NC STATE PARKS BEGIN RE-OPENING!

Trails have started opening at State parks across NC! Parks will continue to expand openings following an established 3-phase plan. We’re currently in phase 1 of the State Park re-open plan, and phase 2 is scheduled to begin May 22nd. Parks statuses are likely to change, so be sure to check before visiting!

LOCAL PARKS PHASE-1 STATUS (AS OF 5/14/20)

**Eno River**
- Fews Ford and Cole Mill access points are OPEN normal hours
- Cabelands and Pleasant Green access points are CLOSED

**Falls Lake**
- Rolling View Area: boat ramp and hiking access only
- Shinleaf: Hiking Access only
- All other Falls Lake areas are CLOSED during phase 1

**Jordan Lake**
- Robeson Creek canoe access and boat ramp is open for public use.
- All other Jordan Lake accesses and boat ramps are CLOSED
- THERE ARE NO TRAILS OPEN AT THIS TIME

**William B. Umstead**
- All trail and access areas are open, visitor Center will remain CLOSED

**Occoneechee Mountain**
- Open during normal hours. but the Overlook is CLOSED at this time

FOR MORE INFORMATION VISIT: WWW.NCPARKS.GOV/OPEN

WELCOME!

THANKS FOR DROPPING IN! DUKE RECREATION AND PHYSICAL EDUCATION IS COMMITTED TO PROVIDING EXCEPTIONAL OPPORTUNITIES TO LEAD HEALTHY AND ACTIVE LIFESTYLES. DURING THESE TIMES, WE ALL NEED TO BE A LITTLE MORE CREATIVE WITH HOW WE DO THAT.

TAG @DUKEREC ON INSTAGRAM, TWITTER OR FACEBOOK TO SHOW US HOW YOU’RE BEING CREATIVE, ACTIVE AND HEALTHY AT HOME!

PATAGONIA STORIES

PATAGONIA HAS A CURATED SELECTION OF VIDEOS AND ARTICLES HIGHLIGHTING STORIES TO GET YOU OUT THERE.

A FEW OF OUR FAVORITES:
- BECOMING RUBY
- SELF ISOLATION, LEARNED FROM A LIFE AT SEA

FOR MORE INFORMATION VISIT: WWW.PATAGONIA.COM/STORIES/
**LOCAL HIGHLIGHT**

**THE DUKE FOREST**

"The Duke Forest consists of over 7,000 acres of forested land and open fields in Durham, Orange, and Alamance counties. It has been managed for teaching and research purposes since 1931."

Trails within the Duke Forest and the Al Buehler Cross Country Trail are open for visitors. Be sure to understand and follow all Forest rules and regulations when visiting. Parking is often only available in road right-of-ways and very limited. Parking in front of access gates is prohibited.

Some of our favorite trails (click for Google directions)

NC-751: Couch Mountain, Shepard Nature Trail
Whitefield Rd: Duke Forest Gate 26
Mt. Sinai Rd: New Hope Creek Trail North

**FIELD NOTES**

**GETTING OUTSIDE RESPONSIBLY**

As State Parks and other outdoor recreational areas slowly re-open, we hope these amenities can remain open, but they must be used in a safe and responsible manner. Please follow all public health recommendations when deciding to venture out and be sure to adhere to all local and state restrictions.

When going to the park please remember:

- Share the trail - warn other trail users of your presence, step to the side or wait at the end of a bridge
- Avoid Crowds - find another area to visit if the park is crowded
- Pack out all trash - parks are operating with limited staffing and trash and recycling bins will not be emptied as often, or at all

Review the Leave No Trace recommendations for getting outside during COVID-19

**THANK YOU 2020 GRADUATES!**

We want to take this time to thank you for your time, energy and dedication to being a valuable member of the Duke Recreation & Physical Education team. We have sincerely enjoyed providing you a place to work, play, learn and connect. We wish you all the best as you embark on your next adventures! Congratulations!

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**THANK YOU CLASS OF 2020 STUDENT EMPLOYEES!**