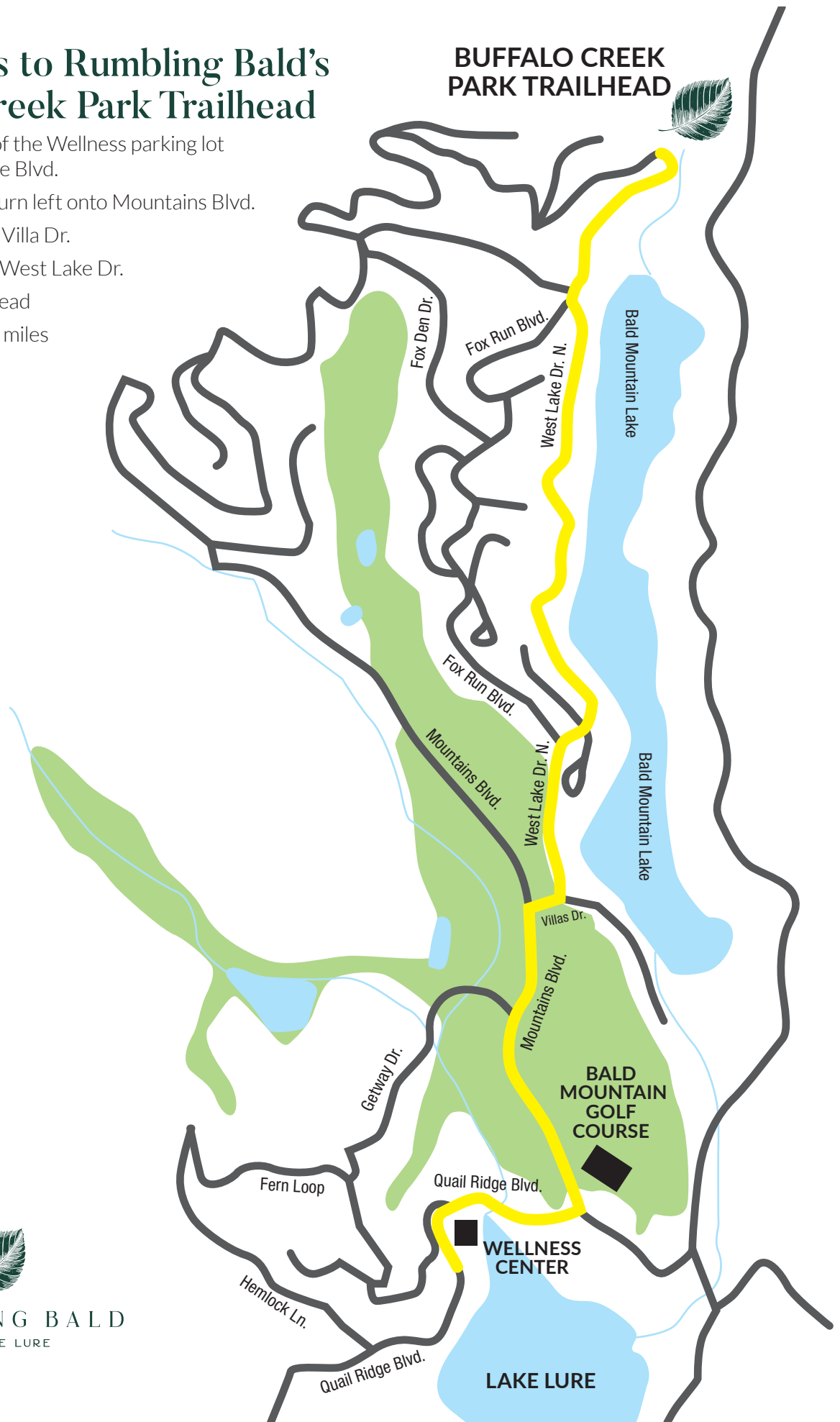


Directions to Rumbling Bald's Buffalo Creek Park Trailhead

- Right turn out of the Wellness parking lot onto Quail Ridge Blvd.
- Top of the Hill turn left onto Mountains Blvd.
- Right turn onto Villa Dr.
- Quick left onto West Lake Dr.
- Follow to Trailhead

Approximately 1.5 miles



RUMBLING BALD
ON LAKE LURE



Rumbling Bald Fitness Trail

The Fitness Trail is .9 mile loop and consists of five workout stations. The Fitness Trail starts near the front of the Wellness Center. To complete a loop simply start at the Wellness Center and proceed to the first station just on the other side of the Tennis courts. Make your way along until you completed all fourth station. Turn around at station five and make your way back again completing each station as you go. This full loop will complete the .9 mile course.

IMPORTANT: Each station will have instructions on how to properly use the equipment. Please follow all instructions and use stations properly.

**FOR MORE INFORMATION,
PLEASE CALL THE
WELLNESS CENTER
AT (828) 694-3005**



R U M B L I N G B A L D
ON LAKE LURE