

EXERCISE OUTDOORS IN BEAUTIFUL WNC!

Walk- Run-Hike-Bike!

You can do it all along our many beautiful trails throughout our mountains.

TRAILS

[DuPont Forest Trail guide](#)

[Best waterfall hikes in DuPont State Forest](#)

[Basic Map of Triple Falls, Hooker Fall and High Falls](#)

[Family outing at DuPont State Forest \(all day family hike\)](#)

[Pisgah Forest Hiking Trails](#)

[Hikes to waterfalls in Pisgah Forest](#)

This link gives descriptive reviews of waterfalls and highlights kid friendly trails.

[Historic Sites walking tour](#)

Also links to local walking trails and guide to Carl Sandburg grounds and trails.

BIKING

[DuPont Forest mountain biking trail guide](#)

[DuPont Forest Mountain biking trails with map](#)

[Mountain biking in Pisgah National Forest](#)

[Henderson county biking trails](#)

Find something to do in your own backyard!

Town of Fletcher

[Fletcher Community Park Walking Trails](#)

[Kate's Park Walking & Biking Trails](#)

[Fletcher Greenways Trails](#)

[Henderson County Parks & Recreation Nature Trails](#)

Trails and locations of Henderson County Parks

[Henderson County Recreation](#)

[NC Arboretum](#)