



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!



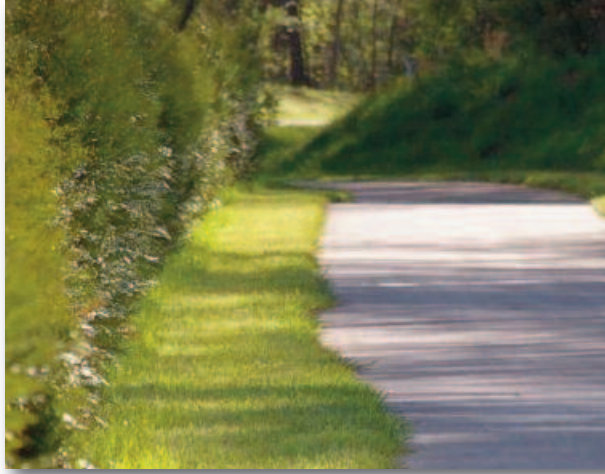
Visit danriver.org



www.gohealthywestpiedmont.org

Get Started!

on the path to a better life



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.

Getting started walking 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 the region.

On the back of this card are four short, loop urban trails that are paved and easy to walk. 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! Get started on a path to a better life and you won't believe how much better you feel!

You can do it!

In Martinsville

Start at the Martinsville Visitor Center on Moss St. and continue on W. Main St. Turn right on Ellsworth St. and continue south. Turn right on E. Market St. and then right on Broad St. Turn left on to E. Church St. and continue west to Moss St. back to the Visitors Center. Along this route you will see the Historic Courthouse, Uptown Farmers Market, Chamber of Commerce, and unique shops.



In Franklin County

Begin at the Farmers Market on the corner of W. Church St. and E. College St. Cross Church St. and walk north on Franklin St. continuing to N. Main St. Go right on N. Main and continue straight at Maple St. Follow Maple St. back to E. Church St. and continue to E. Church St. back to the Farmers Market. Along the way, you will pass the Rocky Mount Library, Mary Elizabeth Park, shops and restaurants.



In Henry County

Begin at the Historic Bassett Train Depot and continue north on Fairystone Park Hwy. Turn left at the bridge and then left onto Riverside Dr. at the EMI building. Continue on Riverside Dr. and then turn left onto Bullocks Dr. Cross over the Smith River and continue on Bullocks Dr. back to the Depot. Along the route you will pass historic buildings, shops, the Bassett Historic Center, The Historic J.D. Bassett High School building and with many views of the beautiful Smith River.



In Patrick County

Begin at the Mayo River Trail Parking area on Commerce St., cross the road and continue west to Patrick Ave. Turn right and continue north on Patrick Ave. to the end of the block. Cross over to S. Main St., then turn right on N. Main St. and continue to the top of the hill. Turn right on E. Blue Ridge St. and then right onto Chestnut Ave. Turn left on Patrick Ave. and return to the parking area. Along the route you will find artisan shops, the Chamber of Commerce, coffee, and music.

