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Be HEALTHY HIKES

Rockingham County North Carolina

FREE - GREAT FOR ALL AGES - SNACKS

APRIL 22 - 2 PM TO 4 PM

Hike to the Mayo River

Easy walk to lovely DeShazo Falls and along Mayo River. Still the best kept secret about Mayo River State Park.

Contact jedwards@danriver.org for map to location
More info:
(336) 339-6169

Hike & Disc Golf at Lake Reidsville

See the lake's newest hiking & biking trail or try your hand at disc golf. Now's the time to learn what disc golf is all about.

Meet at the camp store at 2 p.m.
More info:
(336) 349-1091

Special Smith River Hike

Rare trek along private property right next to the beautiful Smith River in Eden. Includes an optional "add on" hike along the Smith River Greenway.

Meet at Island Ford trailhead at 2 p.m.
More info:
(540) 238-7775