

- McDowell Moves 2021 is a walking event on Saturday, October 20, 2021 at a trail, greenway, or neighborhood street near you.
- The event is hosted by the McDowell Trails Association, Corpening YMCA and AARP of Western North Carolina, in association with the McDowell Senior Center, West Marion Community Center, East Marion Community Center and the Downtown Business Association to promote an active lifestyle and the many trails and outdoor amenities in McDowell County.
- Hike a trail, walk downtown or just down the block, anywhere in McDowell County is fair game from 10 a.m. to 4:30 p.m. It's not a race, but it is FREE, FUN, and EASY. This special event is meant to celebrate and encourage our community coming together and being active after more than a year of being apart. Organizers encourage people to bring the whole neighborhood, your family, or just yourself for this community-building activity. There will be guided trail hikes in Old Fort and Lake James, or you can go your own way downtown, or in your own neighborhood, with the maps provided online at [mcdowelltrails.org](http://mcdowelltrails.org). Your hike/walk, your way.

Click the link below to register

<https://form.jotform.com/212065965754160>