



Step Up Forsyth! Week 4

October 9 - 15

Weekly challenge— Eat breakfast every day

Challenge sheet attached and posted on http://www.forsyth.cc/PublicHealth/stepup_forsyth.aspx

Historic Bethabara Park and Greenway— Learn how our area was settled by visiting Bethabara Park. In 1753, a small group of German speaking Moravians cleared this religious and agricultural settlement. The site features several original and restored structures, including Gemeinhaus, the settlers place of worship. Be sure to start your visit at the Edwin L. Stockton Visitor Center. You can watch an introductory video about the site, see artifacts, or purchase Moravian mementos.



The park across the street features a French and Indian War fort; foundations of historic structures, a community garden, and a walking trail that leads to God's Acre, a Moravian Cemetery. To learn more about the park, consider taking a tour (\$4 per adults and \$1 per children). To get some extra steps, walk the 2.7 mile greenway trail over to Reynolda Road (behind Harris Teeter).

Visit Historic Bethabara Park for “Dark in the Park” on Thursday, October 13, 5:30-8 pm. There will be Halloween fun with hayrides among lighted Jack-O-Lanterns, children’s games and spooky music by the Bethabara Concert Band. Halloween costumes are welcomed!

Triad Park— Definitely worth the trip! This spectacular park is a joint venture of Guilford and Forsyth Counties, and is located on the Forsyth/Guilford County line. Triad Park is being developed in phases with facilities and opportunities to meet the needs of all levels of recreation and leisure.



Pack a picnic to enjoy after you walk on the hiking trail loop or paved path system. You can also check out sand volleyball, 3 playgrounds, horseshoe pits, picnic tables, softball field, soccer field, 3 picnic shelters, 3 gazebo shelters, and catch and release fishing pond. The only thing missing from this park is you, your family and friends!

This is a destination park that is most easily accessed by automobile. However, a master plan (funded by Piedmont Land Conservancy) has been completed for the Piedmont Regional Greenway, an 18-mile stretch of greenway for walkers and cyclists that will connect Winston-Salem, Forsyth County, Kernersville and Guilford County in the future.

Because some facilities require reservations and have a fee, visit

<http://www.forsyth.cc/Parks/Triad/Default.aspx>
for complete park information.

