



Summer 2008

Yancey County Activity Guide

The evidence is mounting and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming moderately active on a regular basis (USDHHS, 1996). There are a lot of opportunities to be active in Yancey County. We hope this activity guide will help you find ways to make your life more active and have fun!

So, Let's Get Moving!!!

Biking

Celo Inn www.celoinn.com.....675-5132

Boys and Girls Camps

Camp Celo www.campcelo.com.....675-4323
 Boy Scouts - Daniel Boone Service Center.....254-6189
 Cooperative Extension 4-H Program.....682-6187
 Girl Scouts - Pisgah Council.....252-4442

Camping

Black Mountain Campground.....682-2646
 Boone Haven Christian RV Park.....682-4440
 Carolina Hemlocks.....682-2646
 Crabtree Meadows Campground.....675-5444
 Mt. Mitchell Campground.....675-4611
 Toe River Campground.....675-5104

Classes for Physical Activity

Blue Ridge Fitness Center.....678-3488
 Burnsville Town Center.....682-7209

Fishing

Cooper's Trading.....678-9929
 Triggers, Traps and Trout www.triggers-traps-trout.....777-0357

Fitness Centers

Blue Ridge Fitness Center.....678-3488
 Curves.....682-9998

Golfing

Mountain Air Country Club www.mountainaircc.com...274-7791
 Mt. Mitchell Golf www.mountmitchellgolfresort.....675-5454
 River View Golf Range.....682-4770

Hiking

Celo Inn www.celoinn.com.....675-5132
 Guided Mountain Hikes hwaters@yancey.main.nc.us....675-4626
 Mt. Mitchell State Park.....675-4611
 US Forest Service.....682-2646

Horseback Riding

Appalachian Therapeutic Riding.....675-5814
 Clear Creek Guest Ranch.....675-4510
 Equinection www.equinection.org.....682-9157
 Wolf Laurel Stables www.horsebackridingnc.com.....678-9370

Paintball

Black Hawk Paintball www.uswoodsball.com.....765-3799

Parks and Playgrounds

Kid's Mountain.....682-3814
 Lincoln Park.....682-3814
 Mt. Mitchell State Park.....675-4611
 Patience Park.....675-5104
 Ray-Cort Park.....682-3814

Personal Trainers

Blue Ridge Fitness Center.....678-3488

Rafting and Canoeing

French Broad Outpost.....1-866-USA Raft
 Loafers Glory.....1-800-WEFLOAT

Skateboarding

Ray-Cort Skate Park.....682-3814

Skiing

Wolf Ridge Ski Resort www.skiwolfridge.com.....689-4111

Swimming

Ray-Cort Skate Park.....682-3814
 Patience Park.....675-5104
 Swimming Lessons.....682-0806

Yancey County Parks & Recreation.....682-3814

Basketball, Softball, Volleyball, Tennis, Swimming

Yancey County Youth League Sports...284-5129

Football, Soccer, Cheerleading, Basketball, Baseball, Softball

With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. Consider the following list of suggestions

- Park the car farther away from your destination
- Take the stairs instead of the elevator
- Walk the dog
- Play with the kids
- Take a fitness break - walk or do desk exercises - instead of taking cigarette or coffee breaks
- Dig in the garden
- Do home repairs
- Exercise while watching tv
- Join a walking/biking/hiking group

(Adapted from Promoting Physical Activity, US Department of Health and Human Services, 1999)