

## Rumbling Bald Fitness Trail

The Fitness Trail is a 0.9-mile loop featuring five workout stations and begins near the front of the Wellness Center. To complete the full loop, start at the Wellness Center and head to the first station located just beyond the tennis courts. Continue along the trail, completing each station as you go through the fourth station. At the fifth station, turn around and follow the trail back toward the Wellness Center, completing each station again on your return. This out-and-back route completes the full 0.9-mile course.

**Important:** Each station includes instructions for proper use of the equipment. Please follow all posted guidelines and use each station as intended for a safe and effective workout.

For more information, please call the Wellness Center at (828) 694-3005

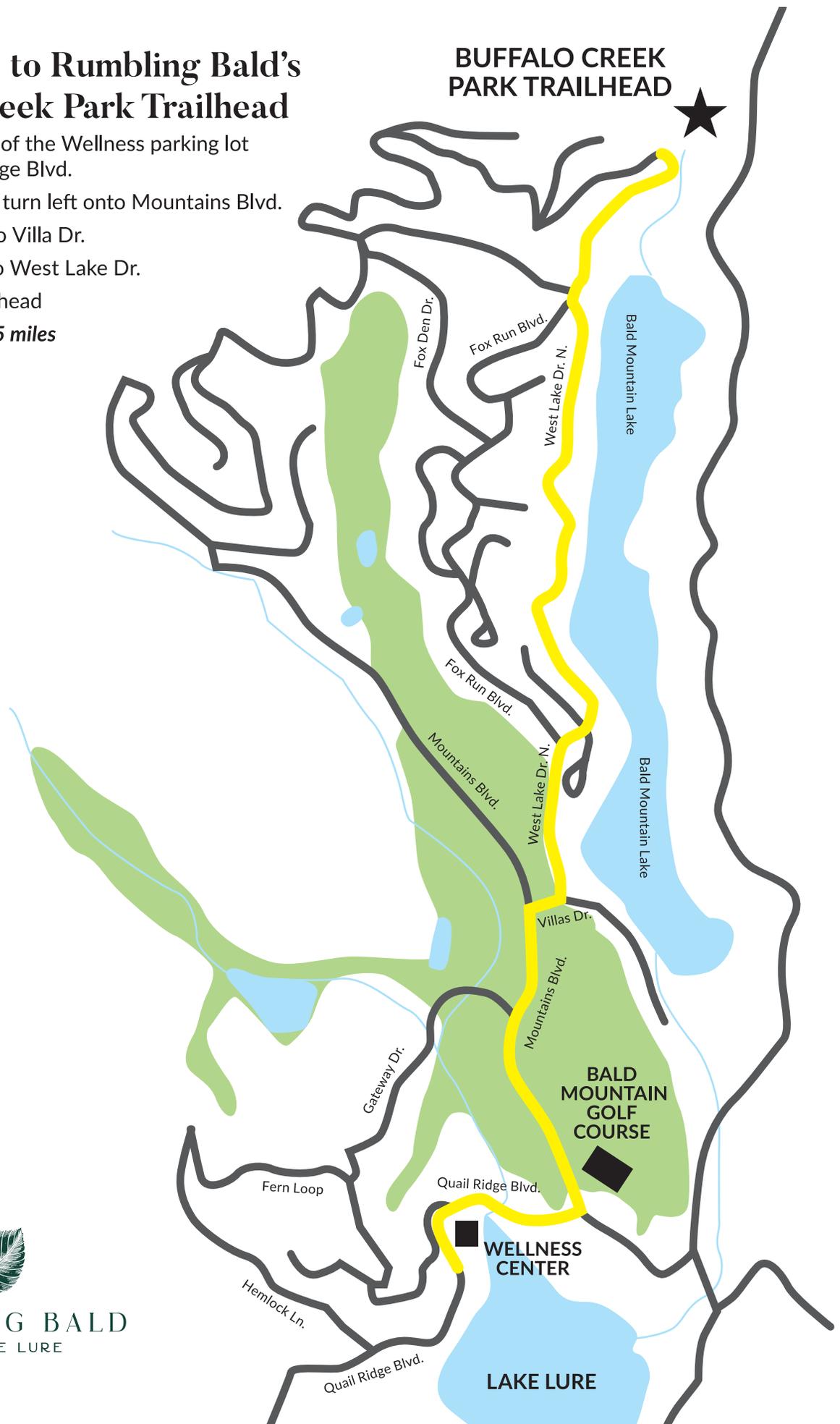


RUMBLING BALD  
ON LAKE LURE

# 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*



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