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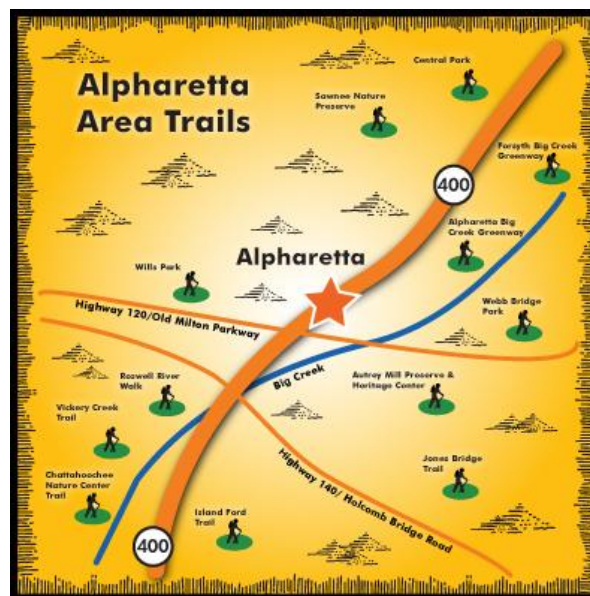
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Alpharetta Trails Provide Gateway to Getting Healthy

This season, the Alpharetta Convention and Visitors Bureau (CVB) is saying: “Don’t Miss a Beat in Alpharetta”. Did you know there are 13 hiking trails within a 20-mile radius of Alpharetta? And, Alpharetta’s 23 upscale and modern hotels, all offering affordable rates and many with special package options, mean it’s never been easier to get away for a weekend hiking excursion. Trails provide a FREE and family-friendly opportunity to get healthy, whether you prefer your fresh air with a side of cycling, running, walking or hiking. And, Alpharetta’s mild climate means beautiful weather is frequently upon us so it’s even easier to get active outdoors.

According to the latest joint American Heart Association/American College of Sports Medicine guidelines on physical activity, “All healthy adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days of the week.”

Plus, there are plenty of free family-friendly interactive and educational activities like the Alpharetta Arboretum at Wills Park, the Alpharetta Arboretum at Cogburn Road Park, the Alpharetta History Walk and the Walk of Memories. Special events around every corner mean there’s always something to do – so what are you waiting for? Get outdoors in Awesome Alpharetta!



Trails

The **Alpharetta Big Creek Greenway** is 6.1 miles one way and joins a 1.5-mile loop. This easy out-and-back trail can be accessed at the YMCA at Preston Ridge Road or on North Point Parkway or at Haynes Bridge Road in Alpharetta. The Alpharetta Big Creek Greenway's 12-foot wide paved path makes it ideal for biking, walking, running and inline skating along the creek. And, as an added bonus, you are sure to see all kind of birds and mammals, flora and fauna along the trail. There is also access to beginner and intermediate mountain bike trails and restrooms are available.

Have you been to the **Autrey Mill Nature Preserve and Heritage Center**? Here you will discover an easy 2-mile hiking loop. The nature trails at Autrey Mill are situated on 46+ acres and wander past a scenic creek with rocky shoals, bridges, spring seeps, mature trees, wildflowers, native plants, and a variety of animal life. Benches, pavilions and restrooms are available.

Take your adventure to two wheels at the **Central Park Mountain Bike Trail** where 3.5 miles of trails loop around the park and provide an easy to moderate ride. The trails are single use for mountain biking only. Looking for a challenge? Check out the Free Ride Park area at the park.

At the **Chattahoochee Nature Center Trail**, which is easily found at the Chattahoochee Nature Center, 2.5 miles of looping, easy trails provide access to scenic lake and river views. Highlights for this hike include the Discovery Center – great for kids, as well as natural history and animal exhibits along the trail. A daily entry fee or annual membership is required to use the trails.

The **Forsyth Big Creek Greenway** – under construction and opening August 2009 – will provide a 6.75-mile out-and-back trail of multi-use concrete and wooden boardwalk. The nature viewing here promises to be spectacular and the trails will be ideal for biking, rollerblading, and foot traffic.

The **Island Ford Trail** is a mostly shaded 3.1-mile loop of compacted soil with views of the Chattahoochee River. Restrooms and picnic tables are available.

The **Jones Bridge Trail** is an easy 5.2-mile loop along the Chattahoochee River. Three wooden bridge crossings along the trail are part of the 195-acre park that offers picnic tables, restrooms, canoe and kayak boat launches and a viewing deck.

Leita Thompson Memorial Park trail is a 2.3-mile loop for pedestrians only. This natural trails meanders through heavily wooded areas and is somewhat hilly with dramatic views of lakes and natural vegetation.

The **Roswell River Walk** offers a 3.1-mile out-and-back trail. Bike, skate or walk along this paved, flat trail with boardwalks that run along the Chattahoochee River.

The **Sawnee Mountain Preserve** has trails that range in length from .025 – 3.2 miles and can be combined for maximum distance. The Preserve includes a visitor center, rock climbing area, restrooms, picnic and viewing areas, as well as a canopy walk and tree house. Trails run the gamut from easy to strenuous; and, beware, no dogs are allowed here.

At **Vickery Creek Trail** explore the 6.5-mile looping interpretive hiking trail that winds past the Roswell Mill and along the banks of the creek. Mountain bikes prohibited and the hike is moderate in intensity. This trail is part of the Chattahoochee National Recreation Area.

A crushed limestone 1.7-mile looping trail, perfect for running and walking, and a shaded, more private trail that winds by a creek, make **Webb Bridge Park** a great place to spend an afternoon. Restrooms are available at this park.

A 1.8-mile looping trail with spurs is part of **Wills Park**, a 110- acre park. This trail is an eight-foot wide paved asphalt path for walking, winds through the Alpharetta Arboretum at Wills Park and passes the equestrian area. Restrooms are available.

Know of another trail with public access, a minimum of two miles and is scenic, includes a waterfall, or is historic? Let us know and we will add it to our list. E-mail Katie Reeder, Public Relations Manager for the Alpharetta CVB, at Katie@awesomealpharetta.com or call her at 678-297-2811.

Free Family-Friendly Outdoor Activities

Alpharetta Arboretums

Gather the family and explore the outdoor living museums at the Alpharetta Arboretum at Wills Park and the Alpharetta Arboretum at Cogburn Road Park. Visit the Downtown Alpharetta Welcome Center at 20 North Main Street for complimentary walking tour brochures of both and take time to learn about the 26 trees marked with plaques at Wills Park and the seven trees denoted at Cogburn Road Park.

Alpharetta History Walk

Step back in time with the Alpharetta History Walk. Pick up a complimentary self-guided walking tour brochure at the Downtown Alpharetta Welcome Center and discover the 17 markers located throughout downtown Alpharetta.

Walk of Memories

Don't miss the Walk of Memories located at American Legion Post 201 off of Wills Road in Alpharetta. The only memorial of its kind in Georgia, the Walk of Memories pays tribute to U.S. Armed Forces, community and friends through a brick walkway inscribed with the names of all Georgia residents killed in service including and following WWII. A separate section is reserved for those who served in the military and survived. A tank, helicopter and gun are on display.

Awesome Alpharetta Special Events

Taste of Alpharetta

Sample foods from Alpharetta's finest restaurants: enjoy kid's activities and rides. Visit arts and crafts show and businesses showcasing their product. Live entertainment will be scheduled on three stages. May 13, 2010, 5-10 p.m.; Wills Park and Old Milton Parkway

Mayor's Challenge

The race is a 5K/10K Peachtree Qualifier for the serious runner as well as a Fun Run/Walk for the whole family.

May 15, 2010, 5K & 10K Races 7:15 a.m., Fun Run/Walk 8:30 a.m.; Wills Park Swimming Pool

July 4th

Celebrate Independence Day with family and friends at Wills Park. Bring your blanket or yard chairs and picnic basket and relax under the stars. Activities include free children's game, concert by the Alpharetta City Band and other musicians. Watch a beautiful fireworks display at dusk.

July 4, 2009, 5 p.m.; Wills Park

Join the Grammy award-winning Atlanta Symphony Orchestra for an unforgettable evening celebrating the spirit of America. Spectacular fireworks will add to the musical drama.

July 4, 2009, 8 p.m.; Verizon Wireless Amphitheatre at Encore Park

Old Soldiers Day Parade and Race

Memorial services in front of City Hall. Parade begins immediately following the ceremony and will

include bands, floats, military groups, antique vehicles, civic organizations, and more. Race will begin on Old Milton Parkway near the City Pool at Wills Park.

Race: August 1, 2009, 7 a.m.; Wills Park

Parade: 10:15 a.m.; 2 South Main Street

Old Milton Country Fair

Relive the early days of Georgia at this interactive festival! Heritage demonstrations, old-time children's and carnival games, square dancing, arts and crafts, watermelon and pickle eating contests.

September 12 - September 13, 2009, 10 a.m. - 5 p.m.; Milton Center at Log Cabin at 125 Milton Avenue.

Ironkids Triathlon The IronKids National Event Series was started in 1985 and has seen more than 40,000 participants in its history. The series is a swim, bike, run competition for ages 6-15. Distances vary with age. There will also be fun activities for families. Saturday and Sunday, September 12 – 13, 2009; Wills Park.

FunFest and Classic Car Show

Much more than a car show, the FunFest has something for the entire family. The Kids' Zone includes a petting zoo, arts and crafts area, rides and games. Entertainment throughout the day and evening.

September 19, 2009, 11 a.m. – 6 p.m.; North Point Mall.

For more information about these and other events and activities, visit www.AwesomeAlpharetta.com.

Alpharetta Convention and Visitors Bureau

The Alpharetta Convention and Visitors Bureau serves as the destination marketing arm for the City, promoting tourism to Alpharetta, Georgia, and attracting visitors to all 23 of Alpharetta's upscale and modern hotels. Visit www.AwesomeAlpharetta.com for more information.

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