

Durham

A Resource Guide to places for:



Having Fun



Moving More

Eating Smart



Eating smart and moving more improves your health. Use this guide to find places in Durham County to do both—and have fun.

- Local farms and Farmers' Markets
- Parks & recreation centers
- Other sites for all ages

Eating smart and moving more

Eating Smart – Locally

Durham's neighborhood grocery stores carry a wide variety of healthful food choices. For fresh-off-the-farm foods, visit local farms and farmers' markets. "Pick Your Own" in season for an active family outing.

Call ahead to check on hours and availability.

Cheek Road Produce – plants, produce
5401 Cheek Rd., 688-7048

Ganyard Hill Farm – pumpkins, mazes, field trips • 319 Sherron Rd., 596-8728
www.pumpkincountry.com

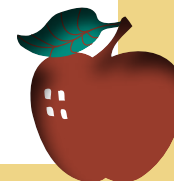
Herndon Hills Farm – blueberries, blackberries, grapes • 7110 Massey Chapel Rd., 544-3313

Waller Family Farm – produce
5005 Kerley Rd., 225-4305
www.wallerfamilyfarm.com

SEEDS – vegetables, herbs, fruit, flowers
706 Gilbert St., 683-1197, www.seedsnc.org

Durham's Farmers' Market – regional farmers with local produce, meats and other items • Saturday mornings and Wednesday afternoons at Central Park on Foster St., (seasonal),
www.durhamfarmersmarket.com

Duke Farmers' Market – Fridays, May–September on the breezeway between Duke South and Duke Hospital
www.hr.duke.edu/farmersmarket/



Exercise Safely



- If you don't exercise regularly, or have any known health problems, check with your doctor before beginning an exercise program.
- Start slowly and work your way up. If you haven't been exercising, even 10 minutes of walking can be a good beginning.
- After dark, walk and exercise in well lit areas.
- Exercise with friends or family members. It's safer and more fun with a companion. Plus, you can help motivate each other.
- Consider the weather and dress appropriately. Wear comfortable clothes and supportive shoes.
- Avoid exercising in the heat of the day.
- Drink plenty of water year round.
- When outdoors, use insect repellents and check yourself and your children for ticks when returning from outside activities. Some mosquitoes and ticks can carry diseases.
- Pack lightweight snacks and water. Good snacks include trail mix, dried fruit and nuts, and cereal bars.



Consider the Benefits

A minimum of 30 minutes of activity a day is recommended for adults, 60 minutes for children. Activity helps strengthen muscles, bones and joints, improves heart function, reduces stress, and helps maintain a **healthy weight**.

Calories spent per hour by activity of 160-lb. person

Activity	Calories
Basketball game	584
Bicycling, < 10 mph, leisure	292
Gardening	370
Hiking	438
Jogging, 5 mph	584
Rollerblading	913
Softball or baseball	365
Swimming, laps	511
Tennis, singles	584
Volleyball	292
Walking, 2 mph	183
Walking, 3.5 mph	277

The physical activity you do in your daily activities counts too! Walking, gardening, mowing the lawn, or cleaning the house offer similar health benefits as recreational and sporting activities.



Swimming

Durham Parks and Recreation has five pools with open swim, lap swim, lessons and a variety of programs. Contact the Durham Parks and Recreation office at 560-4355.

Campus Hills Pool (indoor, year-round)
2000 South Alston Ave., 560-4444

Edison Johnson Aquatics Center (indoor, year-round)
500 West Murray Ave., 560-4265

Forest Hills Pool (outdoor, seasonal)

Hillside Pool (outdoor, seasonal)

Long Meadow Pool (outdoor, seasonal)

Boating

Row boats and canoes are available to rent at Lake Michie and Little River Lake.

Walking and Biking at Duke University and Duke Forest

Visit the Duke Forest recreation web site at www.dukeforest.duke.edu, or call the Duke Forest office at 613-8013 for maps, information, and regulations.

- 1-mile Shepherd Nature Trail is located off NC 751 at Gate C.
- 3-mile Al Buehler Cross Country Trail winds through the woods around the Washington Duke Inn and Golf Course.
- 1.7-mile Duke East Campus Trail runs along the perimeter of Duke's East Campus.
- 55-acre Sarah P. Duke Gardens has walking paths and is open to the public. Adjacent to Duke University Medical Center.

Regional and State Parks

Eno River State Park and Little River Regional Park offer extensive opportunities for hiking.

Special Activities

Two Durham **dog parks** provide a safe and controlled environment for dogs. Pineywood Park at the intersection of Woodcroft Parkway and Woodlake Dr., and Northgate Park between Lavender Ave. and Club Blvd.

Families and other groups can test the low **ropes challenge course** at Spruce Pine Lodge (2303 Bahama Rd.) for a modest fee. Call 560-4355.

Ultimate frisbee teams play regularly in Forest Hills Park off University Dr.

There are **disc golf** courses at Valley Springs Park (3805 Valley Springs Rd.) and Cornwallis Road Park (2830 Wade Ave.)

Clubs and Associations

There are many specialized activity clubs and associations in Durham, including running, cycling, soccer, gymnastics and others.

To find more organizations and facilities, try these information sources:

The City of Durham Parks and Recreation Department, 560-4355, www.durhamnc.gov/departments/parks

Durham County Health Department's Health Education Division, 560-7760.



Places to Be Active in Durham

Durham Schools

- | | | |
|--|--|---|
| 37 Bethesda Elementary,
2009 S. Miami Blvd. | 50 Forest View Elementary,
3007 Mt. Sinai Rd. | 63 Neal Middle,
201 Baptist Rd. |
| 38 Brogdon Middle,
1001 Leon St. | 51 George Watts Elementary,
700 Watts St. | 64 Oak Grove Elementary,
3810 Wake Forest Rd. |
| 39 Burton Elementary,
1500 Mathison St. | 52 Githens Middle,
4800 Chapel Hill Rd. | 65 Parkwood Elementary,
5207 Revere Rd. |
| 40 C. C. Spaulding Elementary,
1531 Roxboro Rd. | 53 Glenn Elementary,
2415 E. Geer St. | 66 Pearson Elementary,
4915 Barbee Rd. |
| 41 Carrington Middle,
227 Milton Rd. | 54 Hillandale Elementary,
2730 Hillandale Rd. | 67 R.N. Harris Elementary,
1520 Cooper St. |
| 42 Chewing Middle,
5001 Red Mill Rd. | 55 Holt Elementary,
4019 Holt School Rd. | 68 Rogers-Herr Middle,
911 Cornwallis Rd. |
| 43 Club Boulevard Elementary,
400 W. Club Blvd. | 56 Hope Valley Elementary,
3005 Dixon Rd. | 69 Shephard Middle,
2401 Dakota St. |
| 44 Creekside Elementary,
5321 Ephesus Church Rd. | 57 Lakewood Elementary,
2520 Vesson Ave. | 70 Southwest Elementary,
2320 Cook Rd. |
| 45 E.K. Powe Elementary,
913 9th St. | 58 Little River Elementary,
2315 Snow Hill Rd. | 71 W.G. Pearson Elementary,
3501 Fayetteville St. |
| 46 Easley Elementary,
302 Lebanon Circle | 59 Lowe's Grove Middle,
4418 S. Alston Ave. | 72 W.G. Pearson Middle,
600 E. Umstead St. |
| 47 Eastway Elementary,
610 Alston Ave. | 60 Mangum Elementary,
9008 Quail Roost Rd.
(Bahama 27503) | 73 Y.E. Smith Elementary,
2410 E. Main St. |
| 48 Eno Valley Elementary,
117 Milton Rd. | 61 Merrick-Moore Elementary,
2325 Cheek Rd. | |
| 49 Fayetteville Street Elementary,
2905 Fayetteville St. | 62 Morehead Elementary,
909 Cobb St. | |

Fields and outside equipment of the 28 elementary and nine middle schools in Durham are available for public use after school hours.

Durham Parks

- 1** Campus Hills Park, 2000 S. Alston Ave.
- 2** Cook Road Park, 602 Cook Rd.
- 3** Duke Park, 106 W. Knox St.
- 4** Eno River State Park, 6101 Cole Mill Rd.
- 5** Falls Lake State Recreation Area, 3500 Baptist Rd.
- 6** Forest Hills Park, 1639 University Dr.
- 7** Hillside Park, 1301 S. Roxboro St.
- 8** Indian Trail Park, 1701 Albany St.
- 9** Lyon Park, 1200 W. Lakewood Ave.
- 10** Morreene Road Park, 1102 Morreene Rd.
- 11** Oval Drive Park, 2200 W. Club Blvd.
- 12** Piney Wood Park, 400 E. Woodcroft Pkwy.
- 13** Solite Park, 4704 Fayetteville Rd.
- 14** Valley Springs Park, 3805 Valley Springs Rd.
- 15** West Point on the Eno, 5101 N. Roxboro Rd.
- 16** Whippoorwill Park, 1632 Rowemont Dr.

Greenways and Trails

- 17** Al Beuhler Cross Country Trail
- 18** American Tobacco Trail
- 19** Duke East Campus Trail
- 20** Ellerbee Creek Trail
- 21** New Hope Preserve Trail
- 22** Rocky Creek/Pearson Trail
- 23** South Ellerbee Creek Trail
- 24** Sandy Creek Trail
- 25** Martin Luther King Jr. Parkway
- 26** Stadium Drive Trail
- 27** West Ellerbee Creek Trail
- 28** Eno Greenway

Durham County is home to 66 parks. Amenities of some of the larger and more varied parks are featured here. To learn about parks not listed, visit: www.durhamnc.gov/departments/parks, or call 560-4355.



Partnership for a Healthy Durham

The City of Durham was honored in 2006 as a Fit Community by Fit Together—a partnership of the N.C. Health and Wellness Trust Fund and Blue Cross and Blue Shield of North Carolina—recognizing Durham's commitment to healthy lifestyles.



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Recreation Centers



- 29** American Tobacco Historic District YMCA, 419 Blackwell St., 956-9602
- 30** Community Family Life & Recreation Center, 1309 Halley St., 560-4288
- 31** Downtown YMCA, 215 W. Morgan St., 667-9622
- 32** Edison Johnson Recreation Center, 500 W. Murray Ave., 560-4270
- 33** I.R. Holmes Sr. Recreation Center at Campus Hills, 2000 S. Alston Ave., 560-4444
- 34** Lakewood YMCA, 2119 Chapel Hill Rd., 493-4502
- 35** W.D. Hill Recreation Center, 1308 Fayetteville St., 560-4292
- 36** Weaver Street Recreation Center, 3000 Weaver St., 560-4294

Senior Centers



- 74** Center for Senior Life, 406 Rigsbee Ave., 688-8247
- 75** Duke Street Senior Center, 807 S. Duke St., 688-8247
- 76** Durham Hosiery Mill, 804 Angier Ave., 688-4866
- 77** Edison Johnson Recreation Center, 500 W. Murray Ave., 560-4270
- 78** Little River Senior Center, 8305 Roxboro Rd., 477-6066
- 79** Community Family Life and Recreation Center, 1309 Halley St., 560-4288
- 80** Priess Steele Place, 500 Pickwick Trail, 479-5050
- 81** W.D. Hill Recreation Center, 1308 Fayetteville St., 560-4292

Water Activities



- 82** Campus Hills Pool, 2000 S. Alston Ave., 560-4781
- 83** Edison Johnson Aquatic Center, 500 W. Murray Ave., 560-4265
- 84** Forest Hills Pool, 1639 University Dr., 560-4355
- 85** Hillside Pool, 1300 South Roxboro St., 560-4355
- 86** Lake Michie, 560-4355
- 87** Little River Lake, 560-4355
- 88** Long Meadow Pool, 917 Liberty St. 560-4355

Nutrition Resources



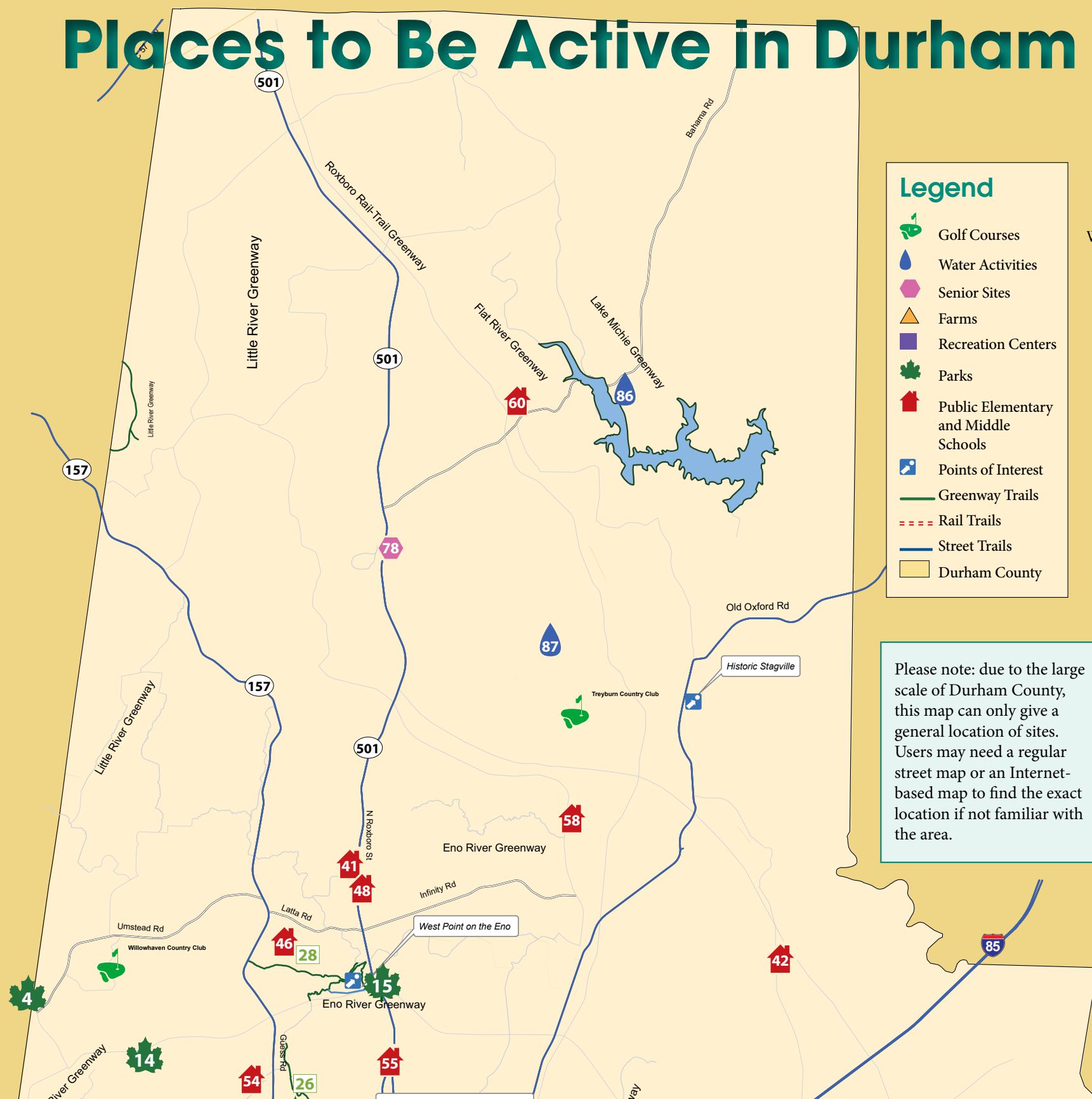
- A** Cheek Road Produce, 5401 Cheek Rd., 688-7048
- B** Ganyard Hill Farm, 319 Sherron Rd., 596-8728
- C** Herndon Hills Farm, 7110 Massey Chapel Rd., 544-3313
- D** Waller Family Farm, 5005 Kerley Rd., 225-4305
- E** SEEDS, 706 Gilbert St., 683-1197
- F** Durham Farmers' Market, 501 Foster St., 667-3099
- G** Duke Farmers' Market, breezeway between Duke South and Duke Hospital.

Adults, seniors, teens, and youth can all find positive, enriching, and healthy activities at Durham's state-of-the-art recreation centers. Visit www.durhamnc.gov/departments/parks/rec_centers.cfm, or call 560-4355.

Durham offers many opportunities for persons 55 and over to get fit, learn some new activities, and meet friends. Check out the fun activities at the Mature Adults office located in the Center for Senior Life, 406 Rigsbee Avenue.

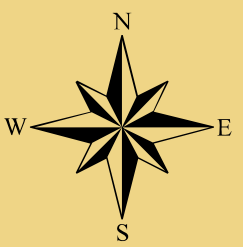
Visit www.councilseniorcitizens.org, or call 688-8247, extension 121.

Places to Be Active in Durham

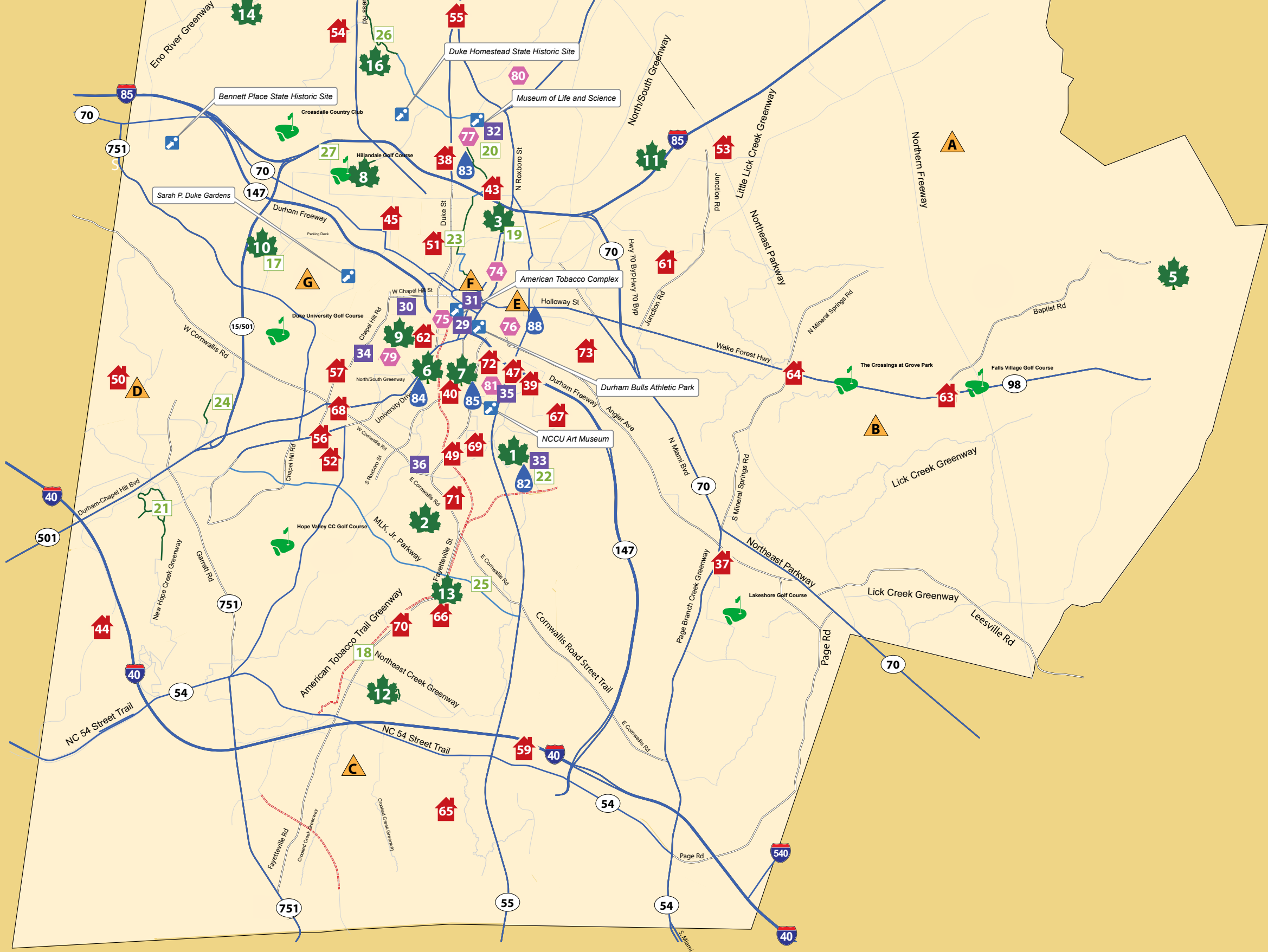


Legend

- Golf Courses
- Water Activities
- Senior Sites
- Farms
- Recreation Centers
- Parks
- Public Elementary and Middle Schools
- Points of Interest
- Greenway Trails
- Rail Trails
- Street Trails
- Durham County



Please note: due to the large scale of Durham County, this map can only give a general location of sites. Users may need a regular street map or an Internet-based map to find the exact location if not familiar with the area.



Durham Area Parks & Recreation Centers	Athletic Field	Youth Baseball	Basketball (outdoor)	Classes	Dance Studio	Greenway/Trail	Gymnasium	Athletic Field Lights	Picnic Shelter	Picnic Tables	Playground	Indoor Pool	Outdoor Pool	Racquetball Court	Restrooms	Adult Softball	Tennis Court	Water Fountain	Walking Track
I.R. Holmes, Sr. Recreation Center at Campus Hills Park	*			*	*		*	*	*	*	*	*		*		*		*	
Cook Road Park	*		*						*	*	*						*	*	
Duke Park						*			*	*	*				*			*	
Forest Hills Park						*			*	*	*		*		*		*	*	
Hillside Park and W.D. Hill Recreation Center		*	*	*	*		*	*	*	*	*		*		*			*	
Indian Trail Park						*				*	*				*			*	
Lyon Park and Community Family Life and Recreation Center	*	*	*	*	*		*		*	*	*				*			*	*
Morreene Road Park and Neighborhood Center		*	*	*					*	*	*				*		*	*	
Oval Drive Park			*						*	*	*					*	*	*	
Piney Wood Park	*	*						*	*	*	*				*			*	
Rock Quarry Park and Edison Johnson Recreation Center	*	*		*	*	*	*	*		*	*	*		*	*		*	*	
Solite Park			*			*			*	*	*				*			*	
Valley Springs Park	*							*	*	*	*				*	*		*	
Weaver Street Park and Recreation Center		*	*	*		*	*	*											
West Point on the Eno						*			*	*					*			*	
Whippoorwill Park		*				*		*	*	*	*				*		*	*	

Other Recreation Centers (not on map)	Athletic Field	Youth Baseball	Basketball	Classes
E.D. Mickle Neighborhood Center and East End Park 1204 N. Alston Avenue	*	*	*	*
East Durham Neighborhood Center and Park 2615 Harvard Avenue		*	*	*
T.A. Grady Neighborhood Center and Burton Park 531 Lakeland Street			*	*
W.I. Patterson Neighborhood Center and Crest Street Park 2614 Crest Street			*	*
Walltown Neighborhood Center and Park 1300 Club Boulevard		*	*	*

This list of parks is not comprehensive. Please visit: www.durhamnc.gov/departments/parks for a complete listing of parks in Durham.

Inset for downtown Durham (see other side for codes)

