

Walk Catawba Valley 2007-2008 Quarterly Goals

Need motivation? Try our Virtual Tour to travel (at least, in your imagination) to these places.

February 3, 2007 through April 30, 2007

Beginning Walkers: Walk from Murray's Mill (Mile 0) to Baker's Mountain (Mile 67)

Immediate Walkers: Walk from Murray's Mill (Mile 0) to Catawba Historic District (Mile 123)

Good Walkers: Walk from Murray's Mill (Mile 0) to Crabtree Meadows Recreation Area (NC Mile 203)

Expert Walkers: Walk from Murray's Mill (Mile 0) to Carl Sandburg's Home (NC Milepost 279)

May 1, 2007 through July 31, 2007

Beginning Walkers: Walk from Baker's Mountain (Mile 67) to Catawba Historic District (Mile 123)

Immediate Walkers: Walk from Catawba Historic District (Mile 123) to Carl Sandburg's Home (NC Mile 279)

Good Walkers: Walk from Crabtree Meadows Recreation Area (NC Mile 203) to Nantahala Gorge (NC Mile 374)

Expert Walkers: Walk from Carl Sandburg's Home (NC Mile 279) to Broughton Hospital (NC Mile 507)

August 1, 2007 through October 31, 2007

Beginning Walkers: Walk from Catawba Historic District (Mile 0) to Crabtree Meadows Recreation Area (NC Mile 203)

Immediate Walkers: Walk from Carl Sandburg's Home (NC Mile 279) to Nantahala Gorge (NC Mile 374)

Good Walkers: Walk from Crabtree Meadows Recreation Area (NC Mile 203) to Reed Gold Mine (NC Mile 611)

Expert Walkers: Walk from Broughton Hospital (NC Mile 507) to Fort Fisher State Historic Site (NC Mile 823)

November 1, 2007 through January 31, 2008

Beginning Walkers: Walk from Crabtree Meadows (NC Mile 0) to Carl Sandburg's Home (NC Mile 279)

Immediate Walkers: Walk from Nantahala Gorge (NC Mile 374) to Broughton Hospital (NC Mile 507)

Good Walkers: Walk from Reed Gold Mine (NC Mile 611) to Fort Fisher State Historic Site (NC Mile 823)

Expert Walkers: Walk from Fort Fisher State Historic Site (NC Mile 823) to Nags Head Wood Preserve (NC Mile 1,091)

Levels of Walking Skill:

Beginner Walker – someone who has not been walking; Goal - Walk 5 or more miles a week

Immediate Walker – has been walking occasionally; Goal – Walk 10 or more miles a week

Good Walker – walker who has been walking around 15 miles a week; Goal – Walk 15 or more miles a week

Expert Walk – walker who has been walking around 20 miles a week; Goal – Walk 20 or more miles a week