

**This directory is made available by the
Obesity Prevention Action Team of
Healthy Haywood**

Mission Statement:

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

For more information contact

Canton Recreation Parks Dept.

(828) 646-3411

www.cantonnc.com

Haywood County Recreation & Parks Dept.

(828) 452-6789

www.haywoodnc.net

Healthy Haywood

Haywood County Health Department

(828) 452-6675

www.healthyhaywood.org

Waynesville Parks & Recreation Dept.

Recreation Center (828) 456-2030

Old Armory Center (828) 456-9207

www.townofwaynesville.org

Revised March 2007

Haywood County



Fitness Finder

**A GUIDE TO PHYSICAL ACTIVITY
OPPORTUNITIES IN HAYWOOD COUNTY**

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

Waynesville Country Club
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

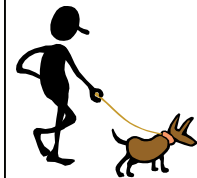


Haywood Regional Health & Fitness Center
75 Leroy George Drive · Clyde
 (828) 452-8080

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

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

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Soccer

AYSO Region 572
Haywood County
Ages 4-18; Spring & Fall
Info Hotline, (828) 454-0621
www.ayso572.org

North Carolina Youth Soccer Association
Smoky Mountain Soccer Club
(828)683-3666
www.sm-sc.org



Special Olympics

Haywood County Recreation & Parks
(828) 452-6789



Swim Team

Smoky Mountain Aquatics Club (SMAC)
Year-round swim team ages 5—18
(828) 400-4533 www.ncmasters.org/smac

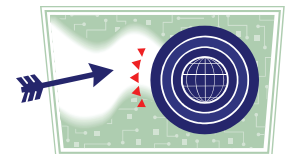
Waynesville Swim Team
Summer League for ages 5-18
(828) 400-4533



Youth Sports Instruction

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



YOUTH LEAGUES/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

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



Haywood County Recreation Department
Jr. NBA/Jr. WNBA - Ages 5-17
(828) 452-6789

Haywood Regional Health & Fitness Center
Youth Basketball Summer Programs, (828) 452-8056

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



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
Penland St. Canton

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 (Weldon Gym)
105 Weldon Way · Lake Junaluska

Maggie Valley
3987 Soco Road · Maggie Valley

Pigeon Community Development Center
450 Pigeon Street · Waynesville


Canton Recreation Park
Penland Street · Canton

Waynesville Recreation Park
East Street Park · Waynesville
West Marshall Street · Waynesville



Biking

Mountain Biking

NC 215 to Graveyard Ridge, 4 hr. rnd –trip 
Harmon Den, I40 to Max Patch, 4 hr. 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

Waynesville Bicycle Company
www.waynesvillebikes.com (828) 454-9898

blueridgebicycleclub.org

Bocce

Allens Creek Park
Haywood County Recreation & Parks
Waynesville · (828) 452-6789



Canoeing/Kayaking/Tubing

Jonathan Creek
Pigeon River—East Fork
Pigeon River—West Fork
Pigeon River—Confluence-E&W Forks to US 19/23
Whitewater of Waynesville (828) 454-9565

Adult Leagues/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) 400-4533 www.smacswimteam.com



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



Maggie Valley 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 *
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-/10 mile /outdoor-1/4 mile)*

Volks Walking

(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 Volswalking information contact: Wayne Oak at 452-5676

Volleyball

Haywood Community College

185 Freeland Drive · Clyde

Haywood Regional Health & Fitness Center

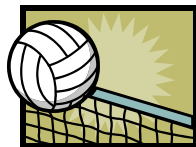
*75 Leroy George Drive · Clyde
(828) 452-8080*

Lake Junaluska Assembly

*Shackford Hall Road · Lake Junaluska
(outdoor sand court)*

Waynesville

*550 Vance Street · Waynesville
(outdoor sand court & indoor court)*



Dance

Angie's Dance Academy

*115 Glance Street · Clyde
(828) 627-3267*

The Dance Connection of Waynesville

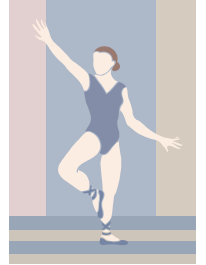
*9 Forga Plaza Loop · Waynesville
(828) 452-0093
(828-648-4490 Canton*

Waynesville Parks & Recreation

*55 Vance Street · Waynesville
(828)456-2030*

Music Works

*489 Pigeon St. · Waynesville
(828) 456-2283*



Clogging

Appalachian Dance & Music Preservation

*Free lessons for ages 4 - adult. Saturdays, January & February.
Beaverdam Community Center. (828) 648-0977*

Year-Round Clog Dance Teams

*Mountain Valley Kids/Cloggers-Billie Scruggs (828) 648-0977
Rough Creek Cloggers -Charles Stephenson (828) 627-8931
Green Valley Cloggers-Don Warren (828) 667-8931*

Disc Golf

Waynesville Disc Golf Course (18 holes)

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



Fitness/Recreation Centers

(Some include classes and Personal Trainers)

Curves For Women
1384 Sulfur Springs Rd. · Waynesville
(828) 456-3222

Curves For Women
61 Plaza Loop · Canton
(828) 648-4490

Downtown Fitness Club
303 N. Haywood St. · Waynesville
(828)452-4482

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

Kim's Gym
60 S. Main St. · Waynesville
(828) 734-0073

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

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

World Gym of Canton
68 New Clyde Hwy · Canton
(828)646-2661

Golf

Iron Tree Golf Course, 18 holes
(828) 627-1933

Lake Junaluska Golf Course, 18 holes, par 69
(828) 456-5777



Tennis

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

Lake Junaluska Assembly
6 hard courts (pass required)
Memory Lane · Lake Junaluska (pass required)

Laurel Ridge Country Club
4 clay courts (membership required)
788 Eagle Nest Rd. · Waynesville
(828)452-0545

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

Waynesville Country Club
2 hard courts (membership required)
Country Club Drive · Waynesville



Tracks & Trails

** Indicates at least partial gravel or dirt surface*

Bethel
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 (7 miles—coming 2008)*

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
Tuscola High School (1/4 mile)



Skateboarding

BP Skate Park

117 Muse Business Park Waynesville
452-0011



Skiing/Snowboarding

Blue Ridge Parkway Area

Cross country ski at your own risk

Cataloochee Ski Area

1080 Ski Lodge Road
Maggie Valley, NC
(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

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, NC 28721
(828) 627-3267



Haywood Regional Health & Fitness Center

75 Leroy George Drive
Clyde, NC 28716
(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, a local outfitters store or bookstore or contact the resources at the end of this list.

Great Smoky Mountains National Park Area

Asbury Trail

Balsam Mountain Trail *

Baxter Creek Trail

Big Creek Trail

Big Fork Ridge Trail

Booger Man Trail via Caldwell Fork Trail

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*

**Blue Ridge Parkway / Shining Rock
 Wilderness / Pisgah National Forest Area**

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
 Hemphill Bald from Paul's Gap
 Little East Fork Trail

Rough Creek Watershed Trail Canton (2008)

Baseball/Softball 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 I40

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 Facilities

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
 (828) 452-2881

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



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

Racquetball

Haywood Regional Health & Fitness Center
75 Leroy George Drive · Clyde

Waynesville Recreation Center
550 Vance Street · Waynesville



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)

Ground Hog Creek Trail
Max Patch Mountain Trail
Rube Rock Trail

Other

Chambers Mountain Trail

Appalachian Trail

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

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.

Resources for more Information:

Appalachian Ranger District
French Broad Unit Office – 828-622-3202

Great Smoky Mountains National Park Office – 865-436-1297 (Map # 229)

Haywood County Chamber Of Commerce – 828-456-3021 (Trails Map)

Pisgah Ranger District Office – 828-877-3265 (Map # 780)

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

Rocking T Stables

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

Horse Camps

Cataloochee Valley

1-800-365-CAMP (2267)

Harmon Den

(828) 257-4200

Horse Camps & Lessons

Mountain Dell Equestrian Center

Hyatt Creek
(828) 452-9330



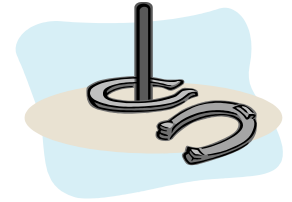
Horseshoes

Lake Junaluska Assembly

Memory Lane
(828) 452-2881

Waynesville Recreation Park

Marshall Street
(828) 456-2030



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



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

