

# PATHS TO ACTIVITY IN SOUTHERN VILLAGE

CULBRETH MIDDLE SCHOOL



## PARKS IN SOUTHERN VILLAGE

- Barksdale
- Wilson Creek
- Old Cemetery
- Meeting Street
- Arlen Park
- Market Park
- Calderon
- Highgrove
- Central Park
- Edgewater
- Merritt Park
- The Green at Market Street
- Perspective Park

### PERIMETER WALK

6,000 Steps\*  
3.1 miles (5k)  
50 minutes to walk at a brisk pace  
Strenuous

Enjoy great views of Southern Village as you walk through every neighborhood along the community's perimeter. This path includes two very steep hills. Start and end on the Green at Market Street.

### GREENWAY TRAIL WALK

One way - 2250 steps\*  
1.3 miles one way  
25 minutes to walk at a brisk pace  
Roundtrip - 4500 steps\*  
2.6 miles roundtrip  
50 minutes to walk at a brisk pace  
Easy to moderate

The greenway travels between woods and homes and crosses several major streets. Wide enough for bikers, strollers and pedestrians, it is a good way to travel throughout Southern Village without a car. Most of the neighborhoods in Southern Village are accessible from the trail. Starting just past Scroggs Elementary School it winds its way to Culbreth Road. Once you reach Culbreth, you can connect to the rest of Chapel Hill. In the future it will link to the Morgan Creek Trail.

### ALPINE WALK

6100 steps\*  
3.1 miles (5k)  
50 minutes to walk at a brisk pace  
Strenuous

With a path that travels over continuous sidewalks and numerous hills, this challenging walk will raise your heart rate. The trail begins at the Green at Market Street. Warm up on the inclines of Arlen Park, then ascend "Mt. Highgrove." Finish up on Market Street.

### WOODED WALK

3000 steps\*  
1.6 miles  
25 minutes to walk at a brisk pace  
Moderate (depending on trail conditions)

This heavily wooded footpath forms a loop through the future home of the Southern Community Park. Roots and some uneven footing add to the adventure. Enter the trail from the south end of the park-and-ride lot. The path crosses Dogwood Acres Drive before looping back to the starting point.

### DATE WALK

2700 steps\*  
1.3 miles  
30 minutes to walk at a slow pace  
Easy

After dinner or a movie, try this simple walk that begins on Market Street and winds around the homes and trails of Southern Village. Follow Market Street to Arlen Park.

### FAMILY WALK

2400 steps\*  
1 mile  
20 minutes to walk at a brisk pace  
Easy

This simple rolling walk is great for a leisurely stroll that passes playgrounds, paths, the forest and many nice gardens. The Family Walk starts at the Green at Market Street. Pass the Lumina Theatre and the pond on your way to the greenway. Climb a slight hill on Brookgreen and turn left to loop around Copperline until you return to the Green on Market Street.

\* Number of steps are approximate. The U.S. Surgeon General recommends 10,000 steps or 30 minutes of moderately intense activity at least 5 days per week.