

# Mitchell County Walking Paths

**Physical Activity** is One of the Best Ways to Prevent Disease and Walking is One of the Easiest Ways to Add Activity to Your Day and to Stay Healthy!

**Safety Tips:** Wear Comfortable Shoes, Drink Lots of Water, Be Seen by Drivers, Walk with a Friend, Protect Yourself from Sun, Wind, Cold, and Rain.

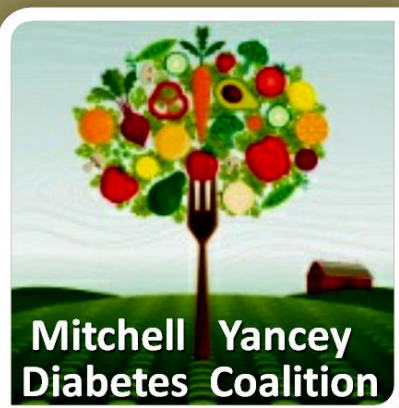
**NC 211** is the place to call or search when you need help for yourself, your family or someone you know. Dial 211 or search [nc211.org](http://nc211.org) to find resources such as food, housing, and utility assistance, health care or diabetes education, and much more.



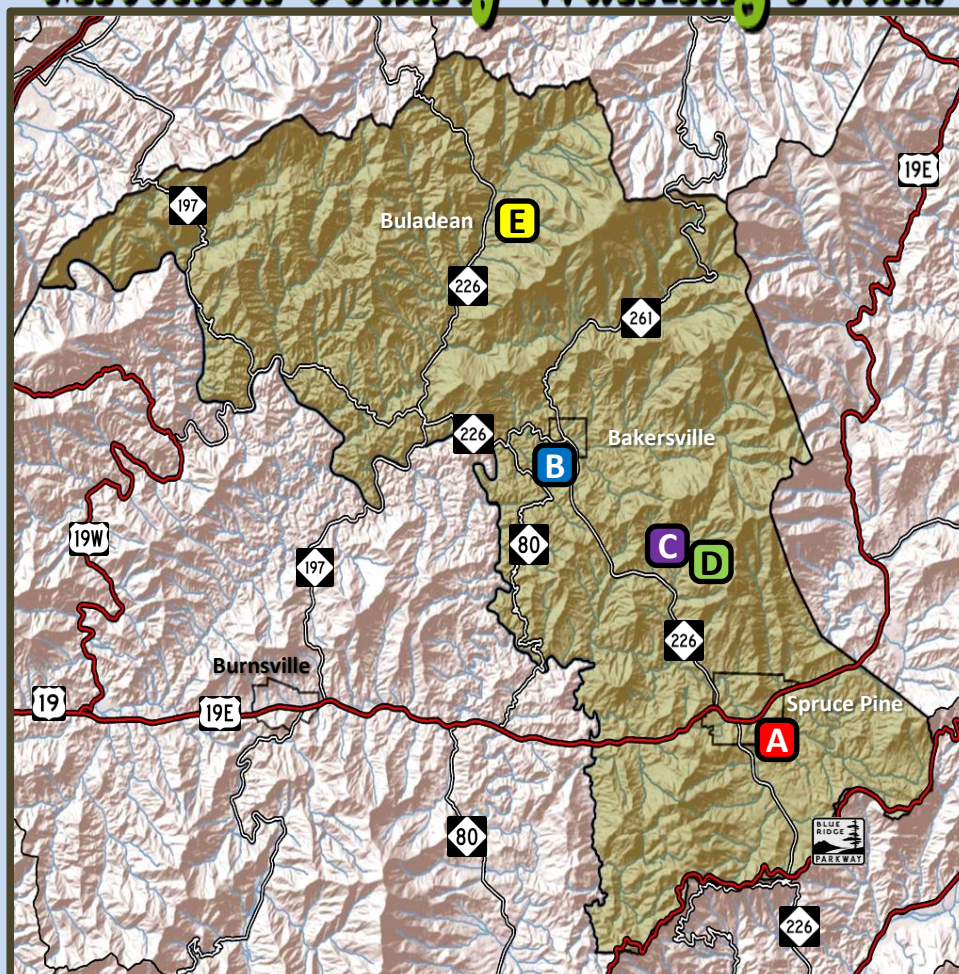
This Booklet was produced by the NC High Peaks Trails Association, Mitchell/Yancey Diabetes Coalition and the Toe River Health District Farmworker Health.



**TRHD  
FARMWORKER  
PROGRAM**



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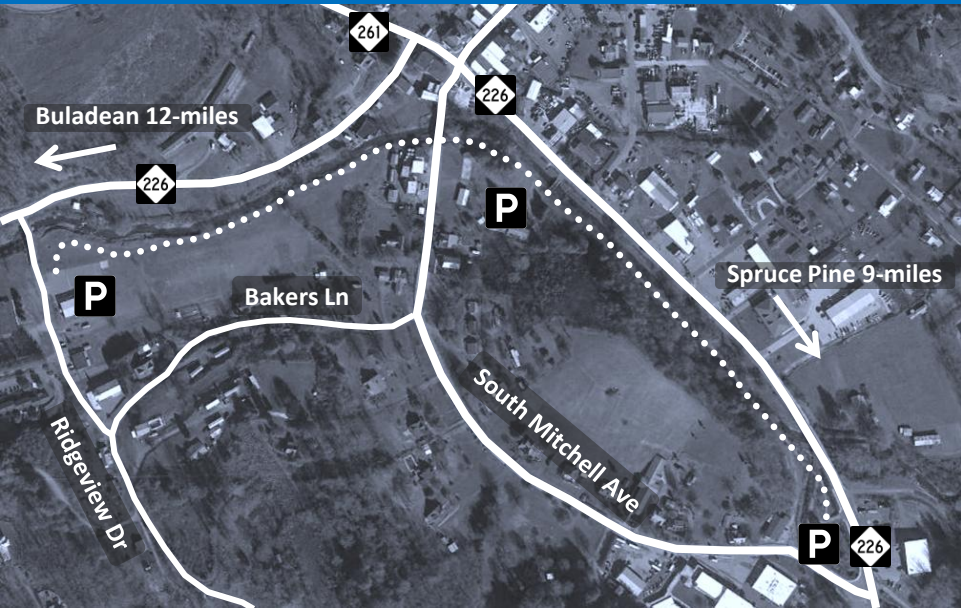
- A** Spruce Pine River Walk 0.7-Mile Loop
- B** Bakersville Creek Walk 1.25-Mile Out-and-Back
- C** Mitchell High School Track 0.25-Mile Loop
- D** Mitchell Senior Center 0.2-Mile Loop
- E** Buladean Community Center 0.3-Mile Loop



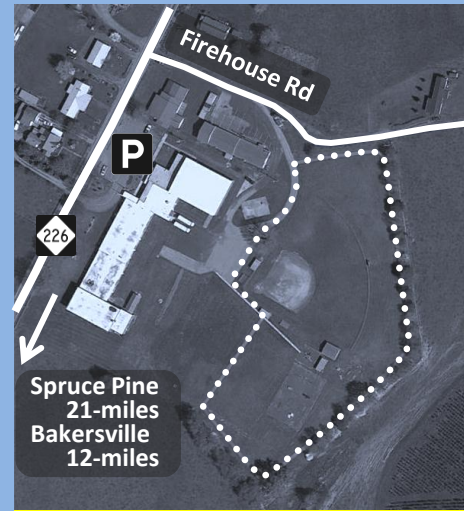
**A** Spruce Pine River Walk 0.7-Mile Loop / Bridge 0.1-Miile



**B** Bakersville Creek Walk 1.25-Mile Out-and-Back



**C** Mitchell High School Track 0.25-Mile Loop



**E** Buladean Community Center 0.3-Mile Loop



**D** Mitchell Senior Center 0.2-Mile Loop