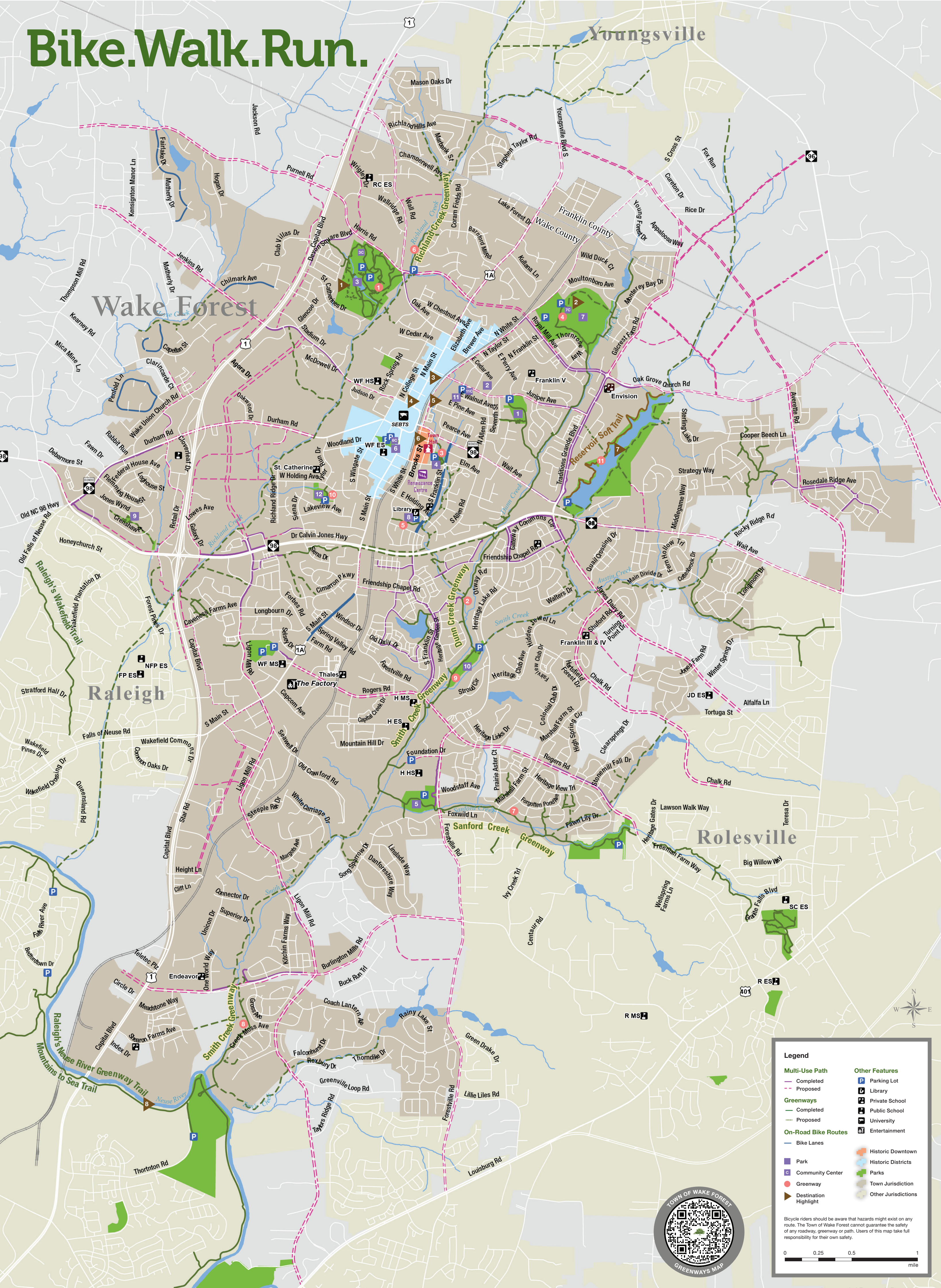




Parks

		Acres	Amphitheater	Baseball/Softball Field	Basketball Court	Community Center	Dog Park	Fitness Equip (outdoor)	Flower Garden	Greenway	Grill	Open Space	Pickleball Court	Picnic Shelter	Picnic Tables	Playground (c. inclusive)	Pond	Restrooms	Soccer Field	Sprayground	Swimming Pool	Tennis Court
1	Ailey Young Park	15																				
2	DuBois Park	0.4																				
3	E. Carroll Joyner Park	117																				
4	H.L. Miller Park	2																				
5	Heritage High Park*	25																				
6	Holding Park	5																				
7	J.B. Flaherty Park	100																				
8	Kiwanis Park	1																				
9	Plummer Park	0.5																				
10	Smith Creek Soccer Ctr.	17																				
11	Joey McCrea Wiggins Park	1.5																				
12	Tyler Run Park	9																				

*Heritage High School park facilities are open to the public after 6 pm on weekdays and dawn to dusk on weekends.



Greenways

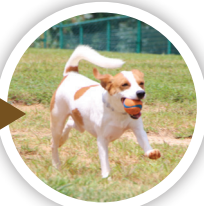
		Paved (P), Soft Trail (S)	Fitness Equipment	Length in Miles	Parking Location
1	E. Carroll Joyner Park	P		3.0 mi.	Joyner Park 701 Harris Rd.
2	Dunn Creek Greenway	P		3.38 mi.	Smith Creek Soccer Center 690 Heritage Lake Rd.
3	H.L. Miller Park	P		0.4 mi.	Taylor Street Parking Lot 401 Elm Ave.
4	J.B. Flaherty Park	P		0.44 mi.	Flaherty Park 1226 N. White St.
5	Kiwanis Greenway	P		0.25 mi.	Wake Forest Community Library 400 E. Holding Ave.
6	Richland Creek Olde Mill Stream Greenway	P		0.45 mi.	Olde Mill Stream Cottage 901 Barnford Mill Rd.
7	Sanford Creek Heritage South Greenway	P		3.93 mi.	Heritage High School Park 1140 Forestville Rd.
8	Smith Creek Burlington Mills Greenway	P		1.15 mi.	WRAL Soccer Park via Neuse River Greenway Trail 7700 Perry Creek Rd.
9	Smith Creek Soccer Center	P		2.42 mi.	Smith Creek Soccer Center 690 Heritage Lake Rd.
10	Tyler Run Park	P		0.12 mi.	Tyler Run Park 830 Pineview Dr.
11	Wake Forest Reservoir	S		1.6 mi.	Wake Forest Reservoir Soft Trail Parking Area at southern end of reservoir

Destination Highlights

Use Town paths, greenways and bike routes to connect to your favorite outdoor destinations.



E. Carroll Joyner Park



Flaherty Park



Wake Forest Historical Museum



Historic Districts



Ailey Young House



Downtown Wake Forest



Wake Forest Reservoir



Neuse River Trail

Bike Walk Run

WAKE FOREST

TOWN of WAKE FOREST

Walk. Run.



Be Safe and Be Seen

Whether you're using greenway trails, paths or side-walks, the Town of Wake Forest encourages you to take basic safety precautions.

Runners and Walkers Safety Tips

- Stay on sidewalks or paths. If a roadway does not have a sidewalk, walk against traffic so that you are facing oncoming cars.
- When walking or running at night, wear reflective gear or carry a flashlight so vehicles can see you.
- Let someone know your itinerary.
- To avoid injury, replace your footwear after 400 miles or when the sole no longer provides adequate cushioning.

Know the Pedestrian Laws

- Pedestrians have the right of way at marked cross-ings, meaning cars must yield to pedestrians.
- Pedestrians must use marked crosswalks when they are provided. It is unlawful to cross the street out-side of a marked crosswalk if crosswalks or signals are available.
- At crosswalks with pedestrian signals, pedestrians must obey the "Walk" and "Don't Walk" signs in the same way a driver must obey red or green lights.
- When crossing a street that does not have a cross-walk or a signal, pedestrians must yield the right of way to all vehicles.



Pets Are Welcome, Too!

Leashed pets are welcome at all town parks and on all greenways. Please follow these guidelines:

- Clean up after your pooch.** Pet stations are available at parks and on greenways. After you pick up your dog's waste please deposit it in one of the pet waste receptacles.
- Be a courteous dog walker.** Keep your pet close to you when other pedestrians and cyclists are passing you on the trails.
- Please don't pet me.** A yellow ribbon on a dog means the dog is in training and needs extra space.

Dog Park: Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The two-acre park is surrounded by a five-foot chain link fence to keep your pets safe inside. Water and pet cleanup stations are on site. Open dawn to dusk. *1100 N. White St.*



A Growing Network of Trails

Greenways are an important part of the Town of Wake Forest's plans for the future. The Town has built over 15 miles of planned greenway. Those numbers continue to rise each year as Town and developer-built greenways join the Wake Forest system. Wake Forest recognizes that the benefits gained by greenways ultimately affect economic, environmental and social health.

Get Involved in Planning: As a resident, you can provide input and contribute efforts to enhance the greenway system. By serving on the Parks, Recreation and Cultural Resources Advisory Board, you can help recommend policies, acquisitions and expansions to the system. For more information about serving on the board, visit wakeforestnc.gov, search "recreation advisory board."

Greenway App: To view the greenways using the free Town of Wake Forest app on your smartphone, launch the app and click on the "Parks" function.

Adopt-a-Trail: Like our trails? Consider adopting one! Community organizations, individuals, families, and businesses are encouraged to adopt a specific length of trail keeping it clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects. Visit wakeforestnc.gov or contact the Wake Forest Planning Department, ☎ 919.435.9510.



Contact Us

Maintenance Issues: Call Facility Maintenance, ☎ 919.554.6184

Trail Construction Questions: Call the Planning Department, ☎ 919.435.9510

Non-Emergency Safety Issues: Call the Wake Forest Police Department, ☎ 919.554.6150

Emergencies: Call 911

Map Information: We depend on you to share with us any improvements that you think are needed to this map. If you see something that needs to be fixed, please visit wakeforestnc.gov/report-problem.



Bike.



Is Your Bike Ready to Ride?

You don't need an expensive bike to get around—just one that works and that can be repaired and adjusted. Do a basic bike check before you head out for a ride.



Remember "A-B-C Quick Check"

Air: Tires should be firm and filled to the recommended pressure that is stamped on the outer edge.

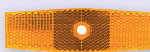
Brakes: Squeeze the brake lever and check that it's not "bottoming out" against the handlebars. When you let go of the lever, the brake pad should come away cleanly from the wheel's rim.

Chain: The chain should be well-oiled and shouldn't jump as it goes around.

Quick: Make sure the quick releases for your seat and wheels are closed. They should be pointed to the back of the bike so they don't get caught on anything.

Check: Take a short slow ride to check that the bike is working properly.

Riding at Night. You must have reliable lights and reflectors. You need a headlight that lets others see you and that lets you see hazards on the road. A rear reflector or tail light is also essential and will help you be visible.



Are You Ready to Ride?

Whether you're a beginning rider or a skilled cyclist, check that you are properly prepared before heading out.

Be Prepared

- Take identification when you go for a ride.
- Leave valuables at home or locked in your trunk.
- Let someone know your itinerary.
- Be aware of weather conditions and wear appropriate clothing if needed.
- Carry water, tools and supplies that are appropriate for your ride.

Protect Your Brain—Wear a Helmet

If you don't already have one, get a bicycle helmet today! Why? A good helmet can protect your brain. That's important if your head hits a hard surface like a road, a curb or a car.

- Your helmet should fit snugly but not too tight.** The helmet should not rock from side to side. You can add interior pads to fine tune the fit.

- The front of the helmet should be level** and two finger-widths above your eyebrows. If your helmet rests on the back of your head, it won't protect your forehead during a fall.

- Your chin strap should be snug.** Adjust the straps so there's no slack in the straps.

It's the Law. North Carolina state law requires anyone under the age of 16 years to wear a helmet while riding on public roads, paths or greenways.



Correct Position for Helmet

Know the Rules

In North Carolina, a bike is considered a vehicle and you are its driver. You share the rights and duties of all other drivers as you use the state's roadway network.

Road Rules

- Ride on the right side of the road, going with the flow of traffic.

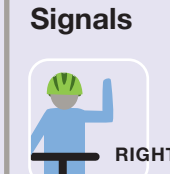
- Obey all traffic rules like stop signs, traffic lights and one-way signs.

- Signal whenever you intend to turn, merge or stop.

- Yield when you enter the road or when you change lanes or position.

- Use a good set of lights and reflectors whenever you ride after dark.

Hand Signals



RIGHT

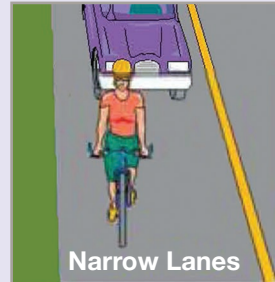


LEFT



STOP

Road Position



Narrow Lanes



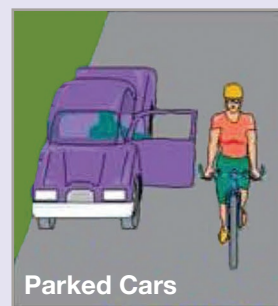
Wide Lanes

Ride far enough from the edge to discourage dangerously close passing. Many expert riders ride in the car's right wheel track.

Ride just to the right of the traffic stream. This allows easy passing but reduces the danger caused by turning cars.



Potholes



Parked Cars

Ride on the smooth pavement away from obstacles such as gravel, debris or potholes.

Ride at least a door's width from parked cars.

Share the Road

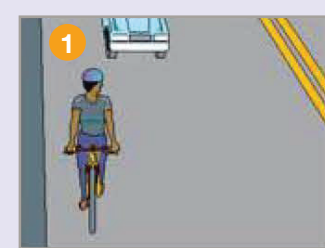
Cars and bicycles frequently must share the road. Bicyclists, however, must also be aware of sharing the road with motorists. If someone comes up behind you, move to the right when safe to allow them to pass. In groups, bicyclists should ride cooperatively and help motorists pass safely.



Riding on Greenways

Share the path with other users. Ride on the right hand side and pass on the left. When passing, make sure others know that you are approaching by ringing your bell or calling out "on your left."

How to Make a Left Turn



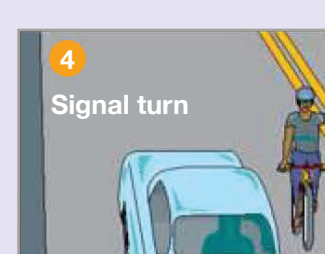
As you approach an intersection where you want to turn left, look back. If someone is coming, decide whether you can move left across the lane before they arrive.



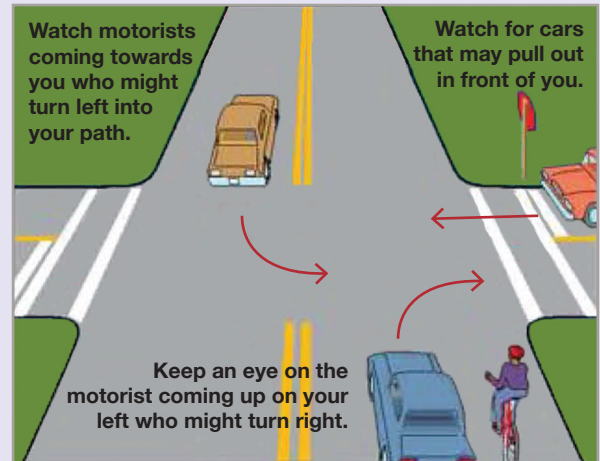
Signal your intention to cross the lane and wait until it's clear to merge or until a car allows you to cross the lane.



Once you've merged to a left turn position, ride straight and watch what's going on around you.



As you approach your turn, signal and watch for a break in oncoming traffic. After obeying traffic controls and yielding to crossing and oncoming traffic, make your turn.

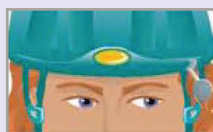


COMMON HAZARDS A majority of accidents involving cyclists happen at intersections. Keep your eyes open for these motorist mistakes.

Ride Defensively

Drivers often do things that endanger bicyclists, usually without intending to. Knowing what to look for can help you navigate through traffic more safely. Ride predictably and in a visible location.

- Anticipate other people's moves and their likely mistakes.
- Keep your eyes moving over the traffic scene, use a mirror, and be ready to take evasive action.
- Establish eye contact with drivers around you to let them know you are there. Shout if necessary.



Stopping Your Bike in an Emergency

If a quick stop is needed, **slide back on the saddle and get low**, then squeeze both brakes equally, gradually squeezing harder on the front brake. Too much front brake and you will tumble.

Additional Bicycle Resources

Town of Wake Forest: wakeforestnc.gov, search "bicycles" for bicycle training options, laws and other resources related to cycling in Wake Forest
NC Department of Transportation: ncdot.gov
League of American Bicyclists: bikeleague.org

Pick Your Outdoor Destination

Wake Forest's network of trails connect to popular destinations making it easier to bike, walk, or run to your favorite outdoor spaces.

Over the past decade, the Town has made great strides in greenway development. Still, the master plan calls for 50 more miles of trails that will eventually link together all the various segments. By adding the missing pieces, residents will enjoy the full benefits of a connected network of trails.



E. Carroll Joyner Park



E. Carroll Joyner Park

Three miles of paved walking trails make Joyner Park the perfect destination for outdoor fun. The 117-acre park features restored farm buildings, a majestic pecan grove, a large amphitheater, lush meadows and a community center. Many community events are held at the park including the annual Six Sundays in Spring concert series. *701 Harris Road*



Smith Creek Soccer Center

The Smith Creek Soccer Center is a 17-acre facility that includes three full-size soccer fields, playground, picnic shelter, picnic tables and charcoal grills. *690 Heritage Lake Road*



Flaherty Park

The 100-acre J.B. Flaherty Park currently houses three lighted baseball and softball fields, a picnic shelter, two stocked ponds, playground, outdoor fitness court, four lighted tennis courts, four lighted pickleball courts, dog park and a community center with a gymnasium. *1226 N. White St.*



Downtown Wake Forest

Downtown Wake Forest is a walkable destination full of unique places to explore. Browse through boutiques, shops, galleries and restaurants. Plan to stay a while!



Historic Districts

The **Calvin Jones House** is the oldest building in the Wake Forest Historic District. It now houses part of the Wake Forest Historical Museum exhibits. Built in 1820, the historic building originally served as a farmhouse and was the home of Dr. Calvin Jones. After the college moved to Winston-Salem, the house was carefully relocated six blocks up N. Main Street to where it now stands. *414 N. Main St.*

The **Wake Forest Historical Museum** includes a diverse array of exhibits illustrating how life was lived in the town and its college.

The graceful campus of the **Southeastern Baptist Theological Seminary** stands in the heart of Wake Forest shaded by large magnolias and surrounded by a lovely stone rubble wall. Visitors are welcome to tour the picturesque campus.

The **Alley Young House**, circa 1875, is the Town's oldest African American historic resource. It is believed that Alley and Henry Young lived here and raised 12 children in the house. Their eldest son, Allen, born in 1875, became a prominent figure in the community as an adult. Interpretive signs on the sidewalk near the site explain the historical significance of the house. *320 N. White St.*



Wake Forest Reservoir

The Wake Forest Reservoir was created as a drinking water source for the town in the early 1960s. Shortly after the City of Raleigh utility merger, the water plant was taken off line. You can still see some of the water plant structures on site.

Today, the lake is open for paddle and electric powered boats. Hikers can explore the 1.6 mile trail which follows the west bank of the reservoir.

The driveway to the reservoir is located off of Traditions Grande Boulevard near Wait Avenue. There is a small concrete boat ramp adjacent to the parking area.

The Neuse River Trail

Wake Forest residents can access the Neuse River Trail via the **pedestrian bridge** that links Wake Forest's greenway system with the Capital Greenway Trail. Further connections can be made to the Mountains-to-Sea Trail and the East Coast Greenway.

