

Step Up Forsyth! Week 1

September 18-24



PROGRAM NEWS!

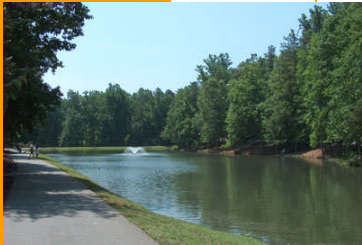
Weekly nutrition and physical activity challenges start Week 2! Challenge sheets will be attached to weekly email and available at www.forsyth.cc/PublicHealth/stepup_forsyth.aspx

Cycling Sunday is Sunday, September 25, 2:30-5:30 pm in downtown Winston-Salem (check in at Spring Street entrance to Central Library). Walk, roller blade, or bring a bike and helmet to exercise in an family-friendly, auto-free, human-powered zone. Prizes!

CG Hill Park— A beautiful, serene park located in Northwestern Forsyth County. This park boasts a gazebo, historic 500+ year-old Poplar tree (worth the trip), two walking trails, 2 1/2 acre fishing lake, and picnic tables. This park is a great place to walk and run. The upper trail is a wonderful place to walk or take young children to bike (it is about 1/8 mile to the upper trail).

The Poplar tree sprouted before Columbus sailed for the new world! CG Hill park is great getaway without having to travel too far.

For more information and gazebo courtyard fees, go to <http://www.forsyth.cc/Parks/CGHill/Default.aspx>



Salem Lake— If you haven't been to Salem Lake, you haven't seen one of the most popular parks in the State for runners and cyclists. Located just minutes from downtown Winston-Salem, this park boasts a 6.9 mile trail around the lake which is great for biking, walking or running. The Salem Lake loop trail connects to the 4.5 mile Salem Creek greenway which terminates at Marketplace Mall.

Even a short walk on the Salem Lake trail gives you an opportunity to enjoy nature. Ducks, blue heron and turtles are common sights along the trail. Although the dam at Salem Lake is being replaced (see map) the trail remains open.

Due to dam construction, there will be no water activities at the lake. The fishing station will remain open for concessions, bait and tackle, and fishing licenses.

For trail construction updates, please go to <http://cityofws.org/Home/Departments/RecreationAndParks/SalemLake/Articles/SalemLake>



SALEM LAKE DAM REPLACEMENT



1. Existing dam to be demolished at completion of construction
2. Temporary crossing to be replaced with permanent bridge following completion of new dam.
3. The Salem Lake Fishing Station is open during construction to serve trail users and can be accessed from the trail. Parking is available in the grass lot.