

AREA RESOURCES & ACTIVITIES:**Kayaking, Canoeing, Rafting & Tubing**

- Nantahala River – Nantahala Outdoor Center at www.noc.com or 888-905-7238
- Green River – River Creek Tubing at www.rivercreektubing.com or 828-287-3915
- Chattooga River – Wild Water Rafting at www.wildwaterrafting.com or 1-800-451-9972
- French Broad River – Nantahala Outdoor Center at www.noc.com or 888-905-7238
- Lake Jocassee – Jocassee Outdoor Center at www.jocasseeoutdoorcenter.com or 864-944-9016 or Sunrift Adventures at www.sunrift.com or 864-834-3019

Camping & Hiking

- Paris Mountain State Park – www.discoversouthcarolina.com
- Jones Gap State Park – www.discoversouthcarolina.com
- Ceasar's Head State Park – www.discoversouthcarolina.com
- Table Rock State Park – www.discoversouthcarolina.com
- Pisgah National Forest – visit www.fs.fed.us or <http://www.cs.unca.edu/nfsnc/>
- Foothills Trail – Foothills Trail Conference at www.foothillstrail.org

Snow Skiing

- Sugar Mountain – www.skisugar.com
- Beech Mountain – www.skibeech.com (summer season hiking also available)
- Wolf Laurel – www.skiwolflaurel.com

LOCAL RESOURCES & ACTIVITIES:**Weekly Outdoor Activities**

- Friday Walks and Bike Rides – www.active-living.org
- Thursday night bike ride (at USC Upstate) – www.freewheelers.info
- Weekly Mtn. Bike Ride at Southside – www.umba.net

Biking

- Road Recurring Rides - visit www.freewheelers.info, www.foothillscyclists.com
- Mountain Biking
 - Southside Park – www.umba.net
 - Croft State Natural Area – www.discoversouthcarolina.com
 - USC Upstate Passage of Palmetto Trail – www.palmettoconservation.org

Walking, Hiking, and Trail Running

- Cottonwood Trail – www.sctrails.net or call SPACE at 864-948-0000
- Croft State Natural Area – www.discoversouthcarolina.com
- Peter's Creek Preserve - <http://www.dnr.sc.gov/managed/index.html>

- Pacolet River Preserve - <http://www.dnr.sc.gov/managed/index.html>
- Palmetto Trail – www.palmettoconservation.org or www.sctrails.net
 - USC Upstate Passage
 - Blue Wall Passage
 - Glenn Springs Passage
 - Mary Black Foundation Rail Trail (also www.hubcityconnector.org)
- Hatcher Gardens & Woodland Preserve – www.hatcher.org
- Milliken & Co. Headquarters lawn – at intersection of Hwy 585 & Business 185; from downtown Spartanburg, head north on Hwy 176 (585) and exit California Avenue, continue straight, Milliken is on right, closes at dark (no contact information needed)

Frisbee Golf (9-hole course)

- Va-Du-Mar McMillan Memorial Park – Spartanburg County Parks at 864-595-5361

Watersports

- Lake Bowen – Lake Warden’s Office at 864-592-2240
- Lawson’s Fork Paddling Trail – www.lawsonsfork.org
- Tyger River Paddling - Spartanburg County Parks at 864-595-5361
- Spartanburg Swim Center – Spartanburg City Parks at 864-596-3900