



Cool Greenway on a July Morning

Morganton, NC

July 28, 2018, 8:30 AM

On July 28, the Asheville Amblers will walk in Morganton, NC at 9:00 a.m. There are 6k and 10k options.

The walk is rated 1A (very small hills, very little stair climbing, almost entirely on pavement). There are views of the Catawba River and a large park. For those who have done this walk before, our trail master has added a fresh wrinkle or two.

You may do this walk wearing tennis shoes and won't need poles. Please do bring a water bottle and a protein snack.

We will meet at the greenway trailhead next to [Judge's](#) (home of the finest BBQ in western NC) at 8:30 a.m. Judge's won't be open at that time, so we will have to stamp books at the end of the walk.

Many of us will eat at Judge's after the walk; you are invited! End July with Fun, Fitness, and Friendship. See you there!

Walk Leader – Robert Cooper revrcooper@aol.com

Directions – 128 Greenlee Ford Road, Morganton, NC 28655

From I-40, take exit 100; turn left at the stop sign. When you get to the traffic light where the Taco Bell/KFC is, turn right. Turn left just after 1st Citizen's Bank onto Greenlee Ford Rd. The trailhead (and Judge's) is at the end of the road. OR follow the directions in the Mountains to Sea book.

