

Yancey County Walking Paths

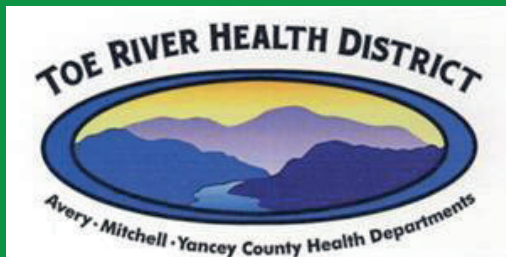
Just 150 minutes of moderate activity per week has a huge impact on your health! Walking is one of the easiest ways to add activity to your day.

How do you know you are getting the benefits of walking? Notice how you are feeling:

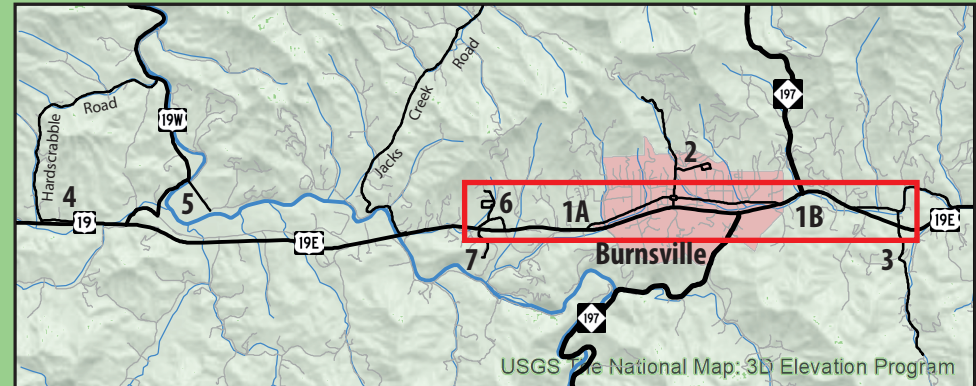
- light effort, can talk easily and starting to feel a little tired OR
- increased effort, slightly breathless and moderately tired

Safety Tips: Wear comfortable, supportive shoes, drink lots of water, be seen by drivers, walk with a friend, protect yourself from sun, wind, cold, and rain.

This brochure is the result of a collaboration between NC High Peaks Trail Association, Mitchell/Yancey Diabetes Coalition, Toe River Health District, and Partners Aligned Toward Health.



Yancey County Walking Paths



- 1 - Mountain Heritage High School to East Yancey Middle School Sidewalk Path
 - A - 2.25-miles from the Town Square to Mountain Heritage High School
 - B - 2.5-miles from the Town Square to East Yancey Middle School
- 2 - Burnsville Town Square to School Circle Sidewalk Path
 - 1.25-miles from Town Square to School Circle and Back
- 3 - Burnsville Elementary School and East Yancey Middle School Loop
 - 1.25-mile Loop
- 4 - Walking Road Walking Path
 - 1-mile Out & Back
- 5 - Cane River Park Walking Loop
 - 0.75-mile Loop
- 6 - Yancey Medical Campus Walking Loop
 - 0.3-mile Loop
- 7 - Mountain Heritage High School Cougar Trail and 1/4-Mile Track
 - 1.5-mile Cougar Trail
 - 0.25-mile track around football field

