

**McDowell Moves 2023 Scheduled Walks and Hikes
Saturday, October 21, 2023**

**FAITH, FITNESS & HEALTH
Corpening Memorial YMCA
348 Grace Corpening Dr, Marion, NC 28752**

10:00 AM – Musical Performance by Heart Cry

10:20 AM - Welcome and Overview

10:30 AM– Walk–Corpening Memorial YMCA-McDowell County Senior Center, Marion – 1 and 3 mile options; An easy walk on the paved greenways around the Corpening Memorial YMCA and the McDowell Senior Center. [Google map](#)

Additional Walks in the County

9 AM - The History of Lake James on Lake Channel Overlook, Lake James State Park – 1.5 miles
Discover the history of Lake James and learn of its construction while on a guided hike with a park ranger on the Lake Channel Overlook Trail. The trail is considered moderate and is 1.5 miles in length. [Google map](#)

9:00 AM – Bernard Mountain Trail – 5 miles out and back

Come hike one of the newest trails in the Old Fort area developed by the G5 Collective and U.S. Forest Service. The trail ascends from the Point Lookout Trail to Bernard Mountain. Our hike will climb up to the ridge and return on the same route. Expect a single-track natural surface trail with some steep sections. *This hike is for those with some hiking experience.* Questions? Contact [Steve Pierce](#) [Google Map](#)

10 AM - Copper Ridge Trail Fonta – 6 miles

The Friends of the Fonta Flora State Trail and the Latinos Aventureros will hike on the Copper Ridge section of the Fonta Flora State Trail. The trail is natural surface and is rated moderate with some steep climbs and descents. Meet at the Copper Ridge Trailhead on Old US 70 west of Old Fort. [Google map.](#)

10 AM – Marion East Recreational Complex: East Marion Walk—2 to 3 miles

Join the Marion East Forum for a walk in East Marion on the Peavine Trail. [Google map.](#)

11 AM – Culturas en Comunidad; Cultures within Community Walk @ Universal Greenway/Trail at McDowell Technical Community College - 2-3 miles

Education is important. Health is crucial. Nature is a blessing. Help Centro Unido Latino Americano (CULA) promote culture and education by joining them on a walk at the greenway and trail at the Universal Advanced Manufacturing Center at McDowell Tech. Meet in front of the Harold Smith Building on the McDowell Tech campus. [Google Map.](#)

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1 PM - Gateway Trails – People on the Move and the Old Fort Forum – 2 to 3 miles

Walk on McDowell County's newest trails, the Old Fort Gateway Trails. Meet at the Gateway Trailhead off Curtis Creek Road. The hike is on natural surface trails used by hikers and cyclists. The hike leader will select a loop with moderate climbs and descents. [Google map](#).

1 PM - Nature Hike on Fox Den Loop, Lake James State Park – 2.25 miles

Follow a park ranger on a nature hike along the Fox Den Loop and discover what animals, plants, and fungi call McDowell County home. The hike is considered moderate with some hills. Meet at the Catawba River Area Office Breezeway. Google map. Here is the Lake James Trail [Google Map](#).

1 PM - Marion Downtown Walk - 2.8 miles (with 1 mile option)

The Downtown walk starts at the Marion Community Building. This walk is led by the Downtown Business Association. [Google map](#).

Self-Guided/On Your Own:

Joseph McDowell Historical Catawba Greenway, Marion – 1 to 4 miles Walk along the beautiful Catawba River on this paved greenway. The greenway is approximately 1.8 miles one way with the Round Hill Loop. Walkers may elect to shorten the walk by turning back to the parking area at any point. Parking at the [McDowell House on US Hwy 70 W](#) or at [Sam Philips Drive of US Hwy 70 W](#).

Point Lookout Section of the Fonta Flora State Trail, Old Fort – 5 miles out and back

Trailhead parking is located on Old Highway 70 approximately 3 miles west of Old Fort. The moderate hike on a paved trail has a steady climb to the Point Lookout vista. Return the same route. [Google Map](#)