

Active Adult Trip - Day on Falls Lake



Enjoy a relaxing paddle on Falls Lake at Forest Ridge Park.
Saturday, October 18, 2025

Discover the beauty of Falls Lake, created in 1978 by the US Army Corps of Engineers to prevent flooding and provide water to surrounding communities. Today, it's home to Forest Ridge Park, a 586-acre peninsula with scenic waterfront views, trails, and open spaces.

Choose a single or double kayak, or a stand-up paddleboard, and start with a lesson on basic paddling techniques from Outdoor Recreation staff. Then enjoy a peaceful guided paddle along the shoreline, stopping at a beach for a bring-your-own picnic lunch.

- Depart from Anne Gordon Active Adult Center at 10:15 a.m.
- Basic paddling techniques and guided paddle tour of Falls Lake.
- Sack lunch on your own.
- Return to Anne Gordon Center 3 p.m.

Cost: \$15

Register online at reclink.raleighnc.gov by searching 'trip' under "Activities," or in-person at any of the facilities listed below.

What's Included

- Department transportation
- Basic paddling techniques, guided paddle of Falls Lake
- Bag lunch on your own

Patron Expectations

This trip has a low to moderate volume of walking expected. You must be comfortable in water. There may be some steps, uneven paths with loose bricks, and gravel. Patron must be able to keep to the scheduled timeline of the trip. Please remember there is no one-on-one assistance provided by the escorts.

Cancellation Policy

Cancellations must be made in writing at least 14 days prior to trip departure date to receive a refund. Full or partial refunds are subject to non-refundable expenses incurred by the Department. If the Department cancels a trip, a full refund will be given. Submit withdrawal letter to Carmen Rayfield at carmen.rayfield@raleighnc.gov or in-person at any Active Adult Center.

Active Adult Program

Anne Gordon Center for Active Adults (919) 996-4720

Five Points Center for Active Adults (919) 996-4730

Walnut Terrace Center (919) 996-6160

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