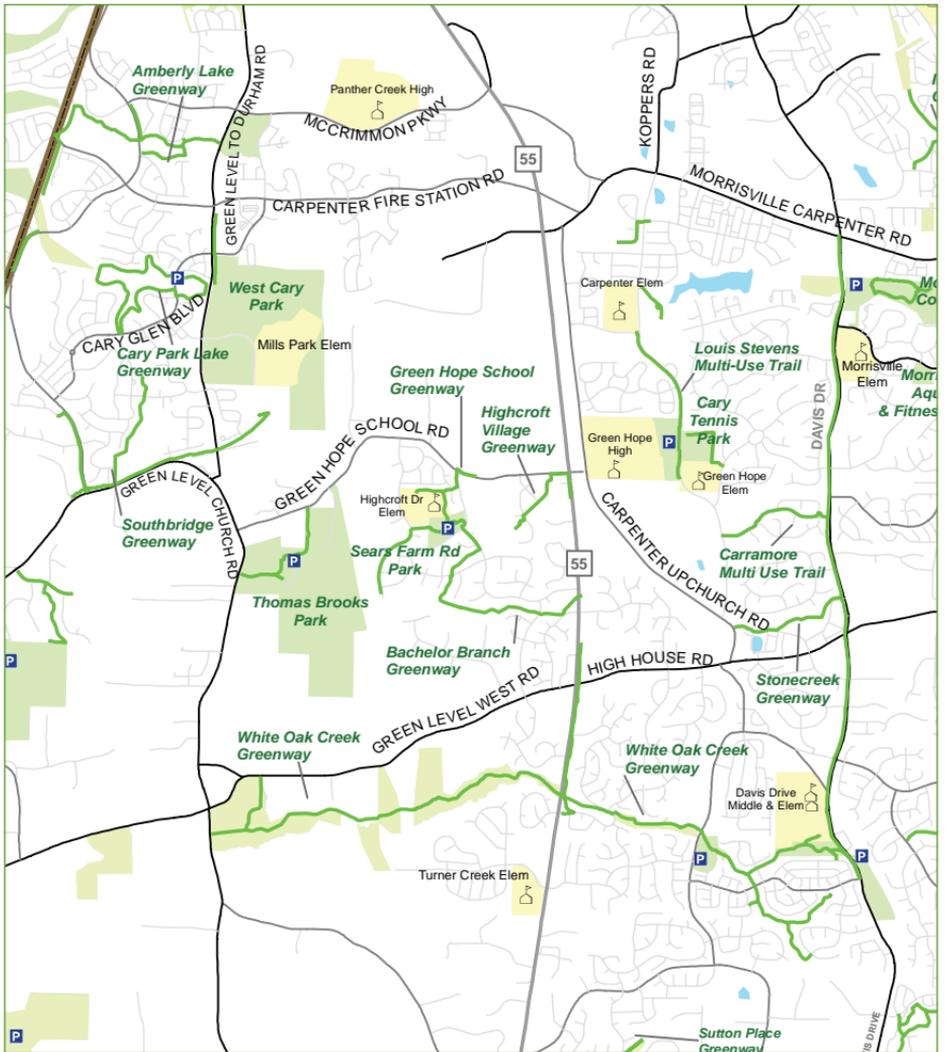
**SYMPHONY LAKE GREENWAY** Symphony Lake / 1.33 miles / paved

[maps >](#)

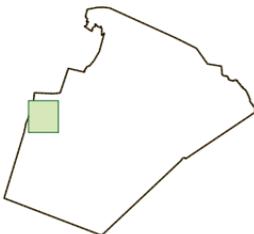


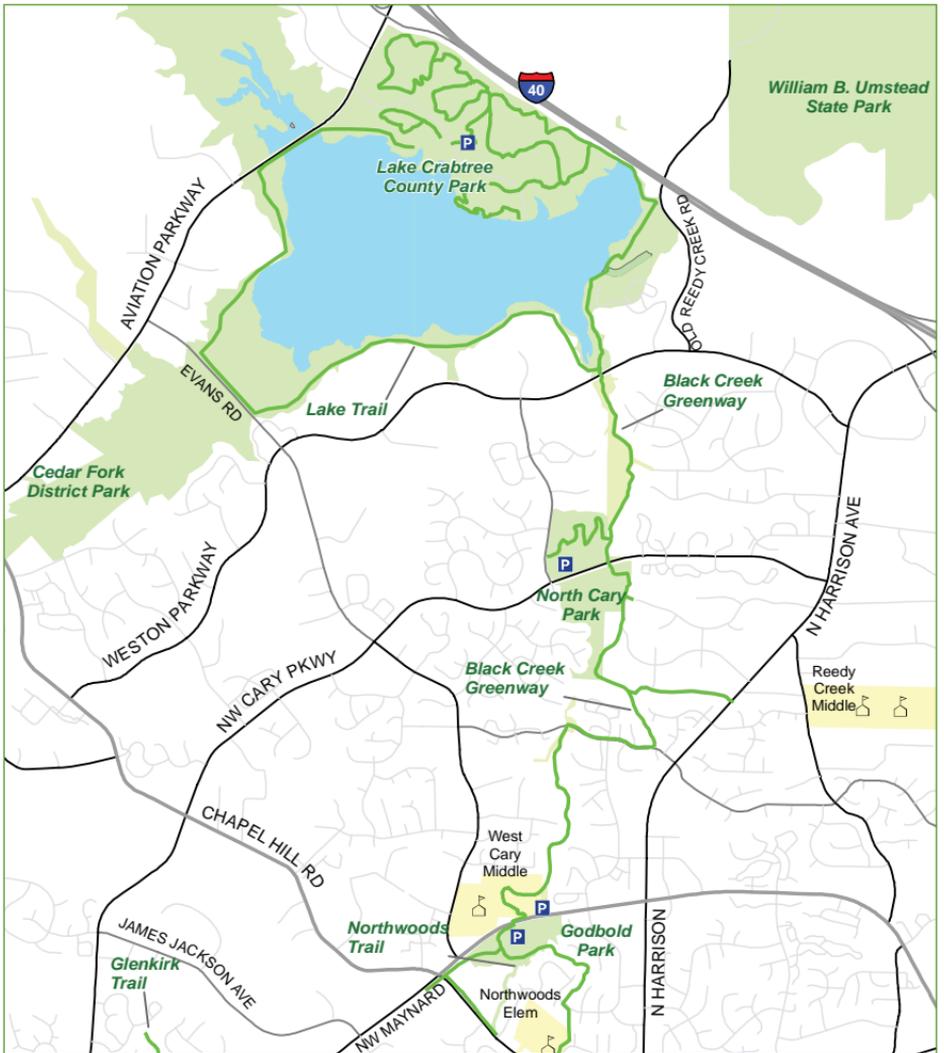
## southeast cary



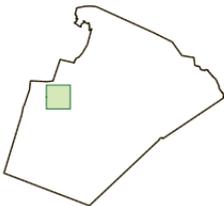


# northwest cary





# black creek greenway



## STAYING HYDRATED

When exercising in any type of weather, it is important to stay well hydrated. The amount of water you need to stay hydrated depends on a number of factors including your gender, the weather, how physically active you are, how much you sweat, if you take medications (such as decongestants) and what else you eat or drink. Here are some tips for staying adequately hydrated:

Drink liquids throughout the day, whether you are thirsty or not. Thirst is not always an adequate indicator of your level of hydration. In fact, by the time you realize you are thirsty, you are often already in the early stages of dehydration (at which point your body is about 2 percent dehydrated). For greater performance in your workouts, drink early and often.

Drink enough liquid to replace the weight your body loses during a workout. As a general guideline, drink about 1 quart or liter per hour during warm-to-hot days, and remember to drink continually during the workout.

Most people do not feel thirsty in winter, however it is still important to stay hydrated when exercising in cooler weather. Even if you feel cold, you lose fluid through breathing, and sweating.

Eat more fruits and vegetables. Fruits and vegetables tend to have a high water content, which makes them a great option for helping you meet your hydration needs.

Keep a water bottle or beverage at your desk, in your car, in your bag or wherever you will be reminded to drink.

Try to drink six to eight (or more), 8 oz. glasses of water per day.

# fuquay-varina

phone: 919.552.1430

fax: 919.557.3112

[www.fuquay-varina.org](http://www.fuquay-varina.org)

---

The Town of Fuquay-Varina started its parks and recreation system more than 30 years ago with the acquisition of Falcon Park. Now the Parks, Recreation and Cultural Resources Department manages 13 park sites with 17 athletic fields, one gym and a Community Center offering fitness, education and recreation programs.

## DON'T MISS!

The Carroll Howard Johnson Environmental Education Park has nature trails and free teaching kits available for use. The park has 2.0 miles of interpretive walking trails, overlooks, bridges, outdoor classroom, restrooms, picnic pavilion with tables.

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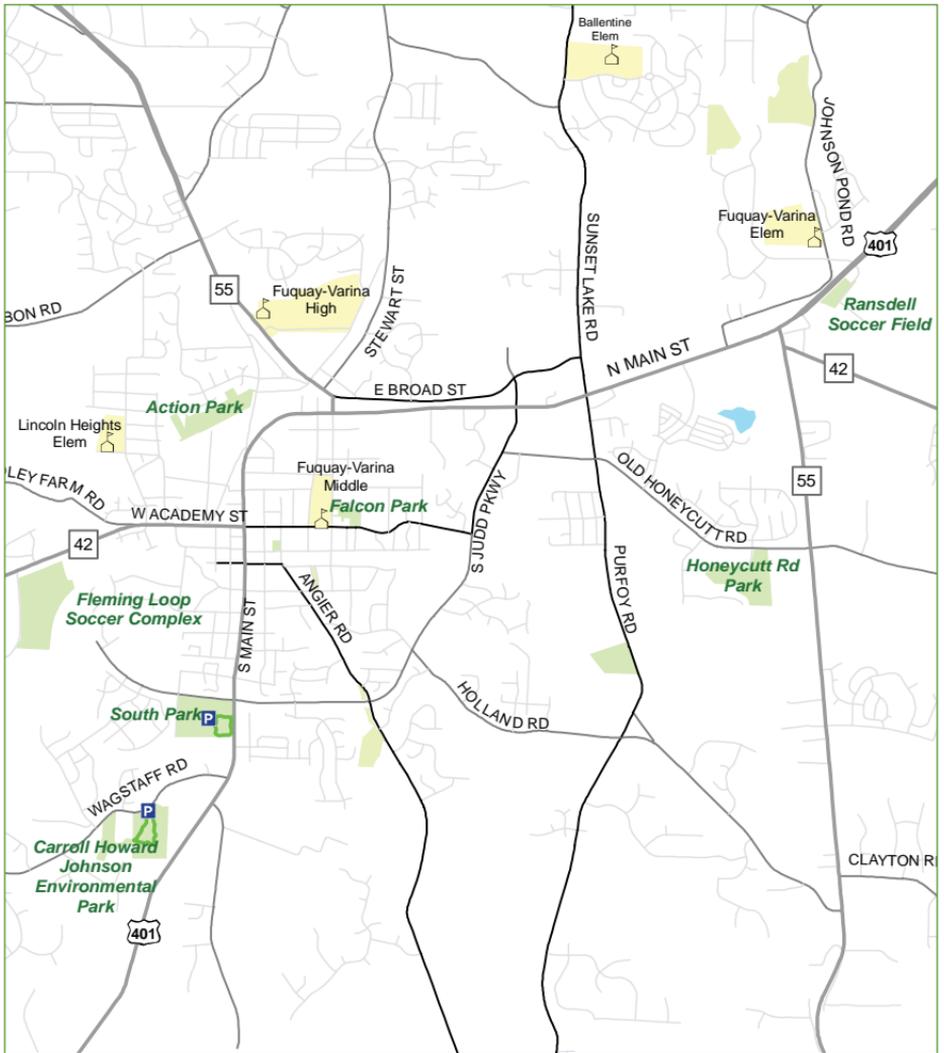
## trails

**SOUTH PARK** 900 South Main Street / 0.25 miles / paved

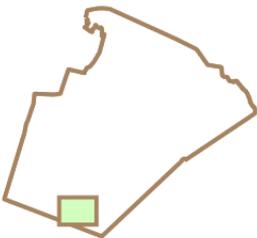
**THE CARROLL HOWARD JOHNSON ENVIRONMENTAL EDUCATION PARK** 301 Wagstaff Road / 2.0 miles / unpaved

---

PUBLIC PARKS PROVIDE A CONVENIENT, LOW-COST RESOURCE TO  
ENABLE ACTIVE LIVING.



# fuquay-varina



# garner

phone: 919.772.4688

fax: 919.662.5135

[www.garnerparks.org](http://www.garnerparks.org)

---

The Town of Garner has 11 parks and two recreation centers that offer free opportunities to be physically active. Whether you are a leisurely walker or a serious power walker, you will enjoy the walking trails at Garner's parks. The parks are open from sunrise to sunset. There are fitness and wellness programs offered for adults 55 and older at the Garner Senior Center (919.779.0122). In addition, Avery Street Recreation Center (919.662.5051) offers various free play and open gym times for the youth of the community.

## DON'T MISS!

With 64 acres overlooking the water, **Lake Benson Park** offers a great retreat from the stresses of everyday life, and with nearly two miles of natural and paved trails, it is the perfect place to walk and be active.

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## trails

**LAKE BENSON PARK** 921 Buffaloe Rd / 1.8 miles / paved + unpaved

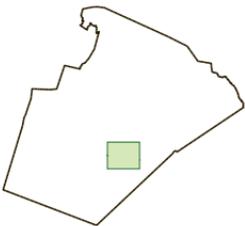
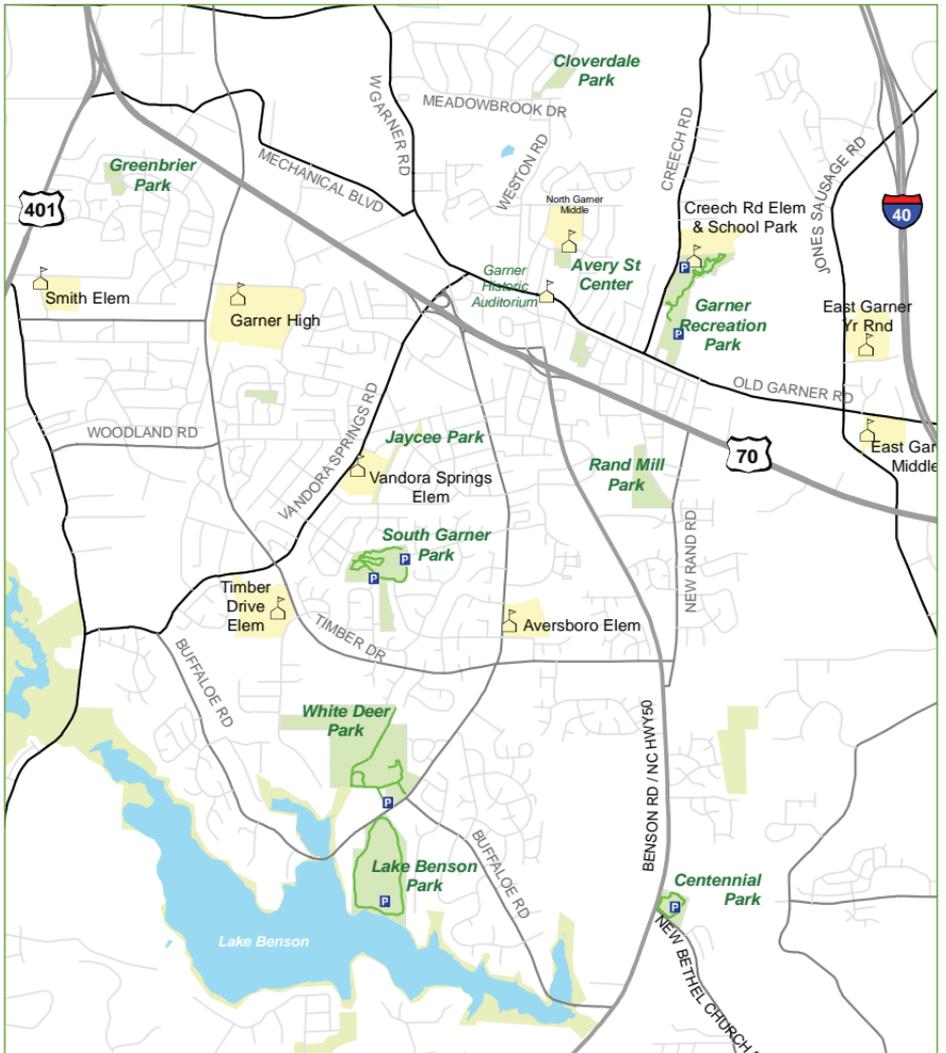
**GARNER RECREATIONAL PARK** 213 East Garner Rd. / 1.4 miles / unpaved + concrete

**CREECH ROAD ELEMENTARY SCHOOL PARK** 440 Creech Rd. / 2.25 miles / unpaved

**CENTENNIAL PARK** 1015 New Bethel Church Rd. / .36 miles / paved

**SOUTH GARNER PARK** 1210 Poole Dr. / 0.44 miles / unpaved

**WHITE DEER PARK** 2400 Aversboro Rd. / 0.6 miles / unpaved



**garner**



# holly springs

phone: 919.557.9600

fax: 919.557.6832

[www.hollyspringsnc.us](http://www.hollyspringsnc.us)

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**Bass Lake Park and Retreat Center** boasts 90 acres including a retreat center, walking greenway, and a lake for fishing, boating and canoeing. **Womble Park** is 46 acres featuring multiple soccer fields, four-field baseball complex/concessions, pond for fishing, multiple playgrounds, picnic shelter, band shell, .5 mile track around baseball fields and two sand volleyball courts. **Jones Park** is 25 acres and includes a soccer field, a baseball field, concessions, a newly added picnic shelter and a pond for fishing. Our newest park, **Veterans Park**, will include a rental facility for meetings and a greenway connected to Jones Park.

## DON'T MISS!

**Womble Park** is a great asset to the Holly Springs community. It offers a variety of family-fun activities all in one location.

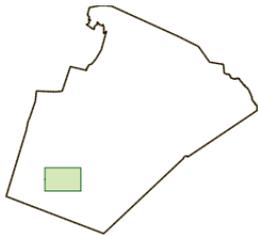
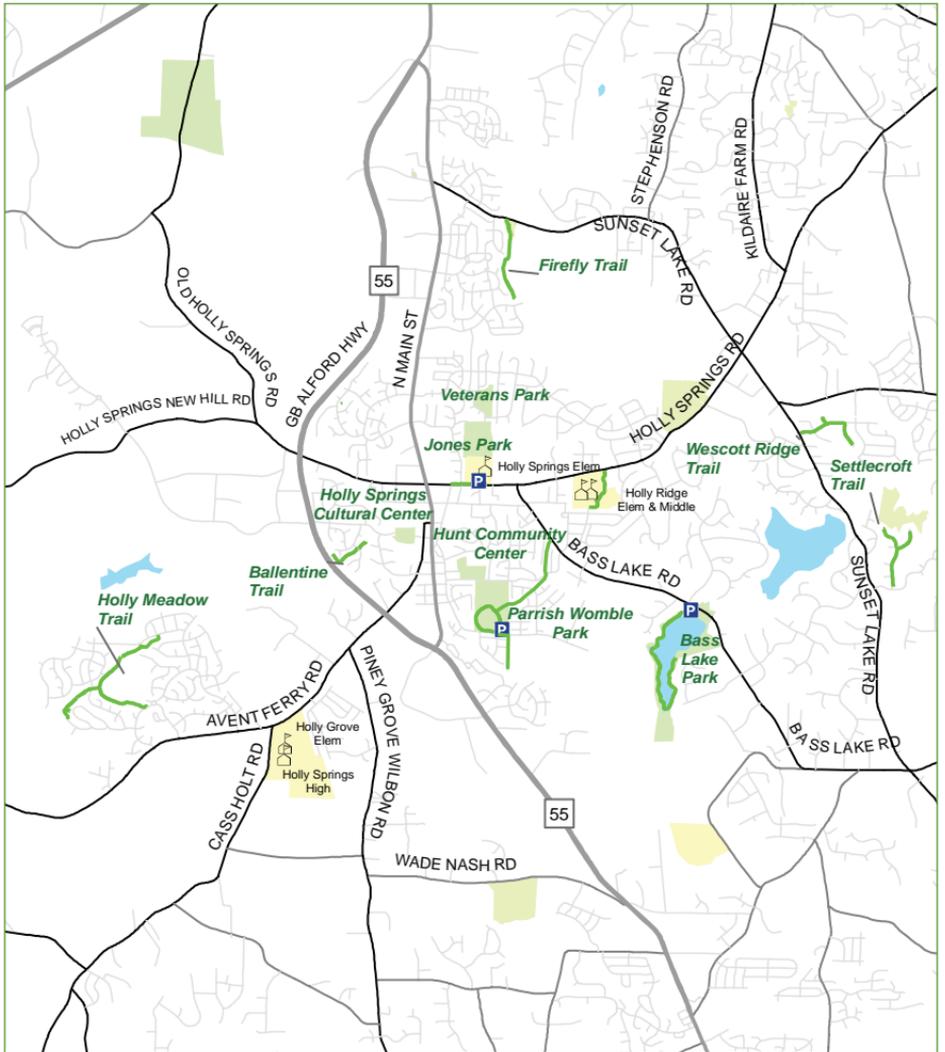
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## trails

**BASS LAKE PARK** 900 Bass Lake Road / 1.0 miles / unpaved

**TRAIL TO HISTORIC SPRINGS** 100 Avent Ferry Rd. / 1.4 miles / unpaved + concrete

**PARISH WOMBLE PARK** 1201 Grigsby Ave. / 0.5 miles / paved



# holly springs



# knightdale

phone: 919.217.2230

fax: 919.217.2239

[www.knightdale.nc.us](http://www.knightdale.nc.us)

---

Knightdale Environmental Park and Harper Park offer tennis courts and approximately two miles of greenway. There is also a disc golf course located at the Knightdale Swim Club and basketball courts at the Community Park.

## DON'T MISS!

Knightdale Environmental Park, located behind Town Hall, offers a convenient 0.4 mile loop of paved walking trail with ample parking and plenty of shade.

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## trails

**KNIGHTDALE ENVIRONMENTAL PARK** 0.4 miles / paved and boardwalk

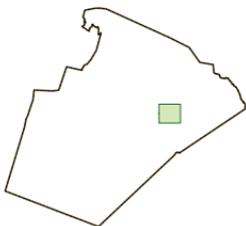
**MINGO CREEK GREENWAY AT PRINCETON MANOR** 0.75 miles / paved

**MINGO CREEK GREENWAY AT PLANTERS WALK** 0.2 miles / paved

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“FAMILIES CAN IMPROVE THEIR HEALTH AND ENJOY QUALITY TIME TOGETHER BY BEING ACTIVE ON OUR NATION'S MANY TRAILS.”

*MICHAEL O. LEAVITT - SECRETARY, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES*



# knightdale



# morrisville

phone: 919.463.7113

fax: 919.388.1815

[www.ci.morrisville.nc.us](http://www.ci.morrisville.nc.us)

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The Town of Morrisville has six parks, including Crabtree Creek Nature Park, Morrisville Community Park, Cedar Fork District Park, Shiloh Park and Ruritan Park. The Hatcher Creek Greenway is located in Morrisville Community Park surrounded by athletics fields, a playground, and shelters. Morrisville's greenway system is experiencing a lot of growth, adding six miles of greenway over the next two years and eventually 40 miles of greenway upon completion.

## DON'T MISS!

The Hatcher Creek Greenway features a collaborative stream restoration project that includes interpretive signage and multiple learning opportunities.

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## trails

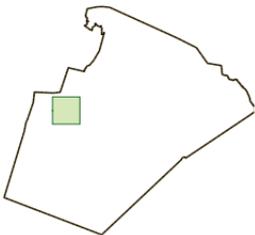
**HATCHER CREEK GREENWAY AT MORRISVILLE COMMUNITY PARK** 1520 Morrisville Parkway /  
0.6 miles / paved

---

ADULTS SHOULD GET AT LEAST 30 MINUTES OF MODERATE-INTENSITY PHYSICAL ACTIVITY (SUCH AS WALKING A TRAIL) MOST DAYS OF THE WEEK, ACCORDING TO RECOMMENDATIONS FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION.



# morrisville



# raleigh

phone: 919.831.6640

fax: 919.831.6470

[www.parks.raleighnc.gov](http://www.parks.raleighnc.gov)

---

Raleigh Parks and Recreation Department invites you to visit one of our parks, over 60 miles of trails, and many unique facilities that make up your Raleigh Parks system. Whether you are planning a family picnic, outdoor adventure, or looking for children's activities, Raleigh Parks and Recreation has the perfect fit for you.

## DON'T MISS!

**Reedy Creek Trail** - Access this 2.5 mile section of the Reedy Creek Trail at the NC Museum of Art, located on Blue Ridge Road, and enjoy the view as you meander through outdoor artwork and travel across the 660 ft. pedestrian bridge that spans the Interstate 440 beltline.

---

## trails

**ALLEGHANY TRAIL** Lassiter Mill Rd. / 2.4 miles / paved

**BEAVER DAM TRAIL** Wade Ave. / Dixie Trail / 1.4 miles / unpaved + concrete

**BENT CREEK TRAIL** Longstreet Dr. / 1.35 miles / paved

**BRENTWOOD TRAIL** Ingram Dr. / .75 miles / paved

**BUCKEYE TRAIL** Raleigh Blvd. / Milburnie Rd. / 2.5 miles / paved

**CRABTREE-OAK PARK TRAIL** Lindsay Dr. / 1.6 miles / paved

**CRABTREE VALLEY TRAIL** Crabtree Valley Ave. / 1.0 mile / paved

**DURANT TRAILS** Camp Durant Rd. / 1.1 miles / paved

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(continued)

**FALLON CREEK TRAIL** Noble Rd. / 0.5 miles / paved

**FALLS RIVER TRAIL** Falls River Ave. / 1.1 miles / paved

**GARDNER STREET TRAIL** Gardner St. / 0.7 miles / unpaved + concrete

**IRONWOOD TRAIL** West Millbrook Rd. / 1.3 miles / paved

**LAKE JOHNSON TRAIL SYSTEM** Avent Ferry Rd. / 5.5 miles / paved + unpaved

**LAKE LYNN TRAIL** Lynn Rd / 2.2 miles / paved

**LAKE PARK TRAIL** Rushing Brook Dr. / 0.6 miles / unpaved

**LITTLE ROCK TRAIL** Martin Luther King Jr. Blvd. / 0.9 miles / paved

**LOBLOLLY TRAIL** RBC Center / 6.0 miles / unpaved

**LOWER WALNUT CREEK TRAIL** Cooper Rd. / 2.1 miles / paved

**MIDDLE CRABTREE CREEK** Noble Rd. / 3.6 miles / paved

**NEUSE RIVER TRAIL** Rogers Ln. / 4.0 miles / unpaved

**NORTH HILLS TRAIL** North Hills Dr. / 1.0 miles / paved

**REEDY CREEK TRAIL** Blue Ridge Rd. / 1.5 miles / paved

**ROCKY BRANCH TRAIL** Western Blvd. / 1.5 miles / paved

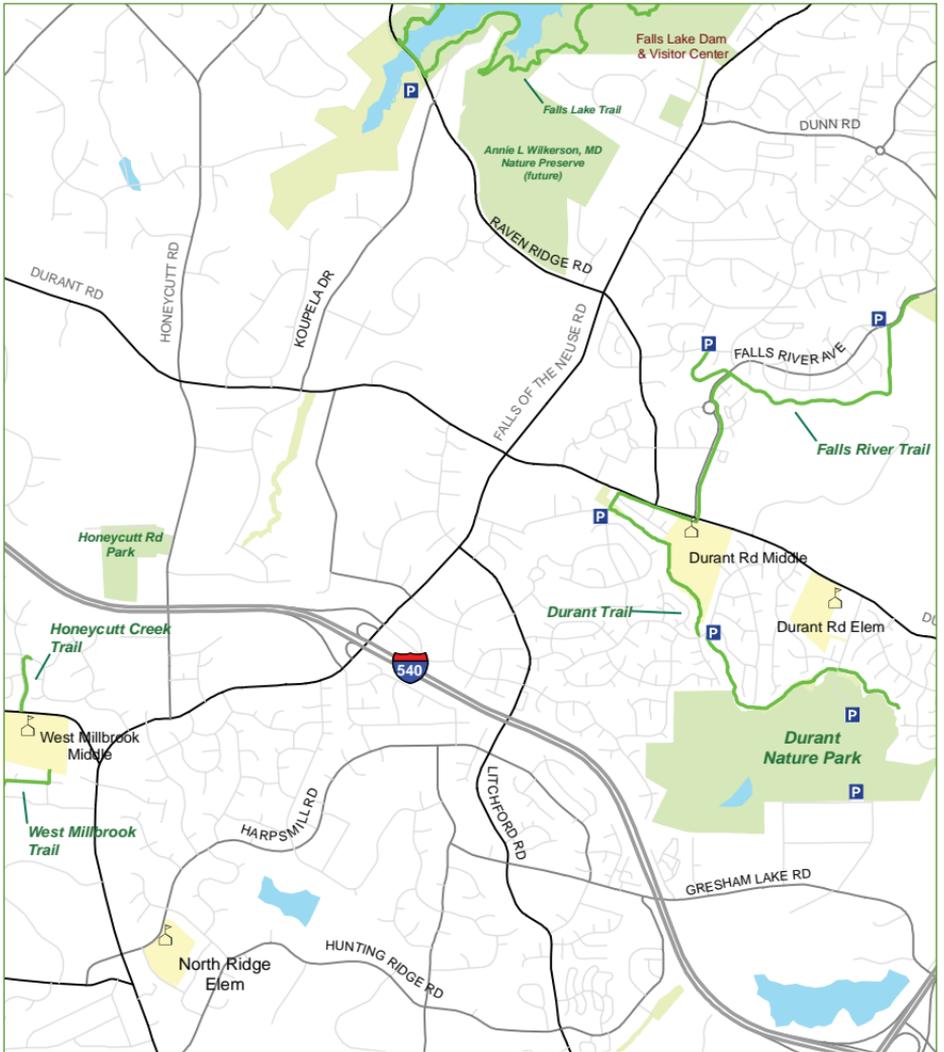
**SAWMILL TRAIL** Sawmill Rd. / .9 miles / unpaved

**SHELLEY LAKE TRAIL** West Millbrook Rd. / 3.0 miles / paved

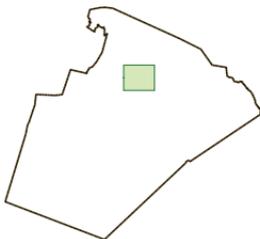
**UPPER WALNUT TRAIL** Lake Dam Rd. / 1.1 miles / paved

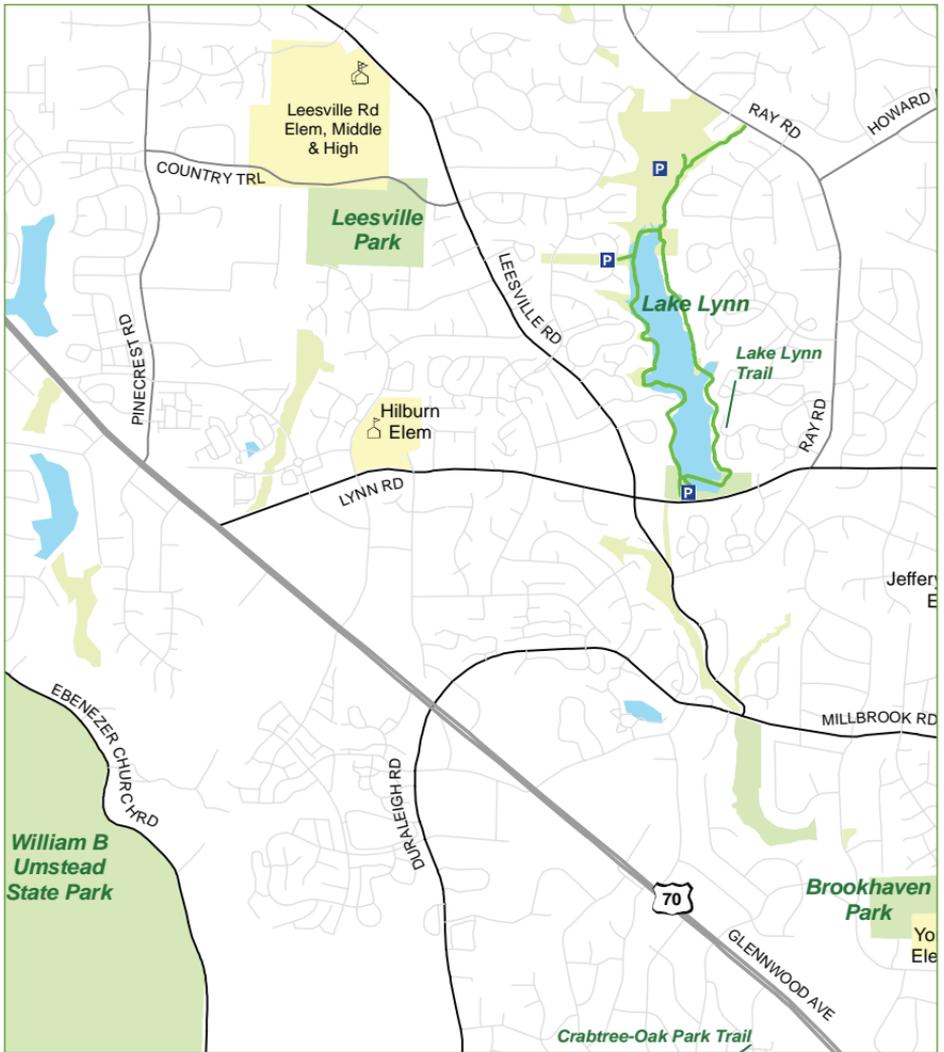
**WEST MILLBROOK TRAIL** Strickland Rd. / .5 miles / paved + concrete

[maps >](#)

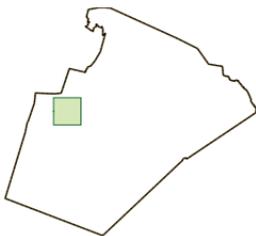


# north raleigh





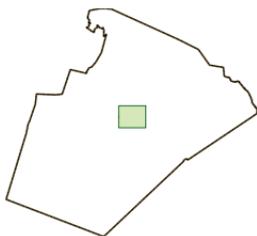
# northwest raleigh





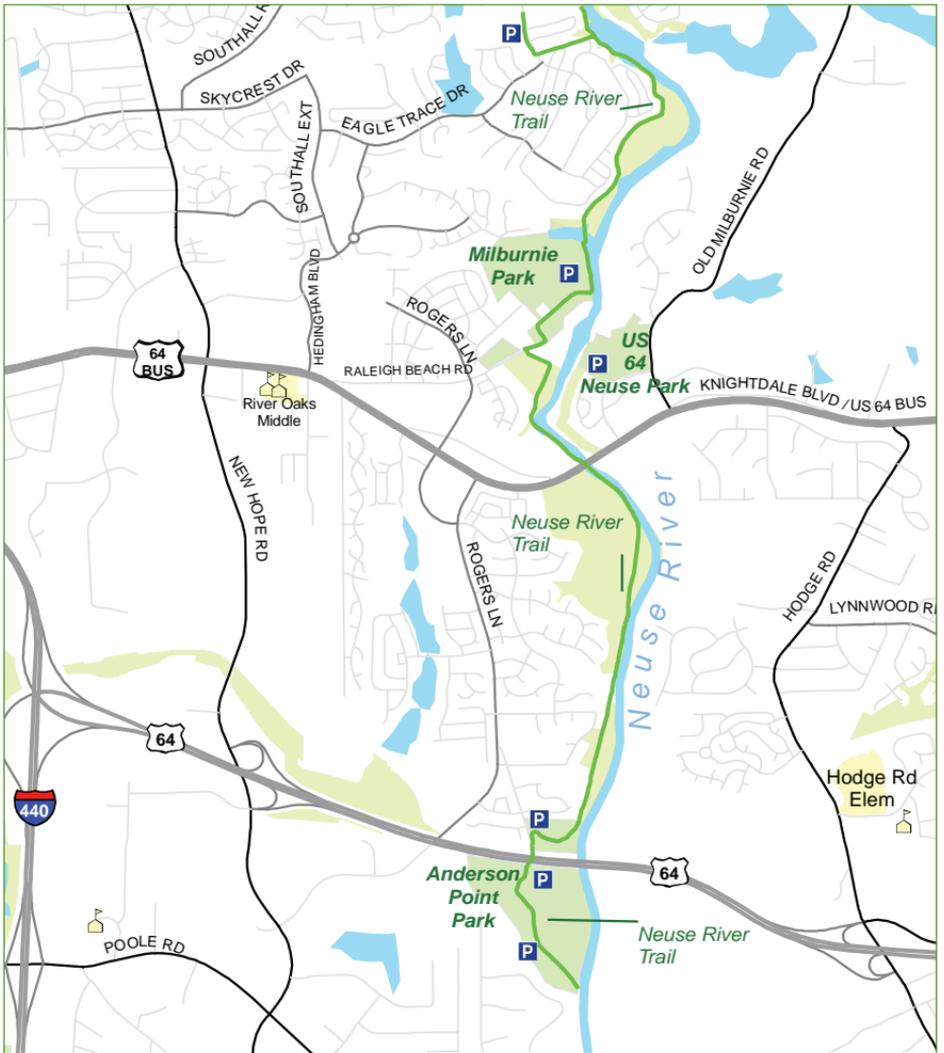
## crabtree creek / shelley lake



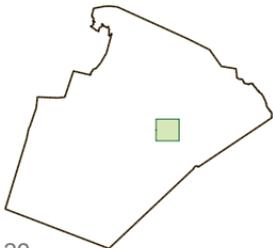


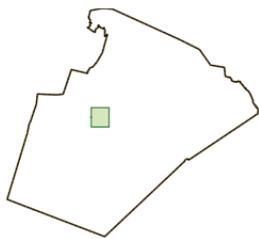
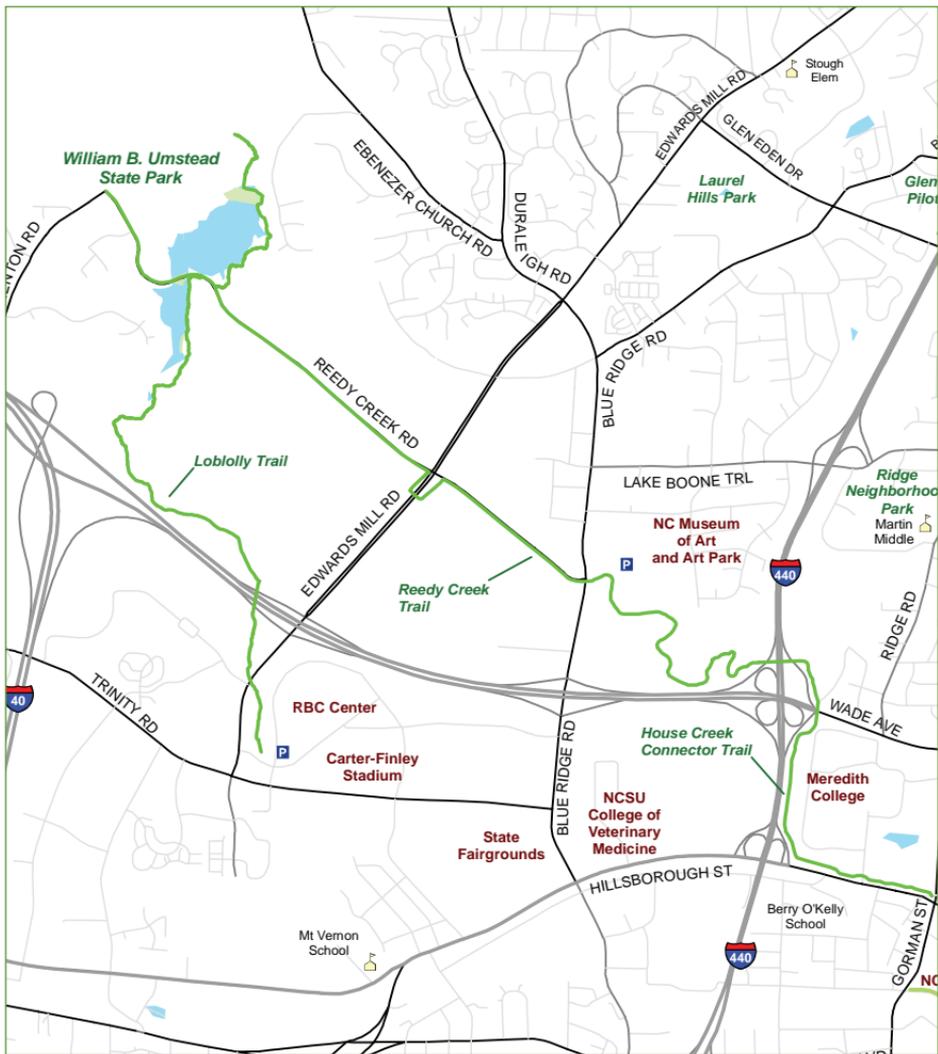
# lower crabtree creek





## neuse river trail



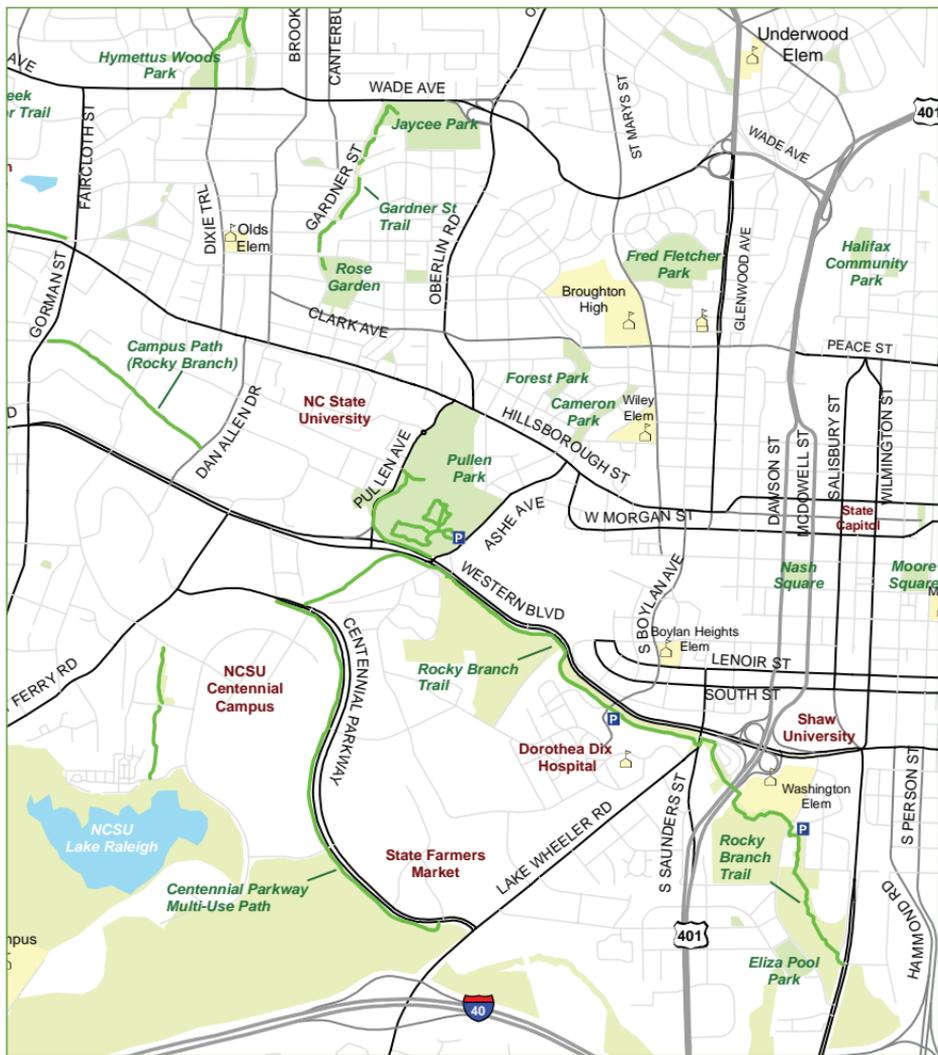


# west raleigh

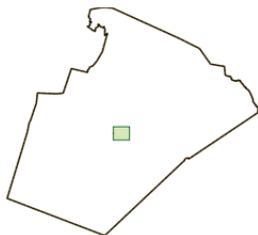


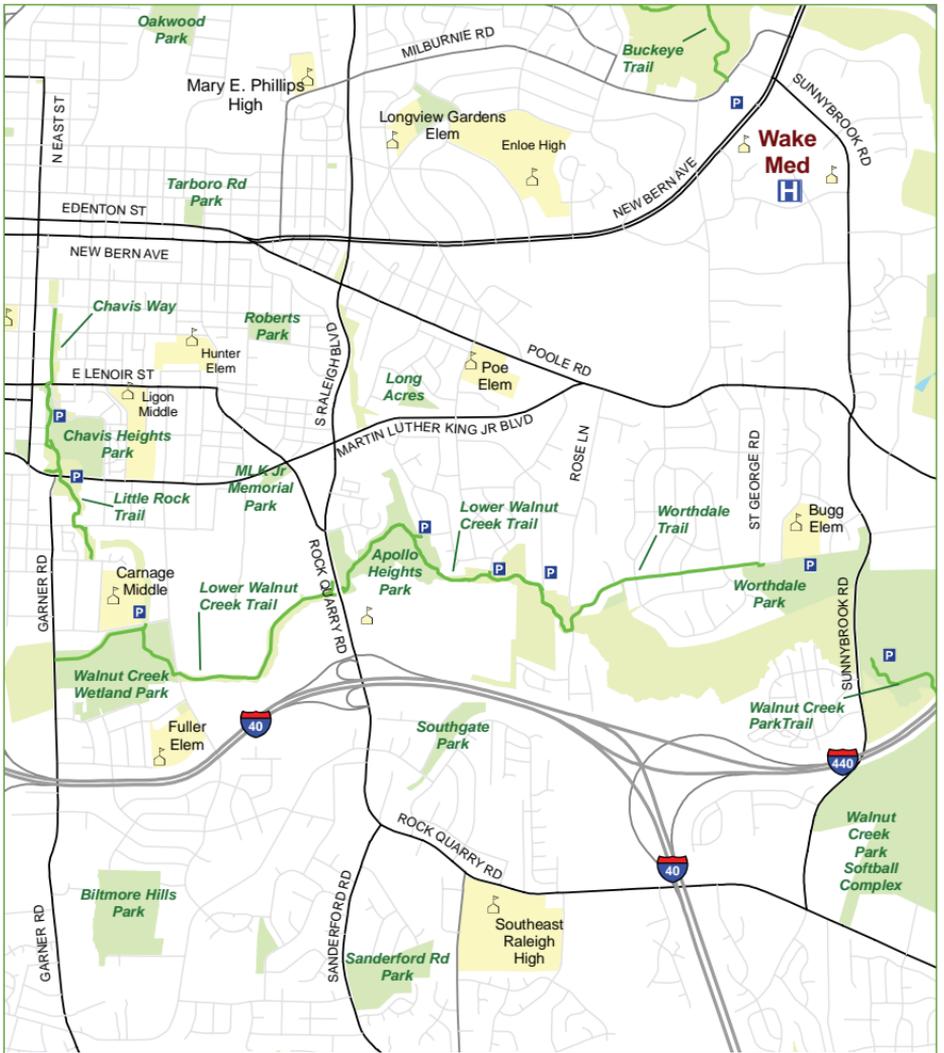


# lake johnson

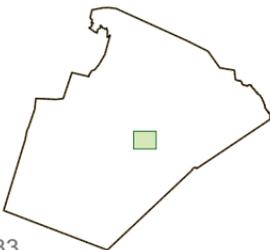


# rocky branch trail





# walnut creek trail



## BEGINNING TO WALK

Walking is a great exercise for almost everyone. Remember, never start any exercise program too quickly or too intensely. If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine. Here are a few tips to make your exercise session safer and more enjoyable:

Always carry your ID and cell phone with you, and walk with a friend when possible.

Double tie your shoe laces so they do not come undone and cause you to trip.

Wear sunscreen and a hat to protect your skin from sun damage.

Always do an 8-10 minute warm-up and cool-down.

Include stretches in your warm-up and cool-down periods.

Be sure you have properly fitting athletic shoes, and choose clothing appropriate for the weather.

While walking you should be able to talk without gasping for air.

Walk against traffic.

If you are a beginning walker, start off walking as long as you can and eventually try to add five minutes to your walk each week.

It is recommended that adults exercise at least 30 minutes a day, five or more days a week. Children should exercise at least 60 minutes every day.

# rolesville

phone: 919.554.6582

fax: 919.556.6852

[www.ci.rolesville.nc.us](http://www.ci.rolesville.nc.us)

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The Town of Rolesville operates two parks. Rolesville Community School Park includes a quarter mile paved loop walking trail, three ball fields and a covered picnic shelter. The park is used by school programs during school hours and is open for recreation use and programming outside of school hours. Main Street Park encompasses 35 acres and includes a quarter-mile paved loop trail and a smaller natural trail located inside an arboretum. The park also includes a gazebo, playground and restroom facilities.

## DON'T MISS!

Main Street Park / 200 S. Main St.

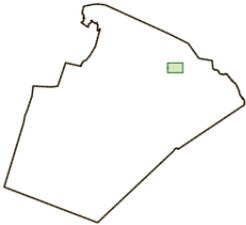
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## trails

**EDUCATION ARBORETUM TRAIL** 200 S. Main St. /.17 miles / unpaved

**MAIN STREET PARK** 200 S. Main St. /.25 miles / paved

**ROLESVILLE COMMUNITY SCHOOL PARK** 121 Redford Place Drive /.25 miles / paved



# rolesville



# wake forest

phone: 919.554.6180

fax: 919.556.2063

[www.wakeforestnc.gov](http://www.wakeforestnc.gov)

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There are 12 Parks in **Wake Forest** ranging from ½ acre to 100 acres, as well as ball fields, tennis courts, playgrounds, and picnic areas. Four miles of greenway trails are available in various locations. The Flaherty Park Community Center houses a regulation gym open for free play during scheduled times.

## DON'T MISS!

**Flaherty Park** is the town's largest facility with three lighted baseball/softball fields, restrooms, two picnic shelters, two ponds, a community center, eight lighted tennis courts, playground, two-acre dog park and a greenway trail.

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## trails

**FLAHERTY PARK GREENWAY** North White St. / .25 miles / paved

**KIWANIS PARK** East Holding Ave. / .25 miles / paved

**MILLER PARK GREENWAY** Elm Ave. / .5 miles / paved

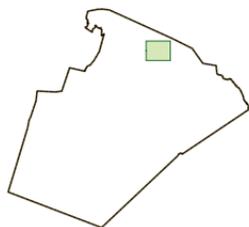
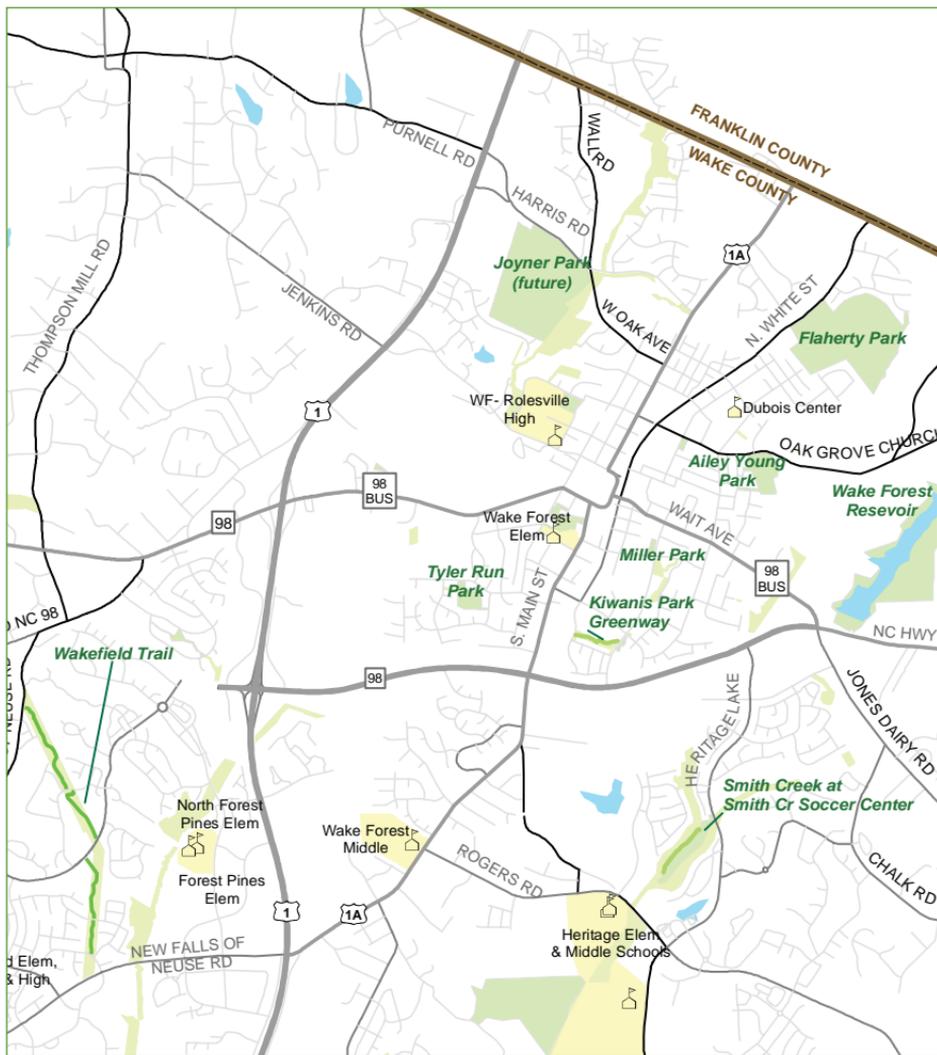
**SANFORD CREEK / HERITAGE SOUTH** Marshall Farm Rd. / 1.0 miles / paved

**SMITH CREEK GREENWAY / SMITH CREEK SOCCER CENTER** .5 miles / unpaved

**SMITH CREEK GREENWAY / BURLINGTON MILLS ROAD** .75 miles / paved

**TYLER RUN PARK** Pineview Drive / .25 miles / unpaved

**OLD MILL STREAM / RICHLAND CREEK GREENWAY** Barnford Mill Rd. / .5 miles / paved



# wake forest



# wendell

phone: 919.366.2266

fax: 919.366.1466

[www.townofwendell.com](http://www.townofwendell.com)

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The Town of Wendell offers opportunities for organized athletics as well as resources for individuals to be physically active at Wendell Park and Community Center. The park includes picnic shelters, soccer fields, open fields, playground area, and a one-half mile walking trail. The Community Center is located within the park and offers a variety of programmed activities.

## DON'T MISS!

Wendell Park and Community Center - Offering physical activity opportunities for all ages.

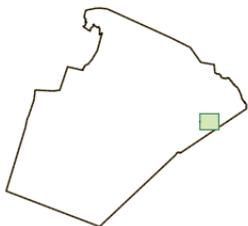
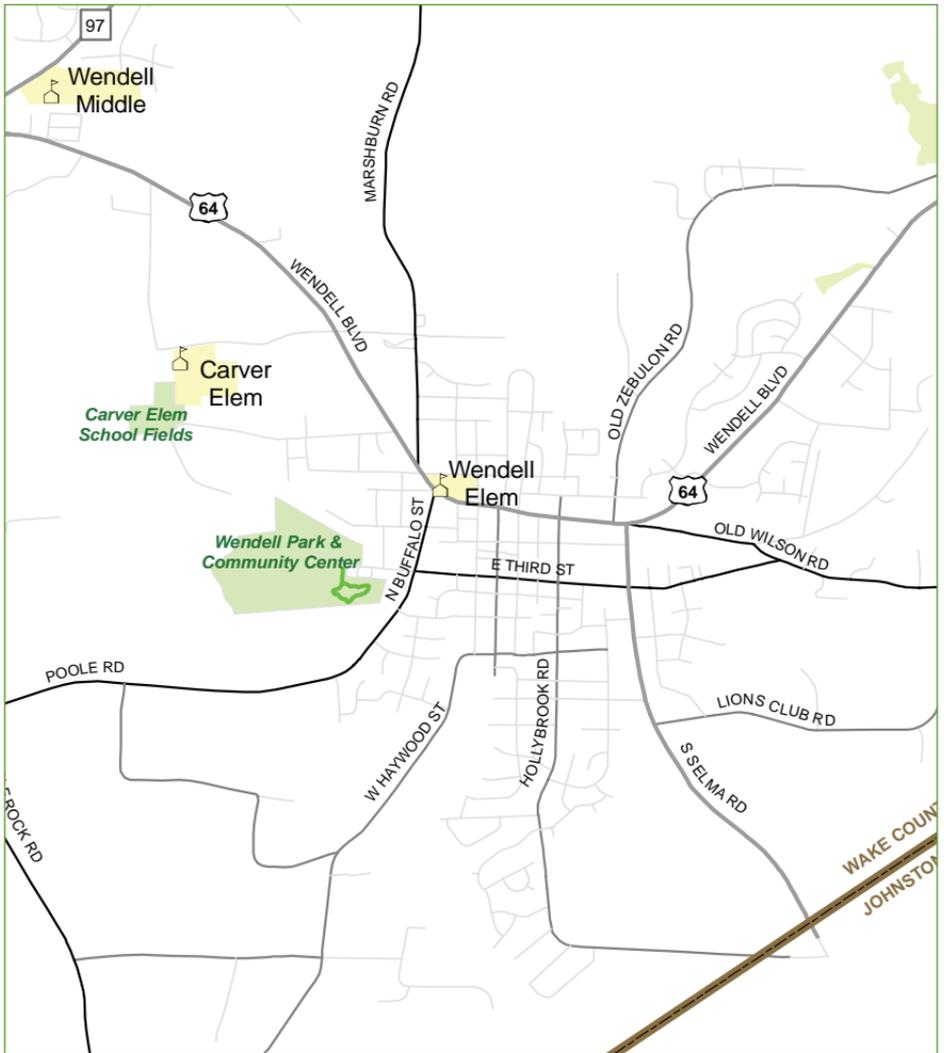
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## trails

**WENDELL PARK** 601 West Third St. / .5 miles / unpaved

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IF YOU DON'T HAVE A THIRTY MINUTE BLOCK OF TIME FOR PHYSICAL ACTIVITY EACH DAY, TRY BREAKING IT OUT TO THREE TEN MINUTE BLOCKS THROUGHOUT THE DAY. THE GOAL IS TO MOVE MORE EVERY DAY.



wendell



# zebulon

phone: 919.269.8265

fax: 919.269.6200

[www.ci.zebulon.nc.us](http://www.ci.zebulon.nc.us)

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The Town of Zebulon supports four public parks: Gill Street, Whitley, Zebulon Community and Little River Park. The parks' offerings include basketball courts, tennis courts, baseball fields, picnic shelters and playgrounds.

## DON'T MISS!

The 18 hole championship disc golf course at [Zebulon Community Park](#).

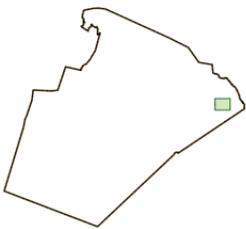
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## trails

**LITTLE CREEK TRAIL AT ZEBULON COMMUNITY PARK** 401 South Arendell Ave. / 1.8 miles /  
unpaved

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INVITING A FRIEND TO WALK OR JOG WITH YOU, OR JOINING  
A WALKING CLUB, CAN HELP YOU GET MOTIVATED TO BE  
PHYSICALLY ACTIVE.



zebulon



# wake county

phone: 919.856.6677

fax: 919.856.6181

[www.wakegov.com](http://www.wakegov.com)

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There are seven park facilities across **Wake County** – Lake Crabtree County Park, Blue Jay Point County Park, Historic Oak View County Park, Crowder District Park, Harris Lake County Park, American Tobacco Trail and Historic Yates Mill County Park.

## DON'T MISS!

A variety of **trail activities** are available in almost every park... from walking and hiking to mountain biking.

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## trails

**AMERICAN TOBACCO TRAIL** New Hill-Olive Chapel Rd. / Wimberly Rd. / White Oak Church Rd. / 6.5 miles / unpaved

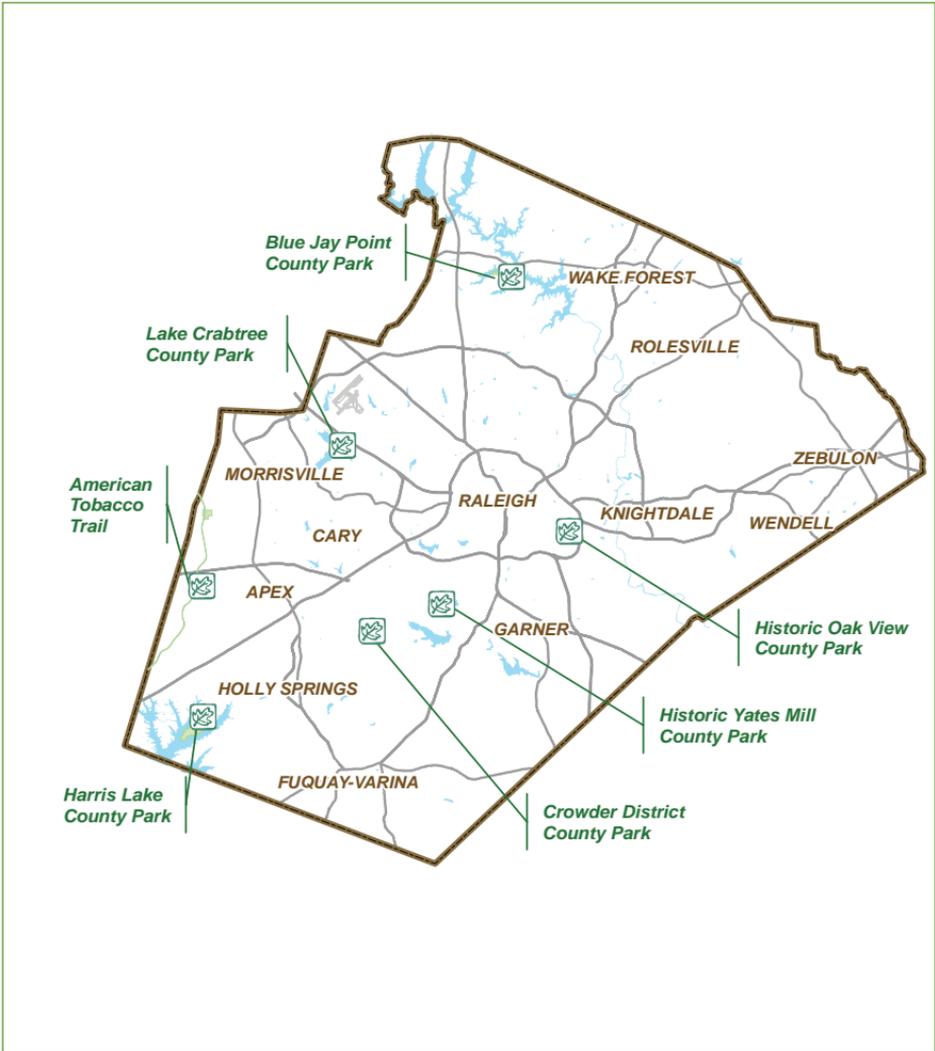
**BLUE JAY POINT** 3200 Pleasant Union Church Rd., Raleigh / 5.0 miles / paved + unpaved

**CROWDER DISTRICT PARK** 4709 Ten Ten Rd. / 1.1 miles / paved

**HARRIS LAKE COUNTY PARK** 2112 County Park Dr. / 12.6 miles/ paved + unpaved

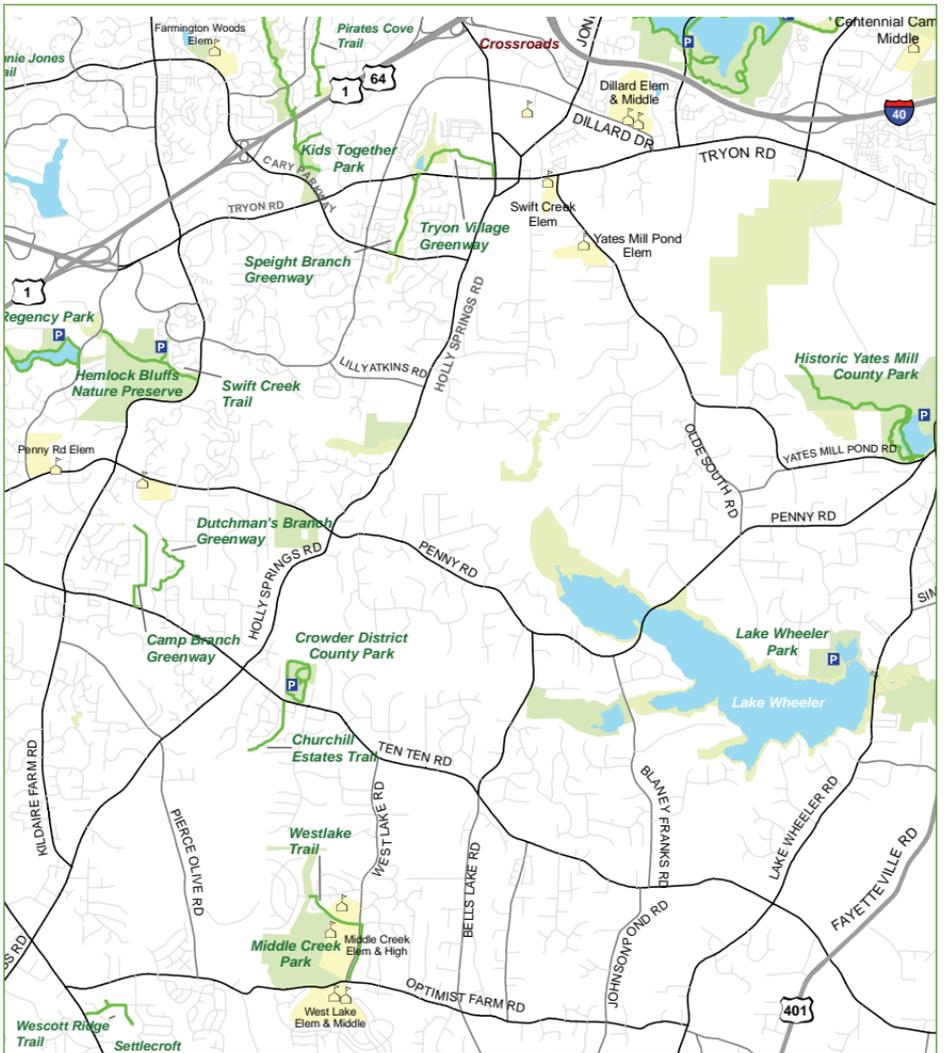
**LAKE CRABTREE COUNTY PARK** 1400 Aviation Pkwy / 15 miles / paved + unpaved

**HISTORIC YATES MILL COUNTY PARK** 4620 Lake Wheeler Rd. / 2.9 miles / unpaved

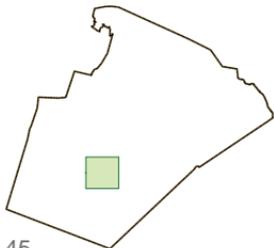


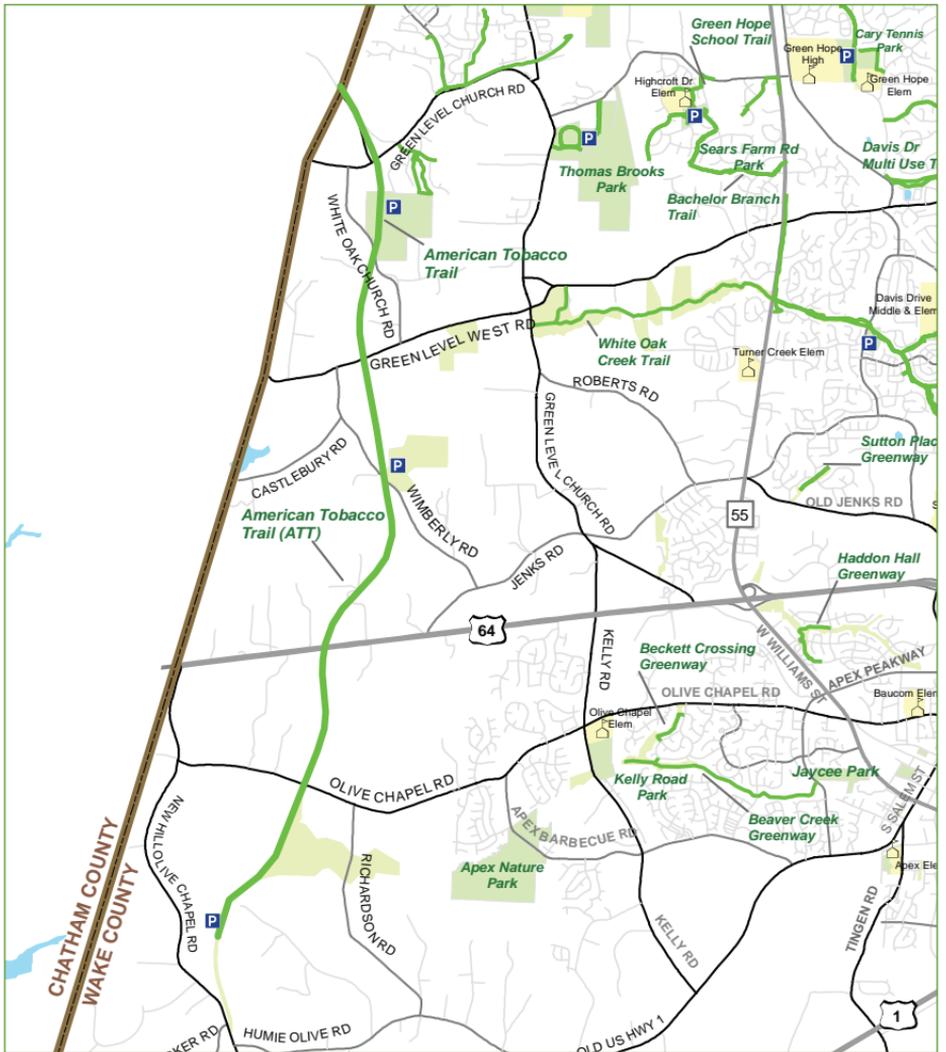
# wake county parks



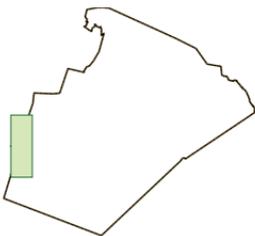


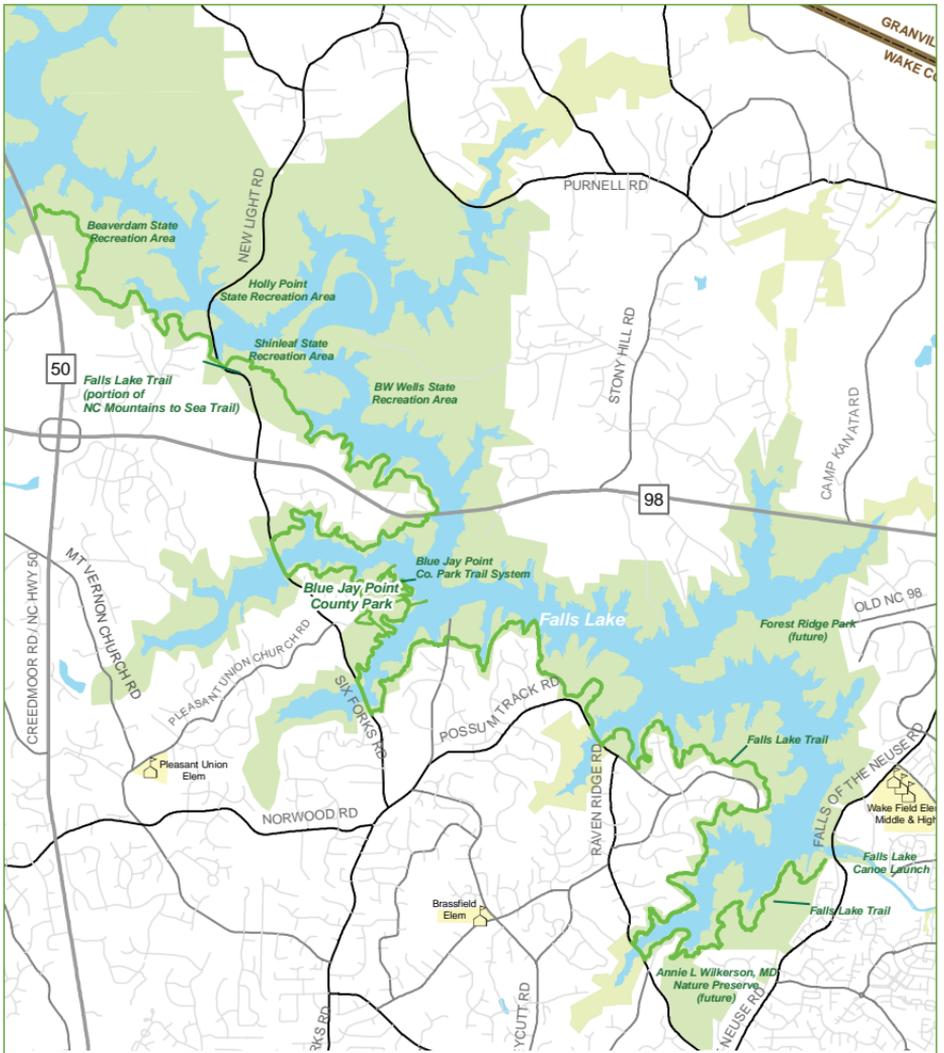
# lake wheeler area / south cary



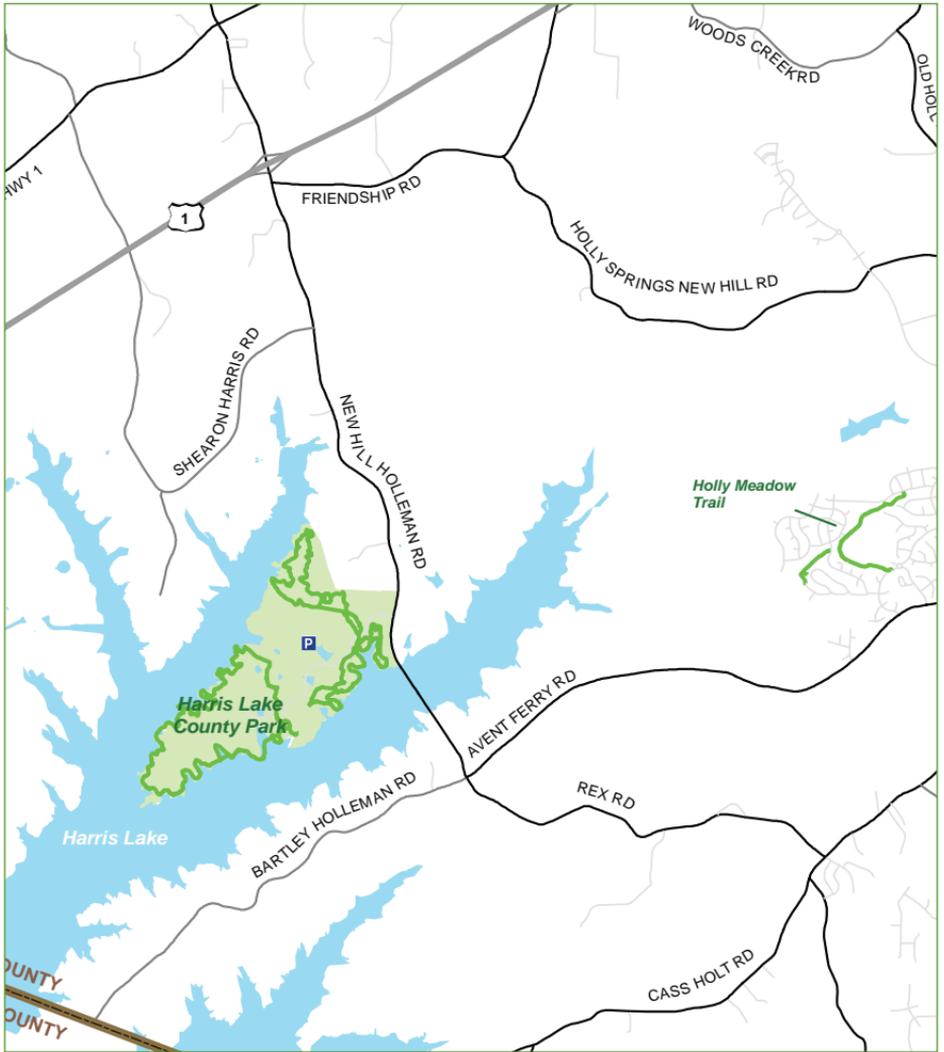


# american tobacco trail

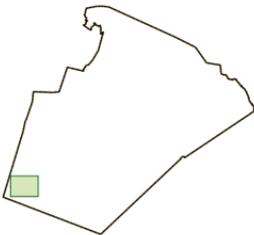




## falls lake area / blue jay point



## harris lake area



## **Parks and Recreation Partnership for a Healthier Wake**

Apex Parks, Recreation and Cultural Resources  
Cary Parks, Recreation and Cultural Resources  
Fuquay-Varina Parks, Recreation and Cultural Resources  
Garner Parks and Recreation  
Holly Springs Parks and Recreation  
Knightdale Parks and Recreation  
Morrisville Parks, Recreation and Cultural Resources  
NCSU Recreation Resources Service  
Raleigh Parks and Recreation  
Rolesville Parks and Recreation  
Wake County Parks, Recreation and Open Space  
Wake County Human Services Health Promotion Chronic Disease Prevention  
Wake Forest Parks and Recreation  
Wendell Parks and Recreation  
Zebulon Parks and Recreation

Production of this document was made possible through statewide health promotion funding from the NC Physical Activity and Nutrition Branch. Printing was made possible by support from the John Rex Endowment and WakeMed Health and Hospitals.





**trails & greenways**  
of wake county