Let’s Get Moving!

Physical Activity/Active Living
Local Resources – Clemson, SC

Walking Trails, Outdoor Parks and Recreation Centers

Ashley Dearing Park
- 1020 Berkeley Drive, Clemson, SC
- Lighted baseball field, playground, picnic shelter, public restrooms

Clemson Elementary School
- 581 Berkeley Drive, Clemson, SC
- Paved walking path

Clemson Park
- 114 Clemson Park Road, Clemson, SC
- Lighted tennis courts, picnic shelter, climbing structure, public restrooms

Clemson University
- Bowman Field; Perimeter Road walking/jogging route; Y Beach
- Fike Recreation Center – outdoor: sand volleyball, tennis courts; indoor: fitness equipment, exercise classes, basketball courts, racquet ball courts, swimming pool, walking track, climbing wall
- Fike fee: Community member 6-month $150, 12-month $300

Dawson Park
- 864 Old Stone Church Road, Clemson, SC
- Lighted basketball court, baseball field, playground, picnic area

Gateway Park
- Old Greenville Hwy, Clemson, SC
- Walking path

Mountain View Park
- 340 Mountain View Lane, Clemson, SC
- One mile walking trail
- 9-hole disc golf course, picnic areas

W.C. Nettles Park
- 102 Nettles Park Road, Clemson, SC
- Lighted softball and baseball fields, lighted tennis courts, lighted soccer fields, playground, dog park, picnic shelter, public restrooms

Pedometers
- The average adult walks about 2,000 steps per day (about 1 mile).
- Walking is a convenient way to get exercise.
Set a goal to reach 10,000 steps per day. This will increase your cardiovascular health and help you achieve the recommended amount of daily exercise, just by walking!

Track your steps by wearing a pedometer. A pedometer is a small device usually worn on a belt and tracks every step you take.
Let’s Get Moving!

Physical Activity/Active Living
Local Resources – Central, SC

Walking Trails and Outdoor Parks

Central Elementary School
  - 608 Johnson Rd, Central, SC
  - Paved walking path (loop)

D.W. Daniel High School
  - 140 Blue and Gold Blvd Central, SC 29630
  - Paved walking track
  - Athletic fields

Grand Central Station Disc Golf Course
  - 270 Sanders Road, Central, SC
  - Longest public disc golf course in South Carolina

R.C. Edwards Middle School
  - 1157 Madden Bridge Road | Central, SC 29630
  - Paved walking track
  - Multi-purpose field

Recreation Centers

Central/Clemson Rec Center
  - 130 Commons Way, Central, SC
  - Indoor swimming pool, heated therapy pool, two basketball courts, aerobics room, workout facility
  - Fee: Resident- one person $318; $25 joining fee