

**This directory is made available by  
Healthy Haywood's  
Healthy Living Action Team**

**Mission Statement:**

A collaborative effort to promote physical activity and fitness for Haywood County Citizens.

For more information contact

**Canton Recreation Department**

(828) 646-3411

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

**Haywood County Recreation  
& Parks Department**

(828) 452-6789

[www.haywoodnc.net](http://www.haywoodnc.net)

**Waynesville Parks & Recreation Department**

Recreation Center (828) 456-2030

Old Armory Center (828) 456-9207

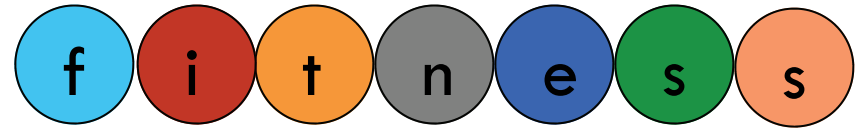
[www.townofwaynesville.org](http://www.townofwaynesville.org)

**Healthy Haywood**

A program of the  
Haywood County Health Department &  
certified Healthy Carolinians Partnership

(828) 452-6675

[www.healthyhaywood.org](http://www.healthyhaywood.org)



finder



A guide to physical activity opportunities in Haywood County



# Why be Physically Active?

Whether you're sedentary, moderately active or extremely active, you can improve or maintain your activity level. You may choose to jog or play tennis, which certainly qualify as exercise, or you may opt for walking, gardening or any of hundreds of other activities that provide excellent health benefits without being as vigorous.

However you choose to be physically active, just remember that every step, no matter how small, brings health benefits.

## Health Benefits of Increased Physical Activity

Regular exercise adds years to your life and life to your years. In fact, it's hard to find other health habits with as many positive side effects. The following health benefits come from regular physical activity:

- \*Longevity
- \*Decreased Risk of Heart Disease
- \*Improved Blood Pressure Control
- \*Decreased Risk of Osteoporosis
- \*Improved Cholesterol Levels
- \*Increased Strength & Flexibility
- \*Decreased Risk of Diabetes
- \*Decreased Risk of Stroke
- \*Mental Health Boost
- \*Weight Control
- \*Improved Quality of Life
- \*Protection Against Cancer
- \*Decreased Stress & Anxiety Levels

Jane A. Nortrom, MA, et al, [Building Your Activity Pyramid](#)

## Adult Programs

### **Basketball**

Waynesville Parks & Recreation  
18 & up Master, Open, Church (828) 456-2030

### **Senior Games**

Haywood County Recreation & Parks (828) 425-6789

### **Soccer**

Indoor/Outdoor Adult Coed Soccer League  
Haywood County Recreation & Parks (828) 452-6789

### **Softball**

Canton Recreation Department (828) 646-3411  
Coed Fall League

Haywood Baptist Association (828) 452-4746  
Church Coed Spring League

Waynesville Parks & Recreation (828) 456-2030  
Spring & Fall—Adult slow pitch

### **Special Olympics**

Haywood Co. Recreation & Parks (828) 452-6789

### **Swimming**

Smoky Mountain Aquatics Club (SMAC Masters)  
Year-round swim team ages 19+  
(828) 246-0753

### **Tennis**

Waynesville Parks & Recreation  
Singles & Doubles (828) 456-2030

### **Volleyball**

Waynesville Parks & Recreation  
Indoor & Sand Leagues (828) 456-2030

Haywood Regional Health & Fitness Center  
(828) 452-8080

## Table of Contents

### **Activities/Facilities**

Archery—3
Basketball—3
Biking—4
Bocce—4
Canoeing/Kayaking—4
Clogging—5
Dance—5
Disc Golf—5
Fitness/Recreation Centers—6
Golf—6-7
Gymnastics—7
Hiking—7-10
Horseback Riding/Camps/Lessons—10-11
Horseshoes—11
Martial Arts—12
Parks—12
Racquetball—12
Softball/Baseball Facilities—13
Soccer/Multi-Purpose Fields—13
Shuffleboard—13-14
Skateboarding—15
Skiing/Snowboarding—15
Swimming Pools—15
Soccer/Youth—16
Special Olympics—16
Swim Team/Youth—16
Youth Programs—16
Tennis—17
Tracks/Trails—17-18
Volleyball—18
Walking—18
Youth Leagues/Programs—19-20
Baseball/Basketball/Football/Cheerleading/Golf
Adult Leagues/Programs—21



## Archery

### Right-On-Target

Archery ranges, instruction/coaching,  
team competition for all ages. Target, 3D, Hunting  
156 Bunny Lane - Waynesville  
(828) 926-8307  
archery@right-on-target.com

## **Basketball** **Indoor Courts**

### Canton Armory

71 Penland St.—Canton  
(828) 646-3403

### Haywood Regional Health & Fitness Center

75 Leroy George Drive—Clyde  
(828) 452-8080

### Waynesville Old Armory Recreation Center

44 Boundary Street—Waynesville  
(828) 456-9207

### Waynesville Recreation Center

550 Vance Street—Waynesville  
(828) 456-2030

## **Outdoor Courts**

### Lake Junaluska Open Air Gym (Nancy Weldon Gym)

105 Weldon Way · Lake Junaluska

### Maggie Valley Community Center

3987 Soco Road · Maggie Valley

### Pigeon Community Development Center

450 Pigeon Street · Waynesville

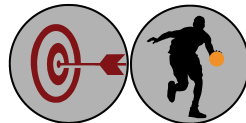
### Canton Recreation Park

Penland Street · Canton

### Waynesville Recreation Park

West Marshall Street · Waynesville

### East Street Park



## Golf

### Springdale Country Club

Jr. golf lessons for 17 and under  
July - August  
(828) 235-8452

### Waynesville Country Club Inn and Resort

Private Lessons  
(828) 452-4617

## Summer Sports Camps

### Pisgah High School

Baseball, Basketball, Cheerleading,  
Soccer, Volleyball Camps  
(828) 646-3440

### Tuscola High School

Basketball, Football, Baseball Camps  
(828) 456-2408

## Swimming Lessons

### Canton Recreation Park

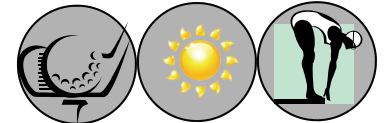
Penland Street · Canton (summer only)  
(828) 646-3411

### Haywood Regional Health & Fitness Center

75 Leroy George Drive · Clyde  
(828) 452-8080

### Waynesville Recreation Center

55 Vance Street · Waynesville  
(828) 456-2030



## YOUTH PROGRAMS

### Baseball & Girls Softball

Canton Little League

Ages 5-18, spring and fall leagues

(828) 648-3502

Mountaineer Little League

Ages 5-18, spring and fall leagues

(828) 648-1224

Haywood County Recreation Department

Ages 5-17 (828) 452-6789

Haywood Regional Health & Fitness Center

Youth Basketball Summer Programs, (828) 452-8056

### Basketball

#### Western NC Youth League Ages 7- 18

Bethel Youth Organization

(828) 648-8265

Canton Youth Organization

(828) 235-2881

Clyde Youth Organization

(828) 235-8530

Waynesville Youth Organization

(828) 452-7413

### Football Leagues & Cheerleading

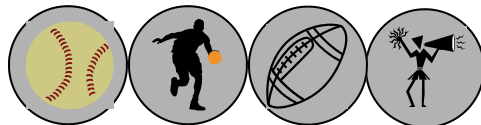
#### Western North Carolina Youth Football—West Division

Bethel Blue Demons, (828) 627-8478

Canton Bears, (828) 648-9468

Lake Junaluska Warriors, (828) 452-1845

Haywood Mountaineers, (828) 506-3268



## Biking

### Mountain Biking

NC 215 to Graveyard Ridge, 4 hr. round-trip

Harmon Den, I-40 to Max Patch, 4 hr. round-trip

Rough Creek Watershed Trails - 2 hour round trip

### Road Biking

Balsam Ridge Parkway Loop, 51 miles, 4-6 hours

Blue Ridge Parkway

Canton-Sunburst Campground - NC 215, 30 miles, 2 hr.

Fines Creek Loop (Hwy 209), 18 miles, 2 hours

Long's Chapel UMC- NC209-Upper Crabtree Rd-

Thickety Rd -Clyde-Old Clyde Hwy-Long's Chapel Loop, 4hr. round-trip

Upper Crabtree, 20.4 mile Loop, 2-3 hr. strenuous & dangerous descent

Water Rock Knob Loop, 38 miles, 3-4 hours

#### For more information:

Haywood County Chamber of Commerce

www.haywood-nc.com (828) 456-3021

Rolls Rite Bike Shop

1362 Asheville Road - Waynesville

rollsrite@bellsouth.net (828) 276-6080

blueridgebicycleclub.org

## Bocce

Allens Creek Park

1725 Allens Creek Road—Waynesville

Waynesville · (828) 452-6789

## Canoeing/Kayaking

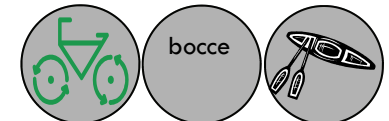
Jonathan Creek

Pigeon River—East Fork

Pigeon River—West Fork

Pigeon River—Confluence-E&W Forks to US 19/23

Lake Junaluska—White Oak access to Waterville Lake



## Clogging

### Year-Round Clog Dance Teams

Rough Creek Cloggers -Charles Stephenson (828) 627-8931

Green Valley Cloggers - Don Warren (828) 667-4433

### Dixie Darling Cloggers

Old Armory Recreation Center—Waynesville  
(828)456-9207

## Dance

### Angie's Dance Academy

115 Gance Street · Clyde  
(828) 627-3267

### Waynesville Parks & Recreation

55 Vance Street · Waynesville  
(828)456-2030

### Music Works

9 Forga Plaza Loop · Waynesville  
(828) 456-2283

### Pisgah Promenaders—Square Dancing

Betty and Lloyd Screven  
(828)586-1640

## Disc Golf

### Waynesville Disc Golf Course (18 holes)

Waynesville Recreation Center  
550 Vance Street—Waynesville  
(828) 456-2030

### Haywood Community College (18 Holes)

185 Freedlander Dr.—Clyde  
828-627-2821

First hole begins at first parking lot on left

### Bethel Elementary (9 Holes)

730 Sonoma Road—Waynesville  
First hole begins near visitors parking lot sign  
During school year, preferred to play after 3:00pm

For more information about disc golf in Waynesville:

[www.waynesvillediscgolf.org](http://www.waynesvillediscgolf.org)



## Tracks & Trails continued.....

### Maggie Valley Area/Fines Creek Area

Jonathan Valley Elementary School  
Maggie Valley (behind Town Hall)

### Waynesville

Allens Creek Park (.4 mile)  
Blue Ridge Paper (Howell Mill Rd)  
Dutch Fisher Park \*  
Hazelwood Elementary(1/3 mile)  
Lake Junaluska Assembly (2.5 miles) \*  
Richland Creek Greenway (5.7 mi.-Multi-use/Handicap Access)\*  
Waynesville Middle School (1/4 mile)  
Waynesville Rec. Center (indoor-/1/10 mile /outdoor-1/4 mile)

## Volleyball

### Haywood Community College (Sand)

185 Freeland Drive · Clyde

### Haywood Regional Health & Fitness Center

75 Leroy George Drive · Clyde

### Lake Junaluska Assembly (Sand)

Shackford Hall Road · Lake Junaluska

### Waynesville Recreation Center (Sand & Indoor)

550 Vance Street · Waynesville

## Walking

### Volks Walking—Outdoor

(A walking program that encourages recording mileage in a journal)

### Lake Junaluska Assembly

Trail Map available at Lake Junaluska Administration Office

### Maggie Valley

Trail Map available at the Microtel Inn & Suites

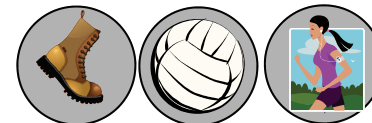
### Waynesville

Trail Map available at Mast General Store

For Volkswalking information contact: Wayne Oak at 452-5676

### Walking—Indoor

Old Armory Recreation Center—Waynesville  
456-9207



## Tennis

### Donnie Pankiw Tennis Center

6 Hard Courts - lighted  
West Marshall St. · Waynesville  
(828) 456-2030

### Lake Junaluska Assembly

5 hard courts (pass required)  
Memory Lane · Lake Junaluska (pass required)

### Pisgah High School

4 hard courts  
Black Bear Road  
(828) 646-3440

## Tracks & Trails

\* Indicates at least partial gravel or dirt surface

### Bethel

Bethel Elementary School (1/4 mile)  
Bethel Middle School (1/4 mile)

### Canton

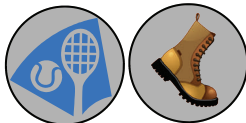
Canton River Trail (1.3 miles)  
International Sports Complex (.4 mile) \*  
Meadowbrook Elementary School (1/5 mile)  
North Canton Elementary School (1/5 mile)  
Pisgah High School (1/4 mile)  
Rough Creek Watershed Trail (10 miles)\*

### Clyde

Clyde Elementary School (1/4 mile)  
Haywood Community College (1.0 mile)  
Haywood Regional Health & Fitness Center (indoor 1/10 mile)  
Riverbend Elementary School (1/8 mile)  
Tuscola High School (1/4 mile)

### Cruso Community Center

1/4 mile—gravel path around center



## Fitness/Recreation Centers

(Some include classes and Personal Trainers)

### Club 56

56 Commerce Street—Waynesville  
(828) 452-1822

### Curves For Women

1384 Sulphur Springs Rd.—Waynesville  
(828) 456-3222  
[www.curves.com](http://www.curves.com)

### Downtown Fitness Club

303 N. Haywood St.—Waynesville  
(828) 452-4482  
[www.downtownfitnessclub.net](http://www.downtownfitnessclub.net)

### Haywood Regional Health & Fitness Center

75 Leroy George Drive—Clyde  
(828) 452-8080  
[www.haymed.org](http://www.haymed.org)

### The Fitness Connection

60 S. Main St.—Waynesville  
(828) 734-0073  
[www.fitnessconnectionnc.com](http://www.fitnessconnectionnc.com)

### Waynesville Old Armory Recreation Center

44 Boundary Street—Waynesville  
(828) 456-9207  
[www.townofwaynesville.org](http://www.townofwaynesville.org)

### Waynesville Recreation Center

550 Vance Street—Waynesville  
(828) 456-2030  
[www.townofwaynesville.org](http://www.townofwaynesville.org)

### World Gym of Canton

68 New Clyde Hwy—Canton  
(828) 646-2661  
[www.worldgymcanton.com](http://www.worldgymcanton.com)

## Golf

### Iron Tree Golf Course, 18 holes

636 Iron Tree Drive—Clyde  
(828) 627-1933

### Lake Junaluska Golf Course, 18 holes, par 69

756 Golf Course Road—Waynesville  
(828) 456-5777





Golf continued.....

Laurel Ridge Country Club, 18 holes, par 72  
(828) 456-3200

Maggie Valley Club, 18 holes, par 72  
(828) 926-6013

Junaluska Driving Range  
(828) 454-0660

Springdale County Club, 18 holes, par 72  
(828) 235-8541

Waynesville Country Club, 27 holes, par 70  
(828) 452-4617

### Gymnastics

Angie's Dance Academy  
115 Glance Street—Clyde  
(828) 627-3267

Haywood Regional Health & Fitness Center  
75 Leroy George Drive—Clyde  
(828) 452-8080

### Hiking

*Following is a list of trails that are partly or completely found in Haywood County. This is a list, not a trail guide. For details about trails listed, and to get trail maps, please visit Haywood County Chamber of Commerce, contact a local outfitters store or bookstore or contact the resources at the end of this list.*

#### Great Smoky Mountains National Park Area

(865) 436-1297

Asbury Trail

Balsam Mountain Trail \*

Baxter Creek Trail

Big Creek Trail

Big Fork Ridge Trail

Booger Man Trail via Caldwell Fork Trail



### Soccer Program

#### **AYSO Region 572**

Haywood County  
Ages 4-18; Spring & Fall  
Info Hotline, (828) 454-0621  
www.ayso572.org

#### **North Carolina Youth Soccer Association**

Carolina Mountain Soccer Club  
(828) 400-7738  
www.carolinamtnsoccer.org

### Special Olympics

Haywood County Recreation & Parks  
(828) 452-6789

### Swim Team Program

#### **Smoky Mountain Aquatics Club (SMAC)**

Year-round swim team ages 5—18  
(828) 246-0753 www.smacswimming.com

#### **Waynesville Swim Team**

Summer League for ages 5-18  
(828) 246-0753

### Youth Programs

#### **Archery**

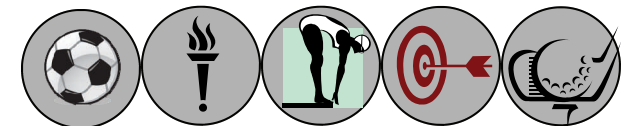
Right-On-Target Family Archery  
(828)926-8307

#### **Golf**

Laurel Ridge Country Club  
Kids Sports Camp, 7& up  
Golf, tennis, swimming, & more  
(828) 452-0243

#### **Maggie Valley Club**

Jr. golf clinics - July  
(828) 926-6013





## Skateboarding

Waynesville Recreation Center  
(828)456-2030  
Coming Soon

## Skiing/Snowboarding

Blue Ridge Parkway Area  
*Cross country ski at your own risk*

Cataloochee Ski Area  
1080 Ski Lodge Road—Maggie Valley  
(828)926-0285

Max Patch Bald  
*Exit 7 off I-40*  
*15 miles up then follow signs*  
*Cross country ski at your own risk*

## Swimming Pools

### Outdoor

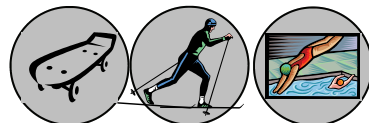
Canton Recreation Park  
Penland Street · Canton  
(828) 646-3411

Lake Junaluska Assembly  
Memory Lane · Lake Junaluska  
(828) 452-2881

### Indoor

Haywood Regional Health & Fitness Center  
75 Leroy George Drive · Clyde  
(828) 452-8080

Waynesville Recreation Center  
550 Vance Street · Waynesville  
(828) 456-2030



## Hiking continued.....

Caldwell Fork Trail  
Camel Gap Trail \*  
Cataloochee Divide Trail  
Chestnut Branch Trail \*  
Flat Creek Trail  
Gunter Fork Trail  
Hemphill Bald Trail  
Little Cataloochee Trail  
Low Gap Trail (#1) \*  
Long Bunk Trail  
Mt. Cammerer Fire Tower Trail  
Mt. Sterling Ridge Trail via Baxter Creek Trail  
Mt. Sterling Fire Tower via Mt. Sterling Ridge Trail  
Palmer Creek Trail  
Polls Gap Trail  
Pretty Hollow Trail  
Rough Fork Trail  
Swallow Fork Trail  
Walnut Bottoms via Big Creek Trail

\* Trails that directly connect with the Appalachian Trail  
[www.carolinamtnclub.com](http://www.carolinamtnclub.com)

### Blue Ridge Parkway / Shining Rock Wilderness

**Pisgah National Forest Area (828)-877-3265**

- [www.brptrails.com](http://www.brptrails.com)
- [www.NorthCarolinaOutdoors.com](http://www.NorthCarolinaOutdoors.com)
- [www.wncOutdoors.info](http://www.wncOutdoors.info)

Art Loeb Trail  
Big East Fork Trail  
Black Balsam Knob Trail  
Black Balsam Knob & Tenneset Mountain Trail  
Cold Mountain Trail  
Devil's Courthouse Trail  
Gage Bald & Charley's Bald from Bearpen Gap  
Graveyard Fields Loop Trail  
Greasy Cove Trail  
Heintooga Picnic Area to Flat Creek Falls



Hiking/Trails continued.....

Hemphill Bald from Paul's Gap  
Little East Fork Trail

**North Canton Area**

**Rough Creek Watershed Trail**

Friends of Rough Creek Watershed - [ecofairy@yahoo.com](mailto:ecofairy@yahoo.com)

**Mountains To Sea Trail:**

- Grassy Ridge Mine Overlook to Balsam Gap
- Grassy Ridge Mine Overlook to Old Bald Mountain
- NC 215 to Rough Butt Bald Overlook
- Rough Butt Bald to Wet Camp Gap

- Pisgah Inn Circuit
- Rough Butt Bald Trail
- Water Rock Knob Trail

**French Broad / Harmon Den Area**

**Appalachian Ranger District (828) 622-3202**

- Ground Hog Creek Trail
- Max Patch Mountain Trail
- Rube Rock Trail

**Appalachian Trail**

[www.nps.gov/appa/index.htm](http://www.nps.gov/appa/index.htm)

Approximately 30 miles of the AT runs along the NC/TN line as Haywood County's northern border. When hiking this section of the AT you may have one foot in NC and one in TN at the same time! The entire AT runs from Springer Mt., GA to Mt. Katahdin, ME, a total of 2,000 miles.

**Mountains to Sea Trail**

**[www.ncmst.org](http://www.ncmst.org)**

Approximately 38 miles of the MTS Trail runs along the Haywood County line. When finished, this trail will run from Clingman's Dome in the Great Smoky Mt. National Park in Western NC to Jockey's Ridge State Park on the Outer Banks of NC.

- For more about Mountain to Sea trail in Haywood County, go to [www.ncmst.org/mstsections.html](http://www.ncmst.org/mstsections.html) (section 5 & 6 Haywood County specific)



Shuffleboard continued.....

**Dutch Fisher Park**  
*Westwood Circle · Hazelwood*

**East Street Park**  
*Corner of East & Howell Street · Waynesville*

**Sulphur Springs Park\***  
*Sulphur Springs Road · Waynesville*

**Vance Street Park\***  
*550 Vance St. · Waynesville*

**Allens Creek Park**  
*1725 Allens Creek Road · Waynesville*

**Fines Creek Community Center**  
*Fines Creek Road · Fines Creek*

**Lake Junaluska Assembly**  
*Shackford Hall Road · Lake Junaluska*

**Maggie Valley**  
*3987 Soco Road · Maggie Valley*



## Softball/Baseball Facilities

(other than county schools and church properties)

American Legion Field  
171 Legion Drive · Waynesville

Canton Recreation Park  
Penland Street · Canton

Canton International Sports Complex  
Beaverdam Road off 140

Dutch Fisher Park  
Westwood Circle · Hazelwood

Elks Field  
510 Dellwood Road · Waynesville

Vance Street Park  
Vance Street · Waynesville

Waynesville Recreation Park  
Marshall Street · Waynesville

## Soccer/Multi-Purpose Fields

Allens Creek Park  
Allens Creek Road · Waynesville

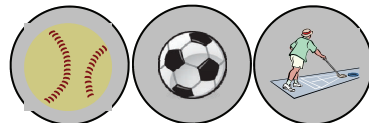
Hazelwood Elementary School  
Hyatt Creek Rd · Waynesville

Vance Street Park  
Vance Street · Waynesville

## Shuffleboard

Lake Junaluska Assembly  
Memory Lane · Pass Required—Outdoor  
(828) 452-2881

Waynesville Old Armory Recreation Center  
44 Boundary Street—Indoor  
(828) 456-9207



Hiking continued.....

## More Hiking Resources:

Waynesville Recreation Center - 828-456-2030  
French Broad Unit Office – 828-622-3202  
Great Smoky Mountains National Park Office – 865-436-1297  
Haywood County Chamber Of Commerce – 828-456-3021  
(Trails Map)  
Pisgah Ranger District Office – 828-877-3265

## Horseback Riding

### Guided Trail Rides

Best Haven Farms  
95 Glades Road—Clyde  
(828) 627-2076

Cataloochee Riding Stables  
119 Ranch Drive—Maggie Valley  
(828) 926-1401

Hyder Mountain Horse Farm  
222 Brigadon Drive—Clyde  
(828) 627-6999

Jonathan Valley Stables  
219 Shelton Cove Road—Waynesville  
(828) 926-8778

Meadow Song Farm  
110 Lake Logan Road—Canton  
(828) 235-9009

Queen's Farm & Riding Stables  
2180 Dellwood Road—Maggie Valley  
(828) 926-0718

An Eagle's View Farm Riding Stables  
659 Hannah Cove Rd—Canton  
828-648-1231



Horseback riding continued.....

**Rocking T Stables**

37 Short Ridge Lane · Clyde  
(828) 627-0316

**Smokey Mountain Stables**

149 Old School Rd.—Waynesville  
(828) 926-1143

**Utah Mountain Riding Stables**

796 Utah Mountain Rd—Waynesville  
(828) 926-1143

Horse Camps

**Cataloochee Valley**

1-800-365-CAMP (2267)

**Harmon Den**

(828)257-4200

Horse Camps & Lessons

**Mountain Dell Equestrian Center**

Hyatt Creek—Waynesville  
(828) 452-9330

**Horseshoes**

**Lake Junaluska Assembly**

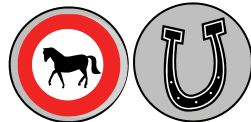
Memory Lane  
(828) 452-2881

**Waynesville Recreation Park**

Marshall Street  
(828) 456-2030

**Maggie Valley Town Hall**

3987 Soco Road  
(828) 926-0866



**Martial Arts**

**Mountain Martial Arts**

218 Branner Avenue—Waynesville  
(828) 646-7520

**Riley Academy of Martial Arts**

151 Main Street—Canton  
(828) 648-5400

**Waynesville Old Armory Recreation Center**

44 Boundary Street—Waynesville  
(828) 456-9207

**Haywood Regional Health & Fitness Center**

75 Leroy George Drive—Clyde  
(828)453-8080

**Parks**

*\*Indicates no playground*

**Canton Recreation Park**

Penland St. · Canton

**Clyde Park\***

Spencer Street · Clyde

**Waynesville Recreation Park**

Waynesville Kiwanis Community Playground  
Inclusive playground  
West Marshall Street · Waynesville

**Racquetball**

**Haywood Regional Health & Fitness Center**

75 Leroy George Drive · Clyde

**Waynesville Recreation Center**

550 Vance Street · Waynesville

