



Asheville Amblers
PO Box 18957
Asheville, NC 28814

ASHEVILLE AMBLERS AVA-046

Invite you to

CATAWBA WALKS

SE20/6368
LAKE JAMES/CATAWBA
RIVER

SE20/6369
LAKE JAMES/CATAWBA
FALLS

April 18-19, 2020



First Class Mail
Address Correction requested

Date: Sat-Sun, April 18-19

Registration Point: Both walks – Shelter, Catawba River Area, Lake James SP. Driving directions to Catawba Falls walk start point provided at registration

Registration Check-In Times: Sat 9 AM finish by 5 PM, Sun 9 AM finish by 3 PM

Walk Times: Dawn to Dusk after registration

Trail: Catawba River 5/10KM rated 2B. **New walk!!** Shaded wooded trails to and along the clear waters of Lake James/Catawba River. Great views. Spring wild flowers and budding trees in abundance. Return of migratory birds. No special programs but Burke County for Tarheel 100 program. Optional guided walk available 9:30 AM, Sat April 18. Otherwise walk available both days.

Catawba Falls 6/10KM rated 2C. Walk on a wooded trail along the headwaters of the Catawba River with sparkling cascades to spectacular Lower Falls (50' drop) and Upper Falls (100' drop). See remnants of old dam and ruins of buildings along the river. View an old country church. Spring wild flowers and budding trees in abundance. Return of migratory birds. No special programs but McDowell County for Tarheel 100 program. Optional guided walk available 10 AM, Sun at walk start point. Otherwise walk available both days.

Trail Notes: Restrooms available at both walk start points. Pets OK both walks.

Catawba River – No wheel chairs. Hard for strollers. Sturdy walking shoes, water and snack recommended. Poles handy but not necessary. More information: lake.james@ncpark.gov.

Catawba Falls – No wheel chairs or strollers. One stream crossing may necessitate water proof footwear. Poles, water and snack recommended. More information: [romanticasheville.com/Catawba falls](http://romanticasheville.com/Catawba%20falls)

Fees and Awards: Walk is free and open to the public. IVV credit \$3. IVV credit for children 15 and under is free. **DONATIONS WELCOME.**

Specialties: IVV books, club memorabilia, “B” awards and club shirts available.

Procedure: All participants must complete a Start Card at Registration Point. Card is carried on walk and returned when done. This applies even if you are a free walker. An adult must accompany all children under 16. All Start Cards remain the property of the Asheville Amblers.

Stipulations: Event proceeds rain or shine. NO REFUNDS.

Disclaimer: The sponsors are not responsible for accidents, theft, and/or material damage. Every effort has been made to make this a safe, enjoyable and memorable event.

Where to stay: Accommodations available at Marion, NC. Tent camping at Lake James: reservations 877-722-6762.

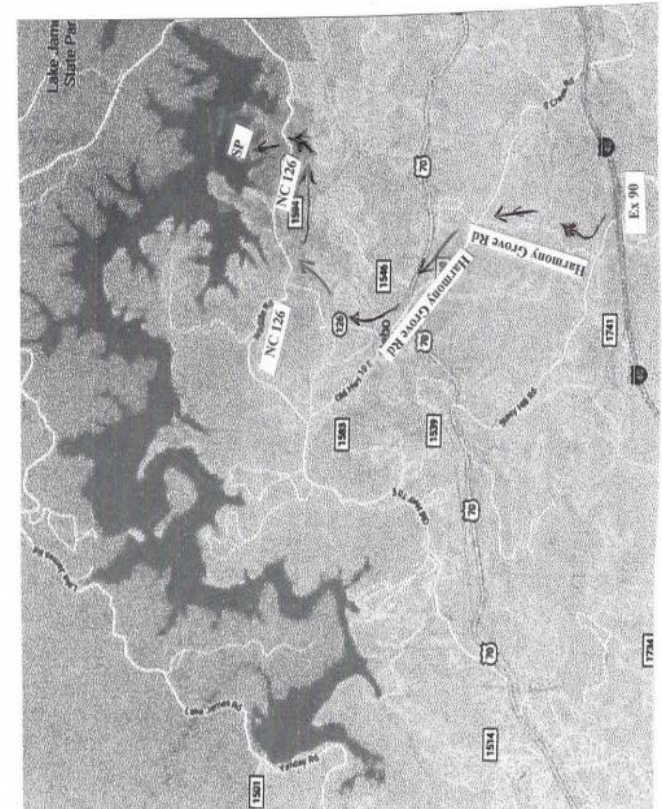
What is a Volkswalk: A non-competitive walk, typically 10KM (6.2 miles) long through an historic or scenic area. It is designed to promote fun, fitness and fellowship. American GIs brought it from Germany in the 1960s.

Directions: [2785 NC Hwy 126, Nebo, NC 28761](#). From I-40, take Exit 90 and turn north ½ mile to Harmony Grove Road. Right on Road and follow for 2 miles to stop light. Go straight across, passing Nebo Elementary, to stop sign. Right on NC 126 and follow signs 2.3 miles to park entrance on left. Left and follow park road to end.



For More Information
Contact: Judy Michele
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Amblers**

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