



The Dan River Basin Association (DRBA) was founded in 2002 with the mission to protect and promote the natural and cultural resources of the Dan River Basin through education, recreation and stewardship. The Dan River Basin covers 3,300 square miles and reaches 16 counties in Virginia and North Carolina. DRBA protects the quality of our region's drinking water, provides educational opportunities for thousands of students, and builds trails and river accesses so people can get outdoors and get healthy.

Become a member!



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In partnership with



www.gohealthywestpiedmont.org

Get Started!

*on the path to a better life
in Franklin County, VA*



Getting started can be difficult when mobility is limited. But just walking twenty minutes a day can improve your health. Over time, you can increase the length and intensity of your walks and before long you can be taking a long walk, exploring all the beautiful natural resources in Franklin County, Virginia.

You'll find four short, loop urban trails located in Franklin County that are easy to walk inside this brochure. Each one is 1-mile, and if you walk at a moderate pace, it should take about 20 minutes to complete.

Today is the day! Walking is a low impact exercise that can help manage weight, lower blood pressure, improve your mood, lower cholesterol and has many other health benefits. It's a simple form of exercise that is accessible to everyone and it's free!

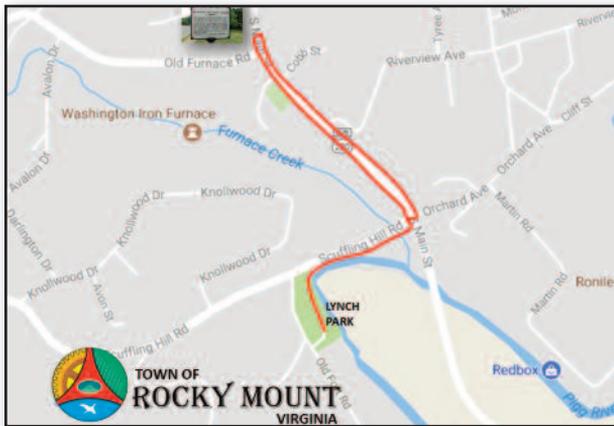
Get started on a path to a better life and you won't believe how much better you feel!

You can do it!

Rocky Mount

Trailhead GPS: 36.983320, -79.889369

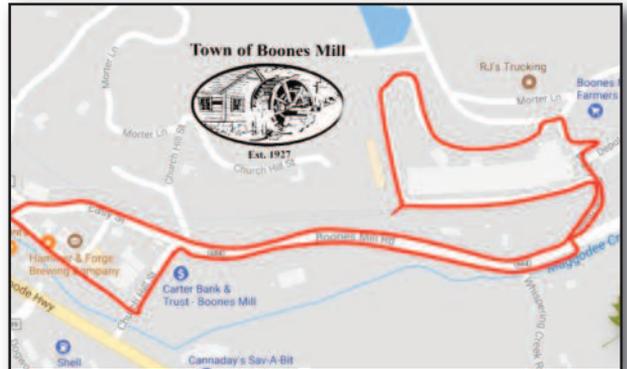
Park at Dr. Vernon Lynch Riverside Park on Old Fort Rd. and walk northeast along the foot bridge to the Veteran's Memorial Park. After passing the park on your right, cross over S. Main St. and continue along S. Main St, heading toward the town of Rocky Mount. Walk until you reach the marker for the Washington Iron Works plantation on the left. Cross over S. Main St. to view the historic marker, then head down the S. Main St. sidewalk back to Lynch Park.



Boones Mill

Trailhead GPS: 37.115966, -79.947546

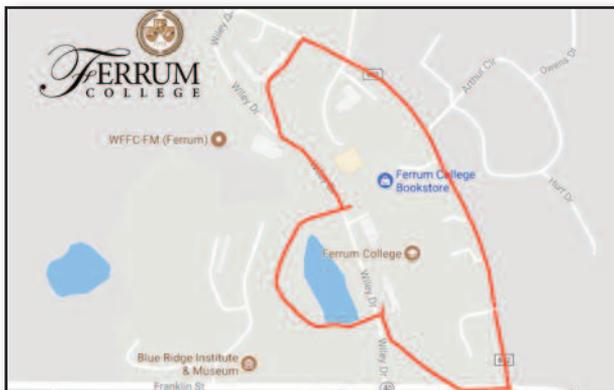
Park at the Historic Boones Mill Depot at 4 Depot Drive in Boones Mill, VA and walk west along Maggodee Creek and Boones Mill Road to the historic downtown, noting the view of Cahas Mountain. Turn north on Main Street and continue along the creek and Easy Street. Native and specimen trees along this route include ash, beech, cedar, dogwood, magnolia, poplar, and sycamore. Spot them all!



Ferrum

Trailhead GPS: 36.924482, -80.020256

Start out at 446 State Route 602, Ferrum, VA. Park at the Ferrum College Visitor Parking Lot. Begin by heading north following the sidewalk along Ferrum Mtn. Rd. Continue to Bassett Hall Residence. Take the concrete stairs down to the sidewalk on the left side and follow to Wiley Drive. Cross over to Adams Lake and continue around the shoreline. Continue on Wiley Dr. and follow the sidewalk beside the chapel back to Ferrum Mtn. Rd.



Westlake

Trailhead GPS: 37.118882, -79.722415

Begin at Sunken City Brewery at 40 Brewery Drive. Follow Brewery St. to Apron St. Follow the sidewalks behind Towne Center and continue past the water tower to Westlake Rd. Turn right and follow the sidewalks to the traffic circle. At the traffic circle, choose a side street to follow to the end and back to the circle. Then follow Westlake Rd. north to Apron Rd. Take a left on Apron Rd. and continue back to the Brewery. After, enjoy a stroll around the Towne Center.

