



**REAL**  
RECOVERY  
BY PYRAMID HEALTHCARE®

# OUTDOOR ACTIVITIES

**MAX PATCH** Sunset hike; hour drive with 200-yard walk to top

**WATER ROCK KNOB** Sunset hike; hour drive and 2-mile hike round trip

**UPPER FALLS/GRAVEYARD FIELDS** Hour drive off parkway past Mt. Pisgah; waterfall, not good for swimming

**MT. PISGSAH** Hour drive off parkway; 3-mile hike round trip

**SHINING ROCK** Hour and a half drive off parkway; 10-mile hike round trip

**CRAGGY GARDENS** Hour drive off parkway; 2-mile hike round trip

**JOHNS ROCK** Hour drive off Airport Road exit; 5-mile hike round trip

**LOOKOUT MOUNTAIN** 45 minute drive to Montreat College; 3-mile hike round trip

**RATTLESNAKE RANCH** 30 minute drive off Elk Mountain Rd.; 3-mile hike round trip

**LOOKING GLASS MOUNTAIN** Hour drive; 6 mile hike

**TRIPLE FALLS** Hour drive off Airport Road exit; very short hike with swimming

**WARREN WILSON SWIMMING HOLE** 20 minute drive; 1 mile hike with swimming

**SLIDING ROCK** Hour drive; no hike with swimming

TURTLEBACK FALLS Hour drive; 3-mile hike with swimming

PARADISE FALLS Hour and a half drive; 3-mile hike with swimming

LOOKING GLASS FALLS Hour drive; no hike with swimming

COURTHOUSE FALLS Hour and a half drive; short hike with swimming

VOLLEYBALL UNCA or Carrier Park

SOCCER Carrier Park

SOFTBALL/BASEBALL Carrier Park

DISC GOLF Richmond Hill Course

FLAG FOOTBALL Montford Park or Carrier Park

CORN HOLE Tournaments held at Real Recovery residences

BASKETBALL Montford Rec Center, Carrier Park, Azalea Park, Montford Park, or Kenilworth Park