

ACTIVE ADULT PROGRAM

Active Adult Trip - SOAR A Day Hike



**If you like nature and easy hikes this trip is for you.
Friday, May 30, 2025**

Join us as we team up with the Raleigh Parks Outdoor Recreation Program for a day of hiking. We begin with a scenic adventure as we explore Medoc Mountain State Park in Halifax County, NC. This unique park sits on a 325-foot remnant of an ancient mountain range that once towered over the land 350 million years ago. While it's not your typical mountain getaway, the park offers plenty of ways to enjoy the great outdoors.

After our lunch break, we'll continue to the De Hart Botanical Gardens near Louisburg, NC, once part of the historic Myrtle Timberlake Plantation. The land traces its colonial roots back to a grant from Charles II of England. This hike is along a stream, and a peaceful lake.

- Depart from Anne Gordon Active Adult Center at 8:45 a.m.
- Guided hikes with the Outdoor Program.
- Pack your own lunch for this trip.
- Return to Anne Gordon Center around 3:30 p.m.

Cost: \$21/Residents, \$36/Non-residents

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
- Guided hike of Medoc Mountain State Park and De Hart Botanical Gardens
- Pack your own lunch

Patron Expectations

This trip has a moderate to high volume of walking expected. There will may be unpaved trails with 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

raleighnc.gov/parks



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