

# Active Adult Trip - SOAR a Day Hike



## Take a Hike: Exploring Occoneechee Mountain Friday, April 17, 2026

Join the Active Adult Program staff as we partner with the Raleigh Parks Outdoor Recreation Program for a refreshing day of hiking at Occoneechee Mountain State Natural Area. Located just 15 miles northwest of downtown Durham, this scenic destination offers a peaceful escape into nature, with trails winding through forests of mountain laurel and rhododendron and a summit overlook provides a rewarding view of the surrounding landscape.

We will hike the 2.2-mile Occoneechee Mountain Loop Trail, rated easy. Please note that this is a natural dirt trail that may include loose gravel and exposed roots. Participants should be able to hike at least one mile without stopping. After our hike, we will relax and enjoy our packed lunches at the park.

- Depart from Anne Gordon Center at 8:30 a.m.
- Guided hikes with the Outdoor Program.
- Pack your own lunch for this trip.
- Return to Anne Gordon Center around 1 p.m.

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

Register online at [relink.raleighnc.gov](https://relink.raleighnc.gov) by searching 'AATRIP' under "Activities," or in-person at any of the facilities listed below.

## What's Included

- Department bus transportation
- Guided hike of Occoneechee Mountain
- Pack your own lunch for this trip

## Patron Expectations

This trip has a high volume of walking expected. There will be unpaved trails with some steps, uneven paths with loose bricks, gravel and tree roots. Patron must be able to hike 1 mile and 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 Livingston at [carmen.livingston@raleighnc.gov](mailto:carmen.livingston@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](https://raleighnc.gov/parks)



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