



Orange County has several lakes and rivers as well as two state parks. Boating, fishing and hiking are available, come enjoy these beautiful resources!

**ENO RIVER**  
400 South Old Fayetteville Road, off Jones Ferry, Chapel Hill  
942-8007

**UNIVERSITY LAKE**  
Margaret Lane/Cameron Street, Hillsborough  
245-2660

**42** Occaneechee Mountain State Natural Area ..... 383-1686  
Guess Road, Orange/Durham County Line

**41** Little River Regional Park, Opening Fall 2004 ..... 245-2660  
Lebanon Road, Mebane (open March-October)

**40** Lake Michael ..... 563-4573  
Triangle Land Conservancy: [www.tlc-nc.org](http://www.tlc-nc.org)

**39** Johnston Mill Nature Preserve (JM) ..... 833-3662  
Mount Shal Road, 1.1 mile from NC 86

**38** Eno River State Park ..... 383-1686  
6101 Cole Mill Road, Durham

**37** Game Creek Reservoir (OWASA) ..... 942-5790  
Hwy 54 West, Chapel Hill



Lap swimming, swimming lessons, water aerobics, leisure swimming, adaptive aquatics and more.

**27** Chapel Hill Carboro YMCA ..... 442-9622  
980 Airport Road, Chapel Hill

**28** Chapel Hill Community Center ..... 968-2790  
120 South Estes Drive, Chapel Hill

**30** Hargraves Community Center ..... 968-2794  
216 North Roberson Street, Chapel Hill

**33** Meadmont Club ..... 945-0640  
301 Old Barn Lane, Chapel Hill (Open May-September)

**35** Triangle Sportsplex ..... 644-0339  
1 Dan Kidd Drive, Hillsborough

**38** Wellness Center at Meadmont ..... 966-5500  
100 Sprunt Street, Chapel Hill

## getting started with exercise

- Start slowly and work your way up.
- 5-10 minutes of walking can be a good beginning if you haven't been exercising.
- At least 30 minutes a day of physical activity is recommended for adults and 1 hour for children. It doesn't have to be all at once either, you can do 3, 10-minute sessions over the course of the day.
- Physical activity can include walking, gardening, mowing the lawn or cleaning the house in addition to running, biking, soccer, tennis, swimming and other forms of activity.
- Make exercise a family affair! Go with your spouse and/or children for an after work or after dinner walk around the neighborhood or farm.
- Take a weekend hike to a new location you haven't visited before to keep it interesting.
- Try a new activity, rent a canoe and go for a paddle at one of our lakes. Explore the many opportunities available for recreation in Orange County.

## exercise safely

- If you have been sedentary or have any known health problems, check with your doctor before beginning an exercise program.
- Walk and exercise in well lit areas if you are out at night.
- Go with a friend or exercise buddy, it makes exercise safer and more fun if you have a companion. Plus you can help motivate each other.
- Consider the weather, dress appropriately, avoid exercising in the heat of the day and drink plenty of water year round.
- Beware of ticks when exploring woodland areas and mosquitoes when enjoying the outdoors. Use insect repellents and be sure to check yourself and your children for ticks when returning from outside activities. Some mosquitoes and ticks can carry diseases.



**ICE SKATING RINK**  
Located at **Triangle Sportsplex 65** in Hillsborough.

**CLIMBING WALLS**  
At the **Central Recreation Center 68** in Hillsborough and the **Chapel Hill Community Center 68**.

## Chapel Hill Parks and Recreation Greenways

For a detailed greenway map call Chapel Hill Parks and Recreation 968-2784 or visit their website: [www.chapelhillparks.org](http://www.chapelhillparks.org)

**50** Elizabeth Cotton Bikeway  
Cameron Avenue at Merritt Mill Road to Roberson Street  
Estes Drive At Greensboro Street to Shelton

**51** Frances Shelley Bikeway

## Carboro off-road bikeways

Walking is one of the best and simplest ways to get exercise. Orange County has many trails for walking, hiking and biking. There are also trails located in many parks. (See the parks listing on the reverse side for additional trails.)



## welcome

In the past seven years in Orange County, we have built five parks, eight playing fields, greenways, soccer fields, and recreation areas. Passage of the 1997 and 2001 county-wide Parks Bonds allowed us to create the Joint Master Recreation & Parks Report and the Lands Legacy Program, which reflect current and long-range needs throughout Orange County.

Orange County has made great strides in the protection of critical watersheds, natural resources, open space, nature corridors, and lands. Our acquisitions include more than 1,000 acres of new parkland and preserves in Chapel Hill, Cedar Grove, Little River, and Cheeks Townships. Underway are additional parks and recreation areas including Southern Community Park, a swimming pool at Homestead Park, additional greenways, and soccer fields at Twin Creeks Park.

Thank you citizens of Orange County for supporting this vision for the future. Please use this guide created to help you enjoy the many recreation and park opportunities that abound in Orange County.

## Unique recreation opportunities in Orange County

**DOG PARKS**  
There are two special dog parks located at **Anderson Community Park** in Carrboro **11** and **Homestead Park 12a** in Chapel Hill where dogs can run free. At all other locations, please help protect the natural environment by staying on marked trails, picking up trash and keeping dogs on a leash. Please be considerate of others and clean up after your dog.

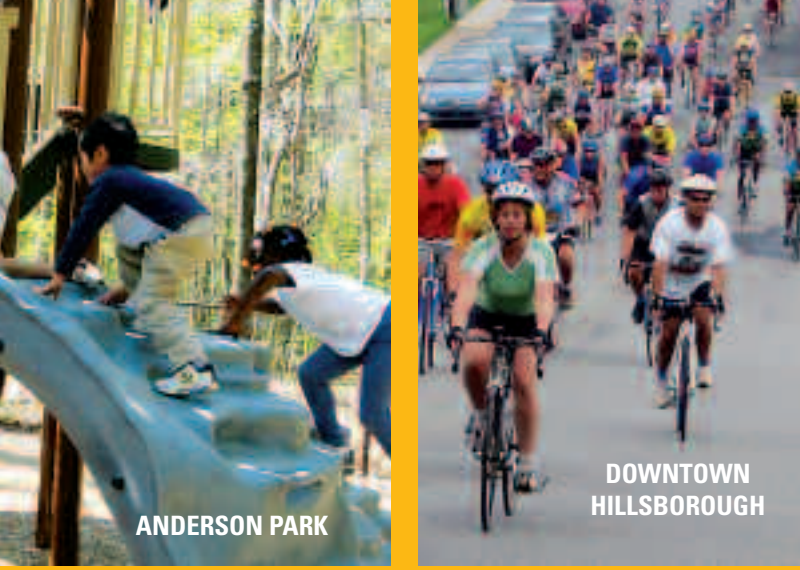


**BATTING CAGE & SKATEBOARD PARK**  
Both are located at **Homestead Park 12a** in Northern Chapel Hill.

<b>1</b>	Anderson Community Park	302 Hwy 54 West, Carrboro	918-7364
<b>2</b>	Baldwin Mini-Park	306 Broad Street, Carrboro	918-7364
<b>3</b>	Battle Park	Country Club Road	962-2069
<b>4</b>	Brewers Lane Park	Brewers Lane, Carrboro	918-7364
<b>5</b>	Burlington Park	Epiphany Church Road, Chapel Hill	968-2784
<b>6</b>	Cedar Falls Park	501 Weaver Dairy Road, Chapel Hill	968-2784
<b>7</b>	Chapel Hill Community Center Park	120 South Estes Drive, Chapel Hill	968-2784
<b>8</b>	Efland-Cheeks Community Park	117 Richmond Road, Effland	245-2660
<b>9</b>	Epiphany Park	1501 Epiphany Church Road, Chapel Hill	968-2784
<b>10</b>	Exchange Club Park	515 Raley Street, Hillsborough	732-9283
<b>11</b>	Fairview Community Park	331 Exchange Park Lane, Hillsborough	245-2660
<b>12</b>	Homestead Park	100 Northern Park Drive, Chapel Hill	968-2784
<b>13</b>	Jones Park	Holland Drive and Purefoy Road, Chapel Hill	968-2784
<b>14</b>	Murray Street Neighborhood Park	Murray Street, Hillsborough	732-1270
<b>15</b>	North Forest Hills Park	Collins Drive, Chapel Hill	968-2784
<b>16</b>	Northern Human Services Center Park	5800 Hwy 86 North, Cedar Grove	245-2660
<b>17</b>	Oakwood Park	Berkley Road/Oakwood Drive, Chapel Hill	968-2784
<b>18</b>	Phillips Park	Estes Drive, Chapel Hill	968-2784
<b>19</b>	Simpson Mini-Park	Simpson/Main Street, Carrboro	918-7364
<b>20</b>	Town Commons Play Area	301 West Main Street, Carrboro	918-7364
<b>21</b>	Unstead Park	399 Unstead Road, Chapel Hill	968-2784
<b>22</b>	James C. Wallace Park	Rosemary Street, (top of parking deck), Chapel Hill	968-2784
<b>23</b>	Westwood Park	530 Dogwood Drive, Chapel Hill	968-2784
<b>24</b>	Wilson Neighborhood Park	101 Williams Street, Carrboro	918-7364

## Orange County has 24 public parks, there is probably one near you. COME OUT AND PLAY! (See the parks listing on the reverse side to find out what activities are provided at each park.)

## Orange County recreation map



## A guide to public recreation areas in Orange County



**ANDERSON PARK**

## recreation centers

With 12 recreation centers in Orange County, there is something for everyone. Basketball, swimming, ice-skating, climbing walls, classes, programs and more are available to residents young and old.

These four departments oversee recreation leagues, classes, camps, after-school programs, and facilities. Visit their websites or call for more information to receive their current catalogue of programs.

**Carboro Recreation and Parks** ..... 918-7364  
100 North Greensboro Street, website: [www.townofcarboro.org](http://www.townofcarboro.org)

**Chapel Hill Parks and Recreation** ..... 968-2784  
200 Plant Road, Chapel Hill, website: [www.chapelhillparks.org](http://www.chapelhillparks.org)

**Mebane Recreation Department** ..... 563-3629  
200 West Lee Street, Mebane, website: [www.cityofmebane.com](http://www.cityofmebane.com)

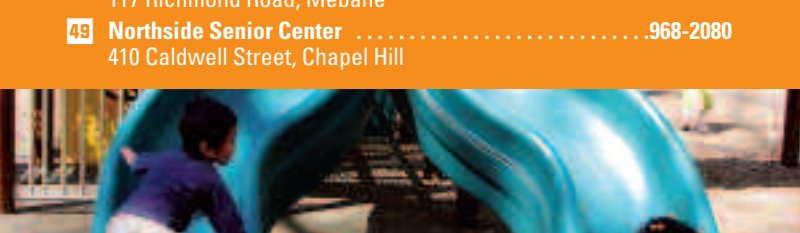
**Orange County Recreation and Parks** ..... 245-2660  
300 West Tryon Street, Hillsborough



## senior centers

The Orange County Department on Aging operates 3 multipurpose senior centers to provide opportunities for enrichment, community involvement, socialization, and public service benefits. The department works with a variety of agencies to provide programming for seniors at the senior centers and community centers listed here. Classes, field trips, health and wellness programs, crafts, lectures, movies, support services and many other opportunities are offered for residents age 55 and over. Visit the website [www.co.orange.nc.us/aging/](http://www.co.orange.nc.us/aging/) or call the numbers below for more information.

<b>45</b>	Cedar Grove Senior Programming site	732-8194
	5800-A NC Hwy 86 North, Cedar Grove	
<b>46</b>	Central Orange Senior Center	245-2015
	515 Meadowlands Drive, Hillsborough	
<b>47</b>	Chapel Hill Senior Center	968-2070
	400 S. Elliot Road, Chapel Hill	
<b>48</b>	Efland-Cheeks Community Center	563-1130
	117 Richmond Road, Mebane	
<b>49</b>	Northside Senior Center	968-2080
	410 Caldwell Street, Chapel Hill	



## public school facilities

There are 27 public schools in Orange County that have tracks, playgrounds, playing fields, tennis courts and basketball courts. Availability for use by the public varies from school to school. These can be a convenient location to get some exercise but you must contact each school for details on available facilities and hours for public use.

**Chapel Hill-Carrboro City Schools** ..... 967-8211  
**Orange County Schools** ..... 732-8126

This map was created through a joint effort by:  
Orange County Government  
Healthy Carolinians of Orange County  
Recreation and Parks  
Environment and Resource Conservation Dept  
Intergovernmental Parks Work Group

Photography by: David Hunt  
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## recreation centers

CHapel Hill COMMUNITY CTR

**25** Carboro Century Center ..... 918-7385  
100 North Greensboro Street, Carrboro

**26** Central Recreation Center ..... 245-2660  
300 West Tryon Street, Hillsborough

**27** Chapel Hill Carboro YMCA ..... 442-9622  
980 Airport Road, Chapel Hill

**28** Chapel Hill Community Center ..... 968-2790  
120 South Estes Drive, Chapel Hill

**30** Hargraves Community Center ..... 968-2794  
216 North Roberson Street, Chapel Hill

**33** Meadmont Club ..... 945-0640  
301 Old Barn Lane, Chapel Hill (Open May-September)

**35** Triangle Sportsplex ..... 644-0339  
1 Dan Kidd Drive, Hillsborough

**38** Wellness Center at Meadmont ..... 966-5500  
100 Sprunt Street, Chapel Hill

There are four divisions of Duke Forest with public access in Orange County. These are the Blackwood, Durham, Eno and Korstan divisions. For a detailed map call 613-8013 or visit their website: [www.enyduke.edu/forest](http://www.enyduke.edu/forest)

**52** Agr Mount-Poets Walk ..... 732-6886  
376 Saint Mary's Road, Hillsborough

**66** Historic Occaneechee Speedway Trail ..... 732-6886  
Elizabeth Brady Road, Hillsborough

**68** NC Botanical Gardens & Trails ..... 962-0522  
15-501 54 Bypass at Old Mason Farm Road, Chapel Hill

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## Orange County recreation map



## A guide to public recreation areas in Orange County



**ANDERSON PARK**

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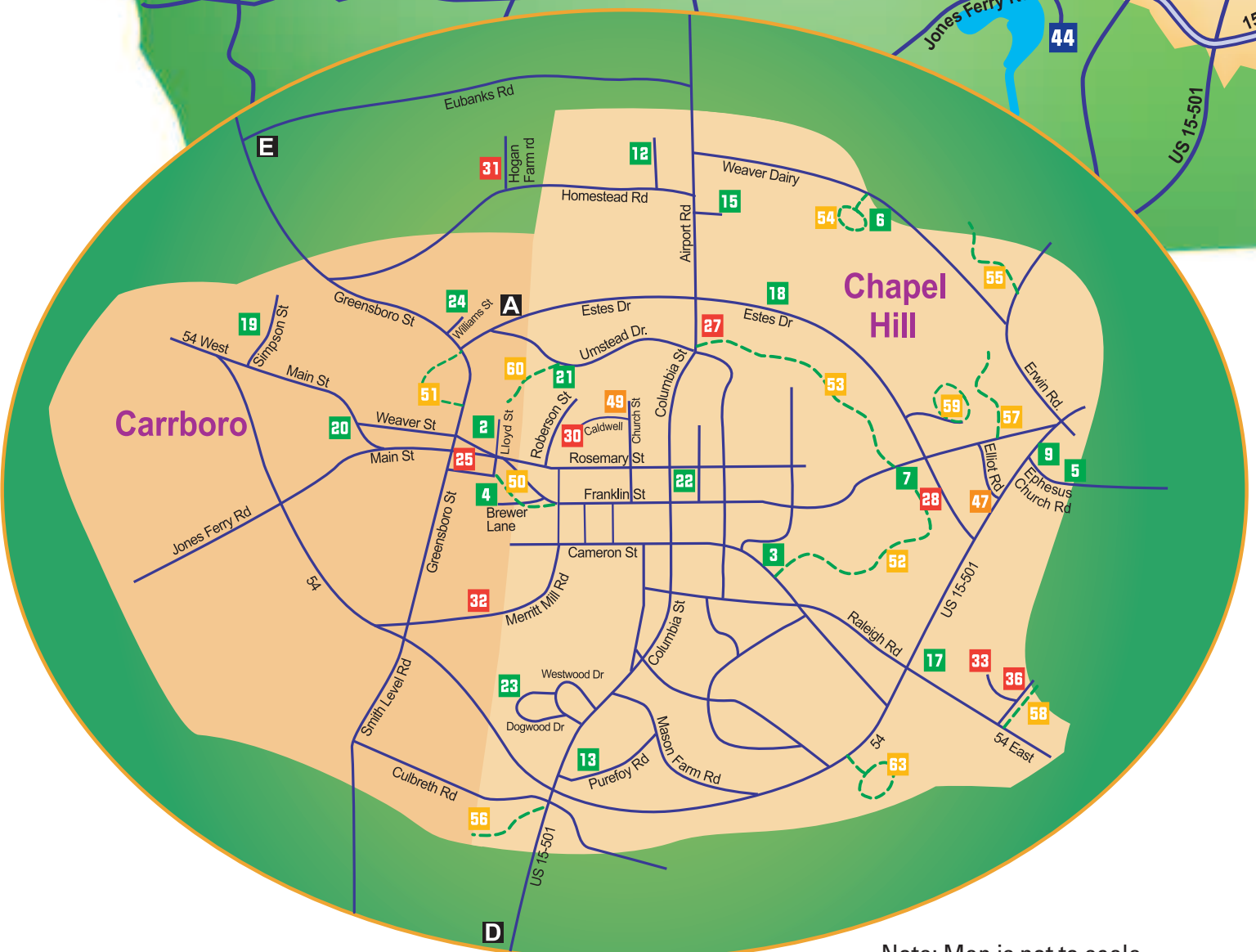
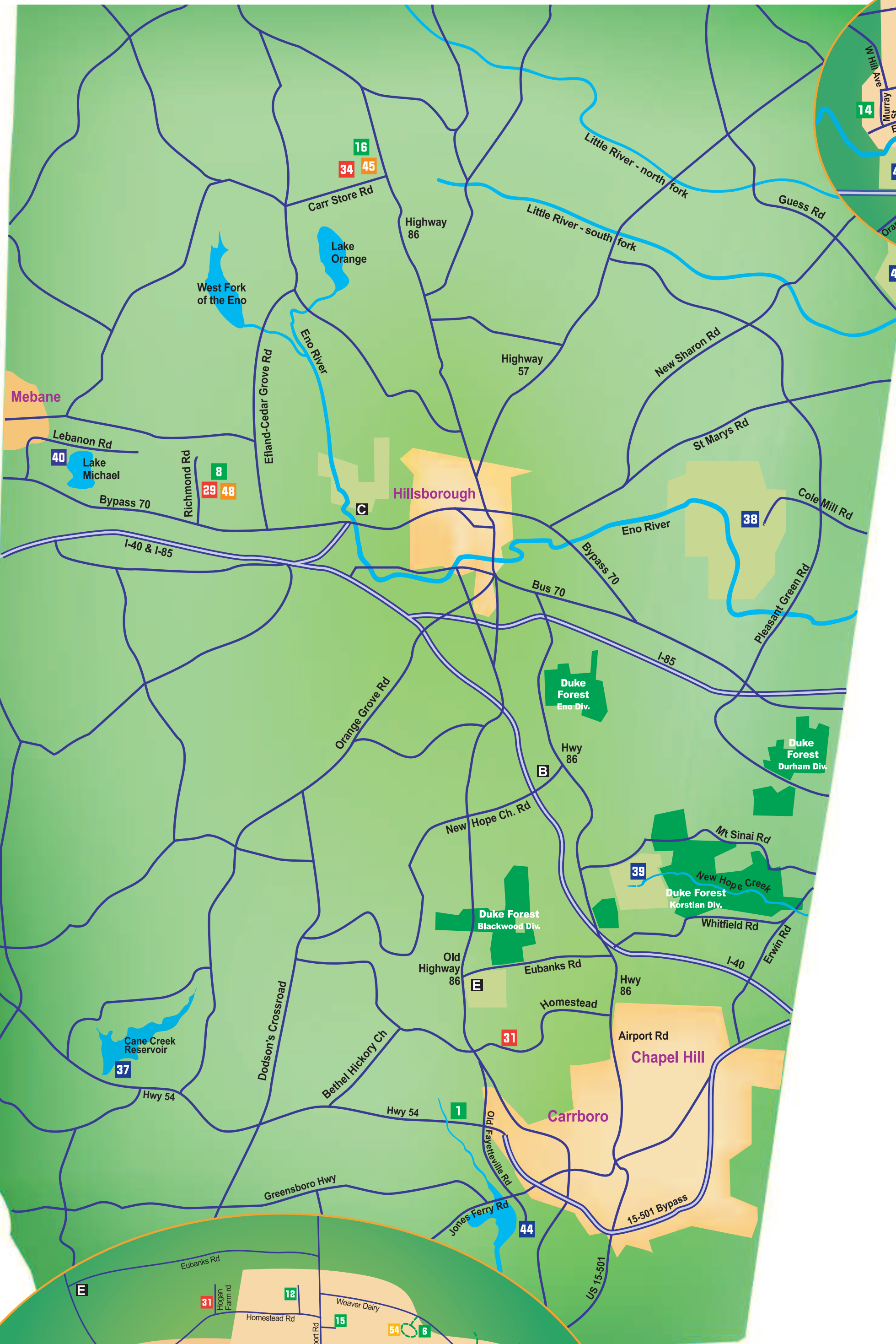


## A guide to public recreation areas in Orange County



**ANDERSON PARK**

# Orange County Recreation Map



## Parks

	Playgrounds	Basketball Courts	Baseball/Softball Fields	Tennis Courts	Soccer Fields	Multi-use Fields	Volleyball Courts	Skateboard Park	Battling Cage	Handicap Access	Picnic Areas	Trails
1 ANDERSON COMMUNITY PARK												
2 BALDWIN MINI-PARK												
3 BATTLE PARK												
4 BREWERS LANE PARK												
5 BURLINGTON PARK												
6 CEDAR FALLS PARK												
7 CHAPEL HILL COMMUNITY CTR.												
8 EFLAND-CHEEKS COMMUNITY PARK												
9 EPHEBUS PARK												
10 EXCHANGE CLUB PARK												
11 FAIRVIEW COMMUNITY PARK												
12 HOMESTEAD PARK												
13 JONES PARK												
14 MURRAY ST. NEIGHBORHOOD PARK												
15 NORTH FOREST HILLS PARK												
16 NHSC/CEDAR GROVE PARK												
17 OAKWOOD PARK												
18 PHILLIPS PARK												
19 SIMPSON MINI-PARK												
20 TOWN COMMONS PLAY AREA												
21 UMSTEAD PARK												
22 JAMES C. WALLACE PARK												
23 WESTWOOD PARK												
24 WILSON NEIGHBORHOOD PARK												

## Rec Centers

	Swimming Pools	Basketball Courts	Meeting Rooms	Classes	Ice Skating	Climbing Wall	Kitchen
25 CARRBORO CENTURY CENTER							
26 CENTRAL RECREATION CENTER							
27 CHAPEL HILL-CARRBORO YMCA							
28 CHAPEL HILL COMMUNITY CENTER							
29 EFLAND-CHEEKS COMMUNITY CTR.							
30 HARGRAVES COMMUNITY CENTER							
31 HOMESTEAD COMMUNITY CENTER							
32 LINCOLN CENTER GYM							
33 MEADOWMONT CLUB							
34 NORTHERN HUMAN SERVICES CTR.							
35 TRIANGLE SPORTSPLEX							
36 WELLNESS CTR. AT MEADOWMONT							

## Lake & River Parks

	Wading	Boat Launch (BYC)	Fishing	Boat Rentals	Hiking & Walks	Picnic Areas	Handicap Access	Camping	Mountain Bike Trails	Horse Trails
37 CANE CREEK RESERVOIR										
38 ENO RIVER STATE PARK										
39 JOHNSTON MILL NATURE PRESERVE										
40 LAKE MICHAEL										
41 LITTLE RIVER REGIONAL PARK										
42 OCCONEECHEE MTN. ST. NAT. AREA										
43 RIVER PARK/OCCONEECHEE VILLAGE										
44 UNIVERSITY LAKE										

## Parks on the Horizon

	Soccer	Baseball/Softball	Dog Park	Trails	Multi-use Fields	Historic Site
A ADAMS TRACT						
B BLACKWOOD FARM						
C MCGOWAN CREEK						
D SOUTHERN COMMUNITY PARK						
E TWIN CREEKS (MONIESE NOMP)						

## Senior Centers

- 45 Cedar Grove Senior Center
- 46 Central Orange Senior Center
- 47 Chapel Hill Senior Center
- 48 Efland-Cheeks Senior Center
- 49 Northside Senior Center

## Greenways & Trails

- CARRBORO OFF-ROAD BIKEWAYS**
- 50 Elizabeth Cotton Bikeway
  - 51 Frances Shetley Bikeway
- CHAPEL HILL GREENWAYS**
- 52 Battle Branch Trail
  - 53 Bolin Creek Trail
  - 54 Cedar Falls Trail
  - 55 Dry Creek Trail
  - 56 Fan Branch Trail
  - 57 Lower Booker Creek Trail
- 58 Meadowmont Trail
  - 59 Pritchard Park
  - 60 Tanyard Branch Trail
- ORANGE COUNTY**
- 61 Ayr Mount-Poet's Walk
  - 62 Historic Occoneechee Speedway Trail
  - 63 NC Botanical Garden & Trails

Note: Map is not to scale.