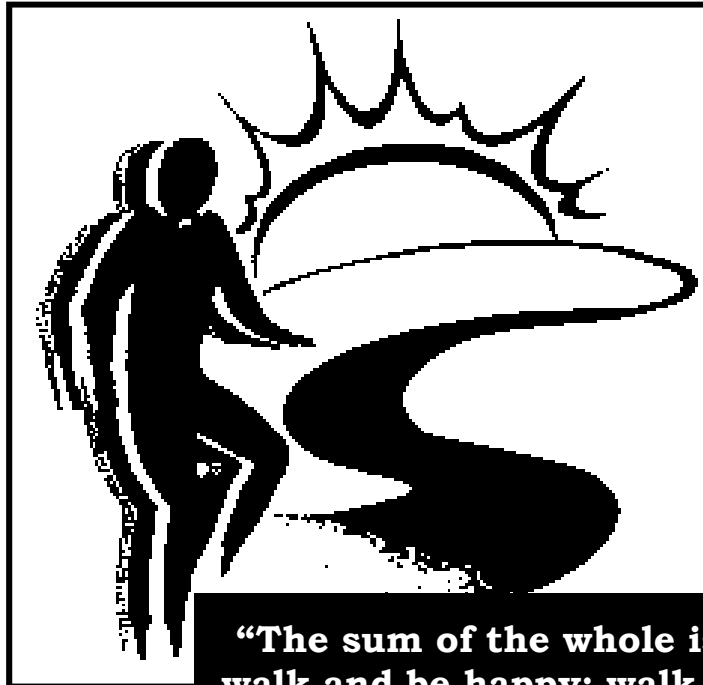


# Walk to Wellness



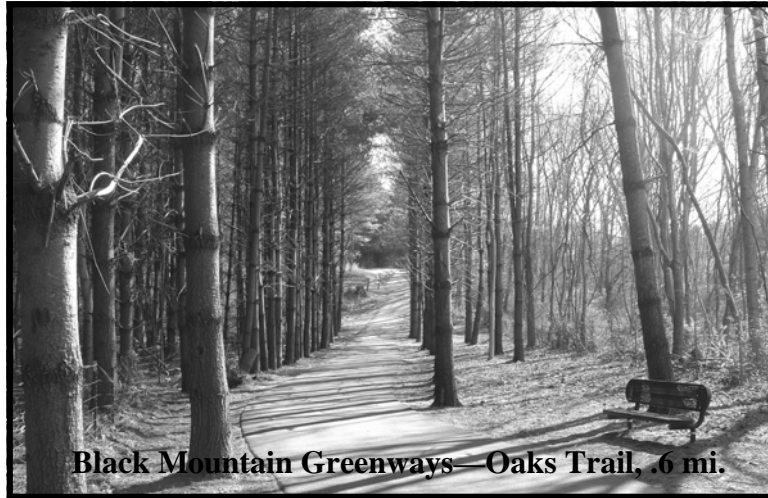
**“The sum of the whole is this:  
walk and be happy; walk and be  
healthy. The best way to  
lengthen out our days is to walk  
steadily and with a purpose.”  
-Charles Dickens**


*A Resource Guide for  
Walking in Black Mountain*

*Brought to you by Black Mountain Recreation and  
Parks and the Black Mountain Health Initiative*

## ***Table of Contents***

Why Walk? .....	2
Walking for Fitness .....	3
Walking Tips .....	4
From Walking to Running .....	5
Trails and Facilities .....	6
Around Town .....	9
Walking Groups .....	11
Further Afield .....	13



	<p>Compiled by Carolyn Fryberger Health Programs Administrator Black Mountain Recreation and Parks 101 Carver Ave, Black Mountain <a href="http://www.bmrecreation.com">www.bmrecreation.com</a> 828-669-2052</p>
---	---

## ***Why Walk?***

***Walking is one of the simplest, safest, and most effective ways to get regular exercise. The Black Mountain area has many opportunities for walking and hiking—not just for health but for fun, adventure, and education as well!***



According to the US Centers for Disease Control and Prevention, walking can help to:

- Improve your mood
- Relieve stress
- Control weight
- Lower blood pressure
- Reduce risk of chronic disease
- Promote relaxation
- Improve sleep
- Reduce arthritis pain and disability
- Prevent osteoporosis and falls
- Increase your chances of living longer

## ***Walking for Fitness Start Today!***

***Regular physical activity is one of the best things you can do for your health. For adults 30 min/day, 5 times a week is recommended to improve health and well being.***

You can accumulate your daily activity total in 10 or 15 minute sessions throughout the day, or do it all at once. Try the Mayo Clinic's 10-week walking program to ease your way into a regular walking routine. If you have been inactive for a while, check with your doctor first.

<b>Week</b>	<b>Walking Schedule*</b>	<b>Weekly Total</b>
1	15 minutes, 2 days	30 min.
2	15 minutes, 3 days	45 min.
3	20 minutes, 3 days	60 min.
4	25 minutes, 3 days	75 min.
5 & 6	30 minutes, 3 days	90 min.
7 & 8	30 minutes, 4 days	120 min.
9 & 10	30 minutes, 5 days	150 min.

\*Does not include warm-up or cool-down time.

**Ready for a more intense workout?** Increase the speed and duration of your walk. Try adding weights or a resistance band.



## Walking Tips

*While walking may seem like it only requires two feet, there are some things that will make a long hike safer and more comfortable.*

### Walking Gear:

- Supportive Walking Shoes and Socks
- Hat / Sunscreen
- Rain Jacket
- Plenty of Water and Snacks
- A Walking Stick
- A Map



**Public restrooms** and water fountains are located on Cherry Street and in Lake Tomahawk Park.

### Walking with your best friend?

Keep your dog on a leash and pick up after your pet.



**When walking on or near roads**, wear light colored or reflective clothing to ensure motorists can see you. Walk against the direction of traffic; stay alert and use caution at all times.

**Find a walking buddy!**  
**This will help you stay safe and motivated. See page 11 for a list of local walking groups.**



## ***From Walking to Running***

*Content excerpted from Cool Running's Couch to 5K Running Program at [www.coolrunning.com](http://www.coolrunning.com).*

***The Couch to 5K beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just 2 months.***

Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.



**Greater success will come from easing into a running program gradually.** Below are the recommended workouts for the first three weeks of the Couch to 5K program. Visit [www.coolrunning.com](http://www.coolrunning.com) to get more training tips and the full 9-week training schedule for free.

**Week 1 (Workouts 1-3):** Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

**Week 2 (Workouts 4-6):** Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.

**Week 3 (Workouts 7-9):** Brisk five-minute warm-up walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds), Walk 200 yards (or 90 seconds), Jog 400 yards (or 3 minutes), Walk 400 yards (or three minutes).

⇒ Checkout the Asheville Track Club's Race Calendar to set a goal for your first 5K!  
[www.ashevilletrackclub.org](http://www.ashevilletrackclub.org)

## Trails and Facilities

*Unless specified, all directions originate in downtown Black Mtn.*

**Black Mtn Elementary School Track** is open to the public after school hours. Once around the track is .25 miles. As with all public areas, please cleanup after your pets!

**Getting There:** Take US70/State St. east. Turn left on Flat Creek Rd, BME will be on your right. Park in the main lot on the north side of the school, the track is up the stairs behind the main building.



### Black Mountain Greenway

Greenways are pathways exclusively for hiking, biking and walking, designed to improve pedestrian transportation and provide recreational opportunities. Black Mountain currently has 2.5 miles of greenway trails, with many more planned, that connect parks, schools, businesses and residential areas.

**Flat Creek**—.5 miles, paved. Connects Charlotte Street to East Cotton Avenue. Parking available behind Black Mountain Primary.

**Garden Greenway**—.5 miles, paved. Connects White Pine Drive to Recreation Park. Parking available at Grey Eagle Arena off of Blue Ridge Road.

**The Oaks Trail**—.6 miles, paved. Connects Recreation Park to Vance Avenue. Parking available in Recreation Park.

**River Walk Trail**—.5 miles, rock dust surface. Park also features a dog park and picnic area. Located behind Bi-Lo off of Route 9. Parking available behind Bi-Lo.



River Walk Trail, 0.5 mi

### For More Information:

[www.townofblackmountain.org/greenway.htm](http://www.townofblackmountain.org/greenway.htm)

## 7

### **Conference and Retreat Centers** Black

Mountain is home to a number of conference and retreat centers whose grounds feature hiking trails. Contact the centers directly for hiking procedures and maps. Policies may vary seasonally with conference center activity.

**Christmount:** Christmount offer many types of hiking experiences: from short and easy to steeper and more difficult. Stop by the office for a trail guide and be sure to check in at the office before you go hiking and when you get back. **Contact:** 669-8977, [www.christmount.com/hiking.html](http://www.christmount.com/hiking.html)

**Getting There:** Go south on NC Rt 9. Turn left into the property at the Christmount gate. The office will be the first building on the left.

**Montreat:** There are more than 20 trails in Montreat stretching almost 30 miles. These trails offer a variety of hikes for all skill levels. Before heading out check in at the Nature Center for trail maps.

**Contact:** 669-9540,  
[www.montreat.org/programs/wilderness](http://www.montreat.org/programs/wilderness)

**Getting There:** Go north on NC Rt 9/Montreat Rd., at the Montreat gate this becomes Assembly Dr. Turn right on Lookout Rd, the nature center will be on your left.

**Lake Tomahawk Park** features a level 0.55 mile walking trail with a rock dust surface circling the lake. Nearby are picnic areas, tennis courts, basketball courts, a playground, the Black Mountain Pool, fishing piers, and the Lakeview Senior Center. Views of the Seven Sisters Mountains.

**Getting There:** Go west on US70/State St. Turn Right onto Cragmont Rd, across from the CVS. Then take a slight right onto Rhododendron Ave. The lake and trail will be on the left.





**Owen Park** has walking trails along the dam between Owen Pond and the Swannanoa River. It is perfect for bird watching and has restrooms, picnic facilities, and a playground.



The trails total 0.3 mile, and are rated as easy. Connect to the Warren Wilson trails for a longer walk/hike.

**Getting There:** Go west on US70/State St. In Swannanoa, turn right at the light for Whitson Ave, then left to continue west on Old Hwy 70. Turn right onto Bee Tree Rd, which will turn into Warren Wilson Rd. Owen Park will be on the left behind the Owen Manufacturing building.

**Recreation Park** features a .5 mile walking trail along the Swannanoa river with picnic facilities. This trail is level with a rock dust surface and connects to Black Mountain's Greenways.

**Getting There:** Go west on US70/State St. Turn Left onto Blue Ridge Road, take the first left onto Recreation Park Drive.

**Warren Wilson College** is located in nearby Swannanoa, with 1,100 acres of wilderness, and 15 miles of hiking trails ranging from easy to difficult. The four miles of trail bordering the Swannanoa River are relatively flat and popular with the public.



**Getting There:** From I-40, take exit 59, turn left to go west on US70. Turn right onto Warren Wilson Rd, go 1.3 miles, the trail head and parking will be on the left just before the intersection with Riceville Rd.

## ***Around Town***

***These routes take advantage of existing sidewalks and small neighborhood streets in downtown Black Mountain.***

**⇒ All routes begin by walking East on LAUREL CIRCLE DR from the intersection of LAUREL CIRCLE DR and RHODODENDRON AVE at the Northeast corner of the Lake Tomahawk parking area.**

### **1 Mile:**

- Begin by walking up LAUREL CIRCLE DRIVE
- Turn right onto MONTREAT ROAD
- At the light at STATE STREET, turn around and head back to the lake.

### **2 Miles:**

- Begin by walking up LAUREL CIRCLE DRIVE
- Turn Left onto MONTREAT ROAD
- Right onto FIRST STREET
- Right onto NORTH RIDGEWAY AVE
- Right onto STATE STREET
- Left onto RICHARDSON BLVD
- Right on SUTTON AVE
- Right on CHERRY STREET
- Cross STATE STREET to CHURCH STREET
- Left on CONNALLY STREET
- Follow CONNALLY to the end of the pavement where it connects to the Lake Tomahawk walking path, take the path back to the parking lot.

### **3 Miles:**

Follow the two mile route, adding two laps around Lake Tomahawk at the beginning or end of your walk.

**4 Miles:**

- Begin by walking up LAUREL CIRCLE DRIVE
- Turn Right onto MONTREAT ROAD
- Right on STATE STREET
- Right on CHURCH STREET
- Left on CONNALLY STREET
- Left on DOUGHERTY STREET
- Right on STATE STREET
- Right on NEW BERN AVE
- Left on CONNALLY STREET, continue to the end of the pavement to connect to the Lake Tomahawk walking path, continue straight on the path to reach TOMAHAWK AVE on the other side of the lake.
- Left on TOMAHAWK AVE
- Left on CRAGMONT ROAD
- Right on STATE STREET
- At EAST COLLEGE ST turnaround and continue in the opposite direction on STATE STREET
- Continue on STATE ST across MONTREAT RD/Rt. 9
- Left on RICHARDSON BLVD
- Right on MIDLAND AVE
- Left on FIRST STREET
- Left on MONTREAT ROAD
- Right on LAUREL CIRCLE DRIVE back to the Lake Tomahawk parking lot.

**5 Miles:**

Follow the 4 mile route, adding two laps around Lake Tomahawk.

**6.5 Miles:**

Stop into Town Hardware at 103 W State Street to pick up a map of the Asheville Amblers' 7/10K Volkwalk route through Black Mountain.

***Map these routes or make your own using Google Maps at [www.gmap-pedometer.com](http://www.gmap-pedometer.com)***



## **Walking Groups**

***Joining a walking group is a great way to stay motivated to work on fitness goals.***

***Try one of these groups, or start your own in your neighborhood, church, school or work community!***

**The Asheville Amblers** aims to “provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.” The club invites one and all to its bi-weekly hiking and walking events. Most events have shorter and longer options, and some are handicap/stroller accessible. Part of the American Volkssport Assoc.

**Contact:** *www.AshevilleAmblers.com*

**Asheville Hiking Meetup Group** is an informal group on the social networking website [www.meetup.com](http://www.meetup.com). Regular hikes are led by volunteers, there is no fee to participate. Trips range from half day hikes to overnight excursions. All ages and experience levels are welcome.

**Contact:** *www.meetup.com/asheville-hiking*

**Asheville Track Club** promotes and supports the running community of Western NC by providing information, education, training, social and sporting events for competitive and non-competitive runners and walkers of all ages, races, genders and abilities. Programs include a beginning runners training group, a weekly running group and family fitness. ATC keeps a comprehensive list of local races and group runs on their website.

**Contact:** *www.ashevilletrackclub.org*

**The Carolina Mountain Club** is the oldest hiking and trail maintaining club in Western NC. Their three-fold mission is: “Hike, Save Trails, Make Friends.” CMC is a member organization and offers weekly, year-round hikes throughout the area.

**Contact:** [www.carolinamtclub.org](http://www.carolinamtclub.org)

**The Lakeview Hiking Club** leaves from the Lakeview Center in Black Mountain every Tuesday at 10am for a guided one to three-hour hike in the area. This is a free program that lasts year-round. All ability levels are welcome—no one gets left behind!



**Contact:** Renee Mastrangelo (828) 669-8610  
[Renee.mastrangelo@townofblackmountain.org](mailto:Renee.mastrangelo@townofblackmountain.org)  
[www.bmrecreation.com](http://www.bmrecreation.com)

### **Mall Walkers**

**Asheville Mall:** 3 S Tunnel Rd, Asheville. Doors open for walkers at 6:00 am. One loop is 1.2 miles.

**Biltmore Square Mall:** 800 Brevard Rd, Asheville. Doors open for walkers at 8:00 am. One loop is 0.6mi.

**Contact:** Laura Chase, Care Partners  
 (828) 274-9567 ext 8379  
[www.carepartners.org/pagedisplay.cfm?mainpage=11](http://www.carepartners.org/pagedisplay.cfm?mainpage=11)

**Swannanoa Valley Museum Hikes and Guided Walks** are led by historians and naturalists in the Black Mountain area. All hikes pass areas of historical significance, and include a fee. Call for reservations and a current hike schedule.

**Contact:** (828) 669-9566  
[info@swannanoavalleymuseum.org](mailto:info@swannanoavalleymuseum.org)  
[www.swannanoavalleymuseum.org/events.htm](http://www.swannanoavalleymuseum.org/events.htm)

## *Further Afield*

- **Asheville & Buncombe County Walking Guide**  
[www.qualityforward.org/pdf/QFWalkingGuide.pdf](http://www.qualityforward.org/pdf/QFWalkingGuide.pdf)
- **Bent Creek Experimental Forest**  
[www.srs.fs.usda.gov/bentcreek/recreation.htm](http://www.srs.fs.usda.gov/bentcreek/recreation.htm)
- **Buncombe County Greenways**  
[www.buncombecounty.org/connect](http://www.buncombecounty.org/connect)
- **Carolina Mountain Hiking Challenge**  
[www.carolinamountain.org/hikingchallenge](http://www.carolinamountain.org/hikingchallenge)
- **Downtown Asheville Walking Routes**  
[www.healthybuncombe.org/recreation/walking.htm#maps](http://www.healthybuncombe.org/recreation/walking.htm#maps)
- **Western North Carolina Hiking Trails**  
[www.hikewnc.info](http://www.hikewnc.info)
- **The Walking Site**  
[www.thewalkingsite.com](http://www.thewalkingsite.com)



Black Mountain Health Initiative  
*Making Health a Way of Life*



**Focus Areas:**  
**Nutrition**  
**Physical Activity**  
**Tobacco Cessation**

[www.townofblackmountain.org/health.htm](http://www.townofblackmountain.org/health.htm)

**Thank you to our 2012 sponsors!**

**14**


**THE RACHMAN CLINIC**  
WELLNESS . WHOLENESS . RESTORATION

BRAD RACHMAN, ND  
Holistic Health  
Yoga Therapy  
Traditional Naturopathy

MARTIA RACHMAN  
E-RYT, LMBT LIC. 4998  
Holistic Health  
Yoga Therapy  
Structural Integration

Phone 828.333.5123 . info@rachmanclinic.com  
202 First Street . Black Mountain NC, 28711 . Fax 866.571.6360

**Yoga classes for Every body, Every day.**



**Black Mountain Yoga**

Downtown Black Mountain 120 Broadway Street www.BlackMountainYoga.com 828.669.2939

**Greenspan Wellness Center**



*Where Your Optimal Health is our Focus*

**Chiropractic • Anti-Aging**

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

(828) 669-05314 • 3174 US Hwy. 70 • Black Mountain, NC 28711

**Thank you to our 2012 sponsors!**



**Sunshine Pharmacy**  
206 East State St.  
Black Mountain, NC 28711  
(828) 669-0090

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

*Western Carolina*  
**WCPT**  
*Physical Therapy*



For all your aches and pains  
We keep you walking

15 Jane Jacobs Rd., Ste 202  
Black Mountain, NC 28711  
Phone (828) 669-8643

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



**Black Mountain  
Physical Therapy**

**Quality, Personalized Care**  
Swannanoa Valley Medical Center  
997 Old Hwy 70 West  
Black Mountain, NC 28711

**(828) 669-6896**

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



**Cheshire Fitness Club**

25 Jane Jacobs Road  
Black Mountain, NC 28711  
(828) 664-0400

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