



## CITY PARKS/PLAYGROUNDS

### EDEN- 623-2110 Ext. 3

Bridge Street Park 319 Bridge St.

Dehart Park 512 Gresham St.

Mill Avenue Ball Park 1719 Mill Ave.

Freedom Park 121 N Edgewood Dr.

Garden of Eden Center 508 Orchard Dr.

Peter Hill Park Peter Hill Rd.

### MADISON- 548-2789

Idol Park Westview Dr.

Nat Wall Park Gene Hairston St

### MAYODAN- 427-0241

Elliott Duncan Memorial Park 505 W. Main St

Farris Memorial Park 2919 Park Rd.

### REIDSVILLE- 349-1090

Barnes Street Park 1102 Barnes St.

Cambridge Park 1401 Windsor Ct

Courtland Park 1101 & 1200 Courtland Ave.

Glendale Park 328 Roanoke St.

HK Griggs Park 400 Marcellus Place

Jaycee Ball Park 125 Jaycee Park Rd.

Jaycee Park 2010 S. Scales St

Lake Hunt 551 Iron Works Rd.

Lake Reidsville 630 Water Works Rd.

Lowes Field 910 Sprinkle St.

Oaks Park/Oaks Field 640 NW Market St.

Reidsville Senior Center 201 N. Washington Ave

Woodland Park 2212 Woodland Dr.

### WENTWORTH

Rockingham County Veterans Park NC Hwy 65

### STONEVILLE- 548-5790

Stoneville Memorial Park 100 Priddy Dr.

# Physical Activity

## Resource Guide

# 2014

for

## Rockingham County

## Citizens and Visitors



### Mission

To improve the health of our community by encouraging Rockingham County citizens to improve nutrition and become more physically active.

## KEY to RESOURCE GUIDE



SWIMMING



PARKS



HIKING



WALK/RUN TRAIL



TENNIS



KAYAK/CANOE



GOLF



STATE PARKS

Produced by:

Rockingham County Local Physical Activity and Nutrition Workgroup

A partnership of:



## WALKING, JOGGING, HIKING TRAILS AND TRACKS



**Bridge Street Recreation** 319 N Bridge St., Eden 623-5559 (2 tracks: 1/6 mile, 1/4 mile)

**Chinqua Penn Hiking Trail** 2138 Wentworth St, Reidsville 349-8347 (1.7 mile)

**Draper Recreation Center** 1720 Mill Ave., Eden 635-1910/635-2268 (1/4 mile)

**Farris Memorial Park** 2919 Park Rd., Mayodan 427-2700 (1.0 mile)

**HK Griggs Park** 400 Marcellus Place, Reidsville 349-1090 (1/4 mile)

**Morgan Road Community Park** Orchard Dr. Eden, 623-1226 (4 tracks, 1/4 mi.-1/2 mi.)

**Rockingham Community College** Hwy 65, Wentworth 342-4261 (1/4 mile)

**Rockingham Country Veterans Park** NC Hwy 65 Wentworth (1/2 mile)

**Stoneville Memorial Park** 100 Priddy Dr., Stoneville 548-9393 (1/4 mile)

**Smith River Greenway** (Island Ford Landing) Meadow Rd. Eden (1.7 mile)

**YMCA** 504 S Main St., Reidsville, 342-3307

**YMCA** 301 S. Kennedy Ave, Eden 323-8496 (1/2 mile)

**Most schools in Rockingham County now have a walking trail. Please check your local area school for more details.**



## GOLF COURSES

**Dan Valley Golf Club** 6564 Hwy 135, Stoneville, 548-6808

**Deep Springs County Club** 160 Country Club Dr. Stoneville, 427-4654

**Greensboro National Golf Club** 330 Niblick Dr., Summerfield, 342-1113

**Lynrock Golf Club** 636 Valley Dr., Eden, 623-6110

**Oak Hills Golf and Event Center** 436 E Stadium Dr., Eden, 623-6381

**Monroeton Golf Club** 213 Monroeton Golf Course Rd., Reidsville, 342-1043

**Penrose Park County Club** 1622 Country Club Rd., Reidsville, 349-5245

**Plantation Golf Club** 190 Clubhouse Dr., Reidsville, 342-6191

**Ponderosa Golf Club** 108 Ponderosa Rd., Stoneville, 573-9025

**Wolf Creek Golf Club** 722 Wolf Island Rd., Reidsville, 349-7660



## SENIOR ACTIVITIES

**Aging, Disability, and Transit Services: Center for Active Retirement**, Cherokee Camp Rd, Wentworth 349-2343

**Garden of Eden Senior Center** 508 Orchard Dr. Eden 627-4711

**Madison-Mayodan Senior Center** 300 S. Second Ave., Mayodan 548-9572

**Reidsville Senior Center** 201 N. Washington Ave. Reidsville 349-1088

**YMCA** Eden, 623-8496/ Reidsville, 342-3307



## SWIMMING

**Deep Springs County Club** 160 Country Club Dr., Stoneville, 548-6386

**Elks Lodge 1723** 120 Cypress Dr., Reidsville 349-6529

**Forest Grove Swim Club** 714 Wilkins St., Mayodan, 427-3212

**Lynrock Swim Club** 636 Valley Dr., Eden, 623-1244

**Oak Hills Golf & Event Center Pool** 436 E Stadium Dr., Eden 627-1802

**Mill Avenue Swimming Pool** 1722 Mill Ave., Eden, 635-2219

**Pennrose Park Country Club** 1622 Country Club Rd., Reidsville, 349-5245

**Reidsville Swim Club** 121 Cypress Dr., Reidsville, 342-1920

**YMCA** 301 Kennedy Ave., Eden, 623-8496

**YMCA** 504 S Main St., Reidsville, 342-3307

## STATE PARKS IN ROCKINGHAM COUNTY

**Haw River State Park**  
339 Conference Center Dr. Brown Summit  
342-6163

**Mayo River State Park**  
500 Old Mayo Park Rd, Mayodan  
427-2530



## \*\* Departments of Recreation \*\*

*Recreation Departments provide a wide variety of physical activities. For a complete description, call the Recreation Department in the area listed below.*

**Eden Parks and Recreation Department**  
623-2110 Ext. 3

**Reidsville Parks and Recreation Department**  
349-1090

**Madison-Mayodan Recreation Department**  
548-2789



## KAYAKING ~ CANOEING

**Dan River Adventures** 724 Webster Rd., Stoneville, 427-8530

**Lake Reidsville Park** 630 Water Works Rd., Reidsville 349-4738

Dan River Access Sites

- ◆ Eden Boat Landing Access, Eden
- ◆ Hamilton Street Access, Eden
- ◆ Settles Bridge Rd. Access, Eden
- ◆ Lindsey Bridge Rd., Access, Madison

Mayo River Access Sites

- ◆ Mayo Beach Upper Access, Stoneville
- ◆ Mayo Beach Lower Access, Stoneville
- ◆ 220 Bridge Access, Stoneville

**River Guides and Information call:**

*Partnership for Economic & Tourism Development*  
342-8138

*Dan River Basin Association* 413 Church St., Eden Suite 101, 627-6270

**Outfitters**

**Dan River Adventures** 724 Webster Rd., Stoneville 427-8530

**Three Rivers/Troublesome Creek Outfitters**  
413-B Church St., Eden 627-6215



## CLUBS/SPORTS PROGRAMS



**Boys and Girls Club of Eden** 1026 Harris St., Eden, 627-7960

**YMCA** 301 S Kennedy Ave, Eden, 623-8496

**YMCA** 504 S Main St., Reidsville, 342-3307

**YMCA** 600 S 5<sup>th</sup> Ave., Madison, 427-9622



## TENNIS COURTS

**Bridge Street Recreation** 319 Bridge St., Eden, 623-5559

**Carlyle Lewis Tennis Courts** M-M Recreation, 2<sup>nd</sup> Ave. Mayodan, 548-2789

**Jaycee Park** 125 Jaycee Park Rd., Reidsville

**Deep Springs County Club** 160 Country Club Rd., Stoneville, 548-6808

**Farris Memorial Park** 2878 Park Rd., Mayodan, 548-9572

**Pennrose Park Country Club** 1622 Country Club Rd., Reidsville, 349-5245

**Rockingham Community College** NC Hwy 65, Wentworth 342-4261

**YMCA** 301 S Kennedy Ave., Eden, 623-8496

**YMCA** 600 S. Fifth Ave., Mayodan, 427-9622

*For additions or corrections to this guide, please contact the Rockingham County Healthy Carolinians Coordinator at (336) 342-8258*

## ROCKINGHAM COUNTY



HEALTHY CAROLINIANS