

Active Adult S.O.A.R. Trip - Day on Falls Lake



Enjoy a relaxing paddle on Falls Lake at Beaverdam Access.

Friday, September 25, 2026

Experience the natural beauty of Falls Lake, a scenic 12,000-acre reservoir created by the U.S. Army Corps of Engineers in 1978 to help prevent flooding and provide water to surrounding communities. The park is home to peaceful shorelines, easy hiking trails, accessible fishing areas, a swimming beach, and seasonal monarch butterflies that can often be spotted during the spring and fall.

Choose either a single or double kayak and begin your adventure with a brief lesson on basic paddling techniques led by Outdoor Recreation staff. Then, enjoy a relaxing guided paddle along the shoreline, taking in the tranquil views and natural surroundings. Midway through the trip, we'll stop at a lakeside beach where you can enjoy a bring-your-own picnic lunch before continuing your journey on the water.

- 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: \$20/Resident, \$35/Non-Resident

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

What's Included

- Department transportation
- Paddling equipment, basic paddling techniques, guided paddle on Falls Lake
- Sack lunch on your own

Patron Expectations

This trip has a low 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 Livingston at carmen.livingston@raleighnc.gov or in-person at any Active Adult Center.

Active Adult Program
Walnut Terrace Center (919) 996-6160
Anne Gordon Center for Active Adults (919) 996-4720
Five Points Center for Active Adults (919) 996-4730

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