

## individual agency

trails & info

Apex	05	Raleigh	23
Cary	07	Rolesville	35
Fuquay-Varina	14	Wake Forest	37
Garner	15	Wendell	39
Holly Springs	17	Zebulon	41
Knightdale	19	Wake County	43
Morrisville	21		

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.

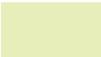
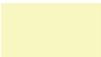
Being physically active will help you achieve a number of important health benefits including: reducing your risks associated with developing a chronic disease, managing your weight, improving your spirits, managing your stress and improving your overall level of fitness. Always be safe while you're 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!**

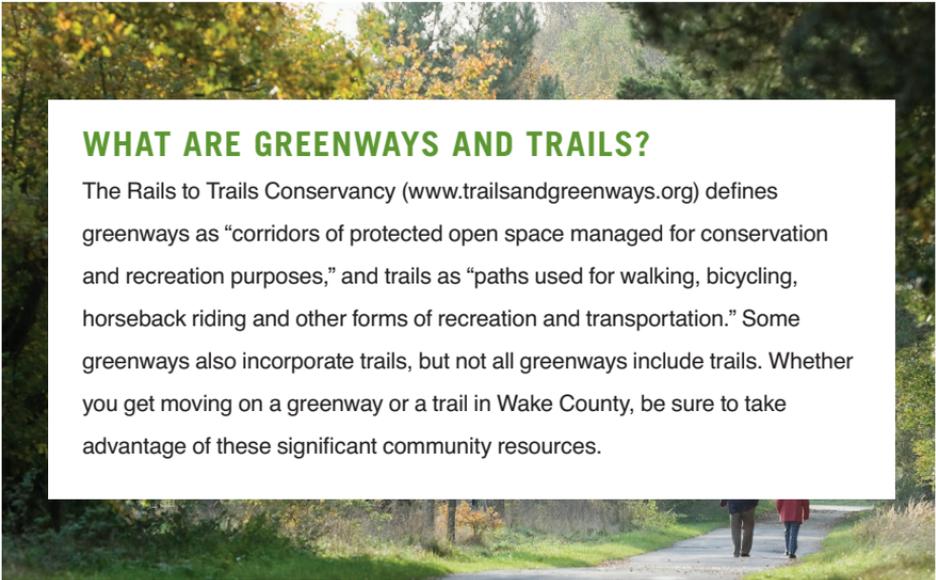
## parks & open space

### 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.