



Lake Junaluska, NC August 5, 2017

Scenic Mountain Lake 7/10 K walk

Lake Junaluska provides an ideal place to connect with friends and non-competitive, family-friendly exercise. Whether you walk, jog, run, bring your dog, or just want to amble along smelling the roses (literally), this is an event for you.

August 5th, the Asheville Amblers will walk at Lake Junaluska at 8:00 a.m. Rated 3B, not suitable for strollers or wheelchairs, you will have 7k and 10k options.



We will meet at the Bethea Welcome Center at 7:30 a.m. The Center won't be open at that time, but we will have the walk box from the alternate start point, so books may be stamped prior to the walk.

Join us August 5th for recreation trails, the Rose Walk, an excursion to the foot of a dam, and mountain vistas. See you there!

Contact [Robert Cooper](mailto:revrcooper@aol.com) for more information - revrcooper@aol.com

Directions

From I-40, take exit 27 (Waynesville, Hwy 19-23- 74). Then take exit 103 (Hwy 19). Pass the lake, then quickly turn right at the stone Main Gate entrance to Lake Junaluska Conference and Retreat Center. Quickly turn left at the 2nd driveway to the Bethea Welcome Center.

