Let’s Get Moving!

Physical Activity/Active Living
Local Resources – Greenville County

Walking Trails and Outdoor Parks

Butler Springs Park
- 301 Butler Springs Rd., Greenville, SC 29615
- Lighted athletic fields, walking trail, playground, picnic pavilion, tennis courts, restrooms

Cedar Falls
- 201 Cedar Falls Road, Fountain Inn, SC 29644
- Historic site, walking trail, playground, sand volleyball, shelter, restrooms, picnic area

Conestee Park
- 840 Mauldin Road, Greenville, SC 29607
- Baseball fields, walking trail, playground, shelter, tournament facility

David Jackson Park
- 25 Fowler Rd., Taylors, SC 29687
- Baseball fields, walking trail, playground, tournament facility, restrooms

East Riverside Park
- 1155 S. Suber Road, Greer, SC 29650
- Football and soccer fields, softball fields, playground, sand volleyball, picnic shelter, restrooms

Gary L. Pittman Memorial Park
- 420 Blacks Rd., Greenville, SC 29615
- Athletic fields, walking trail, playground, tournament facility

Gateway Park
- 115 Henderson Dr., Travelers Rest, SC 29690
- Football fields, baseball fields, tennis courts, mountain biking trails, playground
- Access to Swamp Rabbit Trail

Lakeside Park
- 1500 Piedmont Highway, Piedmont, SC 29673
- Athletic fields, walking trail, basketball courts, playground, sand volleyball, shelter, tournament facility, waterpark, 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.
Lincoln Park
- 169 Harnitha Lane, Taylors, SC 29687
- Baseball fields, basketball courts, walking trail, playground, shelter

Northside Park
- 101 West Darby Road, Greenville, SC 29609
- Football and soccer fields, basketball courts, sand volleyball, tennis courts, waterpark, shelter

Oak Grove Lake Park
- Oak Grove Lake Road., Greenville, SC 29615 (off Roper Mt. Rd., near Dove Tree)
- .8 mile walking trail
- Open from 30 minutes before sunrise to 30 minutes after sunset

Pavilion Recreation Complex
- 400 Scottswood Road, Taylors, SC 29687
- Athletic fields, tennis courts, playgrounds, dog park, ice rink, inline rink, shelter, tournament facility

Piedmont Athletic Complex
- 150 Woodmont School Road, Piedmont, SC 29673
- Athletic fields, walking trail, tournament facility

Piney Mountain Park
- 501 Worley Rd., Greenville, SC 29609
- Soccer fields, walking trail, basketball court, community center, playground, shelter, restrooms

Poinsett Park
- 5 Pine Forest Rd. Travelers Rest, SC 29690
- Walking trial, playground, shelter, restrooms

Riverbend Equestrian Park
- 175 Riverbend Road, Greenville, SC 29617
- Walking trail, horseback riding, mountain biking, shelter

Swamp Rabbit Trail
- Entry at several points in downtown Greenville, Furman University, Travelers Rest
- 18 mile multi-use trail system
- Restrooms along trail, bike rentals and “bike share” available downtown; trail reference points; secondary trails

Westside Park
- 2700 W. Blue Ridge Drive, Greenville, SC 29611
- Baseball fields, aquatic complex, playground, shelter, restrooms

Community Centers

Woodfield Community Center
- 48 Ridgeway Drive, Greenville, SC 29605
- Athletic fields, activity room, playground, basketball court
- Available free of charge for community use