

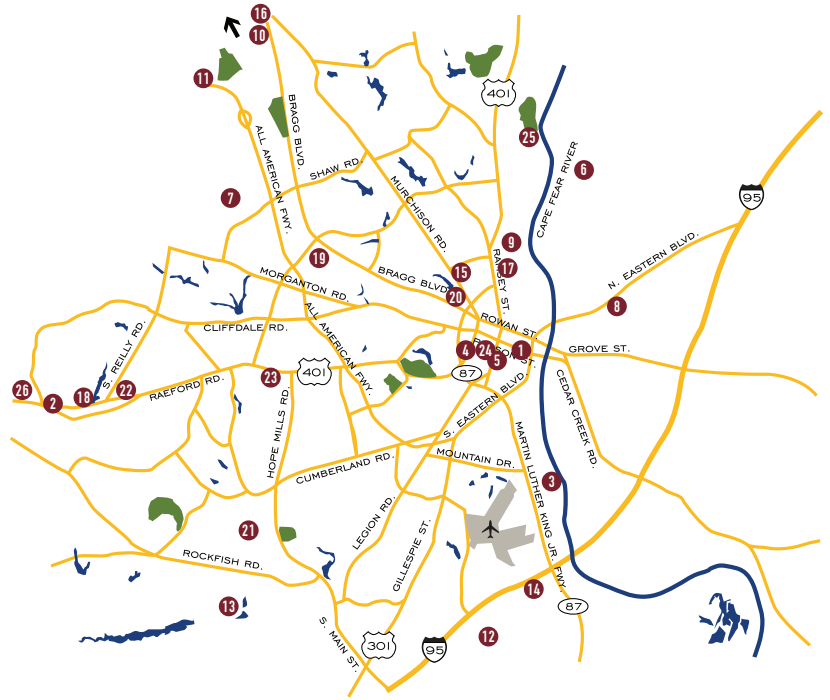


HERITAGE TRAILS

# All-American Adventure

## Trail Summary

Enjoy America's Hometown with an All-American Adventure! Nature lovers and active vacationers - this is the experience for you. Visit our beautiful parks and lakes, climb rock walls or skate at one of our indoor facilities. Get outdoors and try horseback riding on Fort Bragg - there's lots of ways to work off that Southern food on your vacation.



### The Stops

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4. Athlete's Choice Batting Center
5. Babe Ruth Historical Marker
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21. Putt Putt Fun Center
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24. The Climbing Place
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## All-American Adventure

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From bird watching and fishing at our many parks and trails, to climbing or skating at our indoor facilities, to experiencing one of *USA Today's* 10 Great Ziplines at ZipQuest Waterfall and Treetop Adventure – there's lots of ways to work off that Southern food on your vacation. Stroll through the gardens, go golfing or skating – day or night – there's lots of quality, family fun to be had. Watch the stars, work on your batting average or cheer on your favorite sports car driver – revel in the good old American action! Feel free to play at all these locations or pick the few you like – it's your All-American adventure.



STOP

10

Carvers Creek State Park



## Fayetteville Area Convention And Visitors Bureau (FACVB)

245 Person Street  
FAYETTEVILLE, NC

800-255-8217

STOP

01

The Fayetteville Area Convention and Visitors Bureau (FACVB) positions Fayetteville and Cumberland County as a destination for conventions, tournaments, and individual travel. Operating as a Visitors Center with a drive-through window the FACVB is located just minutes from the heart of downtown. Signs from I-95 provide clear directions to the Visitor Center. Call for information to help plan your visit to the area or stop by when you arrive for maps, brochures and more.

- **HOURS :**  
Open to the public  
Mon.-Fri. 8 a.m.-5 p.m.



## All-American Trail

Plank Road and Raeford-Vass Road  
FAYETTEVILLE, NC

800-255-8217

STOP

02

A 10 to 15-foot wide unpaved, educational and scenic recreational pathway for hikers, runners and bicyclers. The All-American Trail will eventually circumnavigate the entire boundary of Fort Bragg (approximately 70 miles in length). Along with its beautiful longleaf pine forests, the Sandhills includes an array of rare plants and endangered wildlife species. The trail's terrain ranges from nearly flat to fairly hilly. There are over 400 species of wildlife to be seen – including the endangered red-cockaded woodpecker.

- **HOURS :**  
Daily, before dusk.  
Open to the public.



## Arnette Park

2165 Old Wilmington Road  
FAYETTEVILLE, NC

910-321-6506

STOP

03

A popular place for walking and jogging, the park features several scenic spots that overlook the Cape Fear River. A variety of plants can be found, particularly along the banks of the river. Squirrel, rabbit, opossum, raccoon, fox and, on occasion, white tail deer often make appearances at the park, which is also an excellent place for bird watching.

- **HOURS :**  
Daily, 9 a.m.-9 p.m.  
Open to the public.



## Athlete's Choice Batting Center

310 Robeson Street  
FAYETTEVILLE, NC

910-487-4487

STOP

04

Come test your baseball skills at this 17,000-square-foot center. There are 5 batting cages for team play, 6 coin-operated batting cages with pitching machines, 6 dirt pitching mounds and a wind tunnel for speed and agility training. There is also a high school-size infield built behind the center.

- **HOURS :**  
Mon.- Fri. 3 p.m.-9 p.m.;  
Sat. 10 a.m.-6 p.m.; Closed Sun.



## Babe Ruth Historical Marker

Gillespie Street  
FAYETTEVILLE, NC

910-483-5311

STOP

05

George Herman Ruth Jr., known as "The Sultan of Swat," "The Colossus of Clout," "The Great Bambino" or simply "The Babe," is considered by many to be the greatest baseball player who ever lived. In an era absent of steroids and multi-million dollar contracts, Babe Ruth dominated as a power hitter and became the first sports celebrity whose fame transcended baseball. However, few people today know that Ruth hit his first professional home run for 135 yards and received his famous moniker in Fayetteville while playing an exhibition game with the Baltimore Orioles in March 1914.

- **HOURS :**  
Open to the public.



## Black Ops Paintball

2112 River Road  
FAYETTEVILLE, NC

910-876-4444

STOP

06

Established in 2012 by combat veterans, Black Ops Paintball is a safe, unique, and exciting experience for all skill levels. Black Ops takes pride in continually adding to the diverse playing fields to create the most exciting and dynamic paintball environments.

- **HOURS :**  
Fri.-Sun. 10 a.m.-6 p.m.



## Black River Paintball

5319 Yadkin Road  
FAYETTEVILLE, NC

STOP

910-860-4469

07

Black River Paintball is North Carolina's premiere paintball center, offering fully stocked rental shops with all the gear you'll need to play. Each Black River field is designed for entry-level players through more advanced ballers.

- **HOURS :**  
Store Only: Fri. 12 p.m.-6 p.m.;  
Field and Store: Sat. 9 a.m.-5 p.m.;  
Sun 11 a.m.-5 p.m.



## Cape Fear Botanical Garden

536 North Eastern Blvd  
FAYETTEVILLE, NC

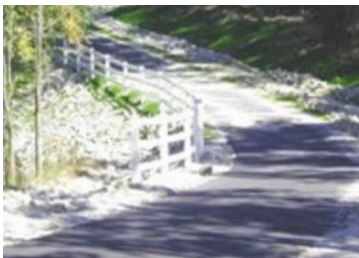
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910-486-0221

08

Consisting of 80 landscaped acres overlooking Cross Creek and the Cape Fear River, the grounds include a restored farmhouse, perennial gardens, a natural amphitheater, wildflowers, majestic oaks, nature trails, numerous species of native plants and a "water-wise" gardening exhibit. Displays of historical farming tools and techniques show how tobacco, cotton and other southern crops were grown in the Southeastern United States.

- **HOURS :**  
Mon.-Sat. 10 a.m.-5 p.m.;  
Sun. 12-5 p.m.  
Closed Sun. during Jan-Feb



## Cape Fear River Trail

Sherman Drive  
FAYETTEVILLE, NC

STOP

910-433-1547

09

The trail is a 10-foot wide path for walkers, joggers, bicyclists and others using non-motorized transportation. It winds 5.3 miles through a beautiful blend of trees, plants and wildlife, with a spectacular view of the river. There are more than 700 species of plants and trees and 150 species of birds. The Cape Fear River Trail is designated as part of the East Coast Greenway. The Greenway is a series of urban trails and greenways that will eventually connect from Maine to Key West, Florida, similar to the Appalachian Trail. It is also the home of the Cape Fear Mountain Bike Trail.

- **HOURS :**  
Daily, 8 a.m.- Dusk.  
Open to the public.



## Carvers Creek State Park

2505 Long Valley Road  
SPRING LAKE, NC

STOP

910-436-4681

10

Carvers Creek State Park is the first North Carolina state park to open in the Sandhills Region. Carvers Creek contains over 4,000 acres in Harnett and Cumberland counties, although not all of this land is accessible to the public at this time. Activities you can enjoy currently include: hiking two trails, the James S. Rockefeller Trail and the Cypress Point Loop.; fishing at the millpond; picnicking; nature viewing; as well as occasional environmental education led by the park rangers at Carvers Creek. \*Due to damage by Hurricane Matthew in October 2017, the millpond is not available for fishing at this time\*

- **HOURS :**  
Mon.-Sun. with seasonal gate  
Nov.-Feb.: 8 a.m.-6 p.m.; Mar.-May:  
8 a.m.-8 p.m.; June-Aug.: 8 a.m.  
-9 p.m.; Sept.-Oct.: 8 a.m.-8 p.m.



## Cleland Multipurpose Sports Complex

3-1606 Reilly Road  
FORT BRAGG, NC

STOP

910-396-5127

11

This facility offers year-round skating, not only as a form of exercise, but as an affordable and constructive family leisure activity. It is the only ice rink within a 60-mile radius that provides year-round ice skating. This facility has a comprehensive ice skating program, to include open skating, group and private lessons, figure skating clubs, parties (schools, units, and special interest groups), and private ice rental. This facility is easily accessible for both military and civilian patrons.

- **HOURS :**  
Mon. & Wed. 11:30 a.m.-1:30 p.m.;  
Fri. 11:30 a.m.-1:30 p.m. & 7:30  
p.m.-10 p.m.; Sat. 3 p.m.-5:30 p.m.  
& 6:30 p.m.-9 p.m.;  
Sun. 10:30 a.m.-9 p.m.



## Cypress Lakes Golf Course

2126 Cypress Lakes Road,  
HOPE MILLS, NC

STOP

910-483-0359

12

The home course of Ray and Marlene Floyd, Cypress Lakes has been rated the most challenging course in Cumberland County. The spectacular 18-hole, par-72 championship course offers 7,240 yards of Bermuda fairways and Penn A-4 Bentgrass greens. Surrounded by a lavish panorama of trees, lakes and streams, the course offers a slope rating of 133 from the Championship tees. Accessible for novice and avid golfers.

- **HOURS :**  
Daily, 7:30 a.m.-6 p.m.  
Open to the public.



## Fantasy Lake

5869 Permastone Lake Road  
HOPE MILLS, NC

910-424-9999

STOP

13

Fun for the whole family! Enjoy the water park with slides, volleyball, basketball and horseshoes.

• **HOURS :**

Early May - Early Sept.

Daily, 10 a.m.-6 p.m.

Open to the public.



## Fayetteville Motor Speedway

3704 Doc Bennett Road  
FAYETTEVILLE, NC

910-484-3677

STOP

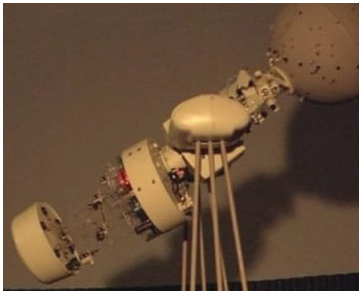
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Fast cars, good food, lots of fun! Call hotline for upcoming events.

• **HOURS :**

Please call for event information.

Open to the public.



## Fayetteville State University Planetarium

1200 Murchison Road  
FAYETTEVILLE, NC

910-672-1650

STOP

15

Have fun and learn at the same time while you look at the wonders of the sky. Planetarium programming centers around the sky phenomena and connections with historical events. The planetarium features a projector with 2,354 stars and offers five programs geared to specific grade-level curricula or K-12 school groups, including astronomy and space science programs for Boy and Girl Scouts. General programs are offered to the public at-large when time permits. Call ahead to arrange a visit to the facility's observatory.

• **HOURS :**

Please call ahead for schedule.



## Fort Bragg Clay Target Center

This facility offers skeet, trap and 5-stand, shooting, along with 12-competition level skeet fields, and voice release system for trap. The Fort Bragg Clay Target Center also has shotguns available for renting, a snack bar and pro shop on site.

651 E. Manchester Road  
SPRING LAKE, NC

910-436-9489

STOP

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• **HOURS :**

Fri.-Sun. 10 a.m.-6 p.m.  
Open to the public.



## J. Bayard Clark Park

Situated about two miles north of historic downtown Fayetteville, J. Bayard Clark Park's eastern boundary fronts the Cape Fear River. The 5.3-mile Cape Fear River Trail, as well as the Cape Fear Mountain Bike Trail, can be accessed from this park. The nature center has a number of animal, plant and environmental exhibits. It is a great place for bird watching and offers a variety of indigenous plant life and several scenic spots that overlook the river.

631 Sherman Drive  
FAYETTEVILLE, NC

910-433-1579

STOP

17

• **HOURS :**

Mon.-Fri. 8 a.m.-5 p.m.; Sat. 11 a.m.-5 p.m.; Sun. 2 p.m.-5 p.m.  
Times may change with time of year. Open to the public.



## Lake Rim Park

A display depicting a tar kiln/naval stores operation and several artifacts from the Weed Lightwood Plant are located in the Visitor Center at Lake Rim Park. Evidence has been found that indicates Native Americans once inhabited this site. It is also a popular place for walking and jogging.

1455 Hoke Loop Road  
FAYETTEVILLE, NC

910-867-1147

STOP

18

• **HOURS :**

Times may change with the seasons. Call for current hours.  
Open to the public.





## Line Drive Batting Cages

3701 Sycamore Dairy Road  
FAYETTEVILLE, NC

STOP

910-487-1477

19

Try out your skills at the Line Drive Batting Cages. Enjoy America's favorite pastime in the town where Babe Ruth hit his first professional home run.

• **HOURS :**

Mon.-Thur. 5 p.m.-9 p.m.; Fri. 5 p.m.-10 p.m.; Sat. 11 a.m.-10 p.m.; Sun. 1 p.m.-9 p.m.  
Open to the public.



## Mazarick Park

Belvedere Avenue  
FAYETTEVILLE, NC

STOP

910-433-1547

20

Milton E. Mazarick Park contains 80 acres and a variety of activities for patrons to including Disc Golf course, picnic shelters, playground, tennis courts and a baseball field.

• **HOURS :**

Daily, 9 a.m.-9 p.m.  
Open to the public.



## Putt Putt Fun Center

3311 Footbridge Lane  
FAYETTEVILLE, NC

STOP

910-424-7888

21

Putt Putt Fun Center offers two 18-hole putt putt courses, an outdoor RaceZone featuring racecars, SpinZone Bumper cars, BatZone outdoor batting cages and LaserZone Laser tag. Putt Putt Fun Center also has arcade games and prizes as well as the SnackShack.

• **HOURS :**

Fri. 12 p.m. -11 p.m.; Sat. 10 a.m.-11 p.m.; Sun.-Thur. 12 p.m. -9 p.m.  
Open to the public.



## Round-A-Bout Skating Center

115 Skateway Drive  
(71st Place at Raeford Road)  
FAYETTEVILLE, NC

910-860-8900

STOP

22

Round-A-Bout Skating Center offers roller skating at its best. You are allowed to bring in your own skates as long as they have toe stops. Full shop on site for all your skating needs. Groups and parties welcome.

• **HOURS :**

Tues.-Thurs. 7:30 p.m.-9:30 p.m.;  
Fri. 7 p.m.-11 p.m.; Sat. 11:30  
a.m.-11 p.m.; Sun. 1:30 p.m.-5:30  
p.m.; Closed Mon.  
Open to the public.



## Triangle Rock Club

5213 Raeford Road, Suite 103  
FAYETTEVILLE, NC

910-868-7625

STOP

23

Become the best climber that you can be. This is a gym for both the experienced climber as well as new climbers.

• **HOURS :**

Mon.- Fri. 12 noon-10 p.m.; Sat. 10  
a.m.-10 p.m.; Sun. 10 a.m.-6 p.m.  
Open to the public.



## The Climbing Place

436 West Russell Street  
FAYETTEVILLE, NC

910-486-9638

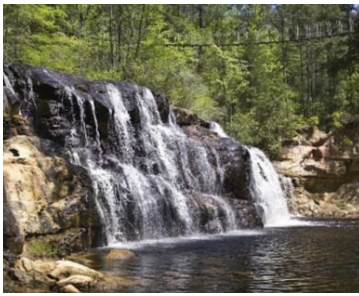
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The Climbing Place is designed so that any person can climb and feel a sense of accomplishment, from the very beginner to the more advanced.

• **HOURS :**

Mon.-Thurs. 10 a.m.-10 p.m.; Fri.  
10 a.m.-11 p.m.; Sat. 10 a.m.-10  
p.m.; Sun. 12:30 p.m.-6:30 p.m.  
Open to the public.



## ZipQuest Waterfall & Treetop Adventure

Located on 50 acres that surround and include Carvers Falls. ZipQuest is a treetop canopy tour with eight zip lines and three suspension bridges, the longest zip is nearly 1,000 feet and visitors are, at times, as high as 80 feet off the ground. Once on the tour, your feet don't touch the ground for 2 to 2 ½ hours. Landing platforms include spiral staircases, multi-level perches and many hexadecagons (16-sided platforms). ZipQuest is a member of the International Ecotourism Society. The property is a Registered Natural Heritage Area.

533 Carvers Falls Drive  
FAYETTEVILLE, NC

910-488-8787

STOP

25

• **HOURS :**

Mon.-Sun. First tour begins at 8 a.m. Park closes around dusk. Reservations required. Must be scheduled in advance.



## Paraclete XP SkyVenture

Have you ever wished you could fly? Well you can! The innovative sport of bodyflight is new and always exciting. At the Paraclete XP SkyVenture wind tunnel, you are able to fly your body in a controlled manner in the safety of a wall-to-wall air flow chamber. Excitement, adrenaline and adventure; you can find it all in the flight experience of a lifetime. No experience necessary. Paraclete's professional instructors will teach you the fundamentals and provide your flight equipment. All you have to do is fly, and then try to wipe that smile off your face!

190 Paraclete Drive  
RAEFORD, NC

888-4SKYFUN

STOP

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• **HOURS :**

Sun.-Thurs. 9 a.m.-7 p.m.; Fri.-Sat. 9 a.m.-9 p.m.  
Prices and packages vary. Flight reservations needed in advance.