• **SOUTH SUMTER PARK** — 630 S. Sumter Street, Sumter. Open daily dawn to dusk. Playground equipment, water spray park, basketball court, baseball field.

• **SUMTER COUNTY RECREATION AND PARKS DEPARTMENT** — 155 Haynsworth Street, Sumter. (803) 436-2248. Office hours Monday-Friday, 8:30 a.m. – 5:00 p.m. Hours for classes, sports and youth programs vary. Fees apply. http://sumtercountycsc.org/?q=department/recreation-and-parks

Exercise classes, dance classes, youth programs, sports programs and more.

• **SUMTER HIGH SCHOOL ENVIRONMENTAL CENTER** — 2580 McCray’s Mill Road, Sumter. (803) 983-7811 (Ms. Nancy Thompson) (803) 481-4480 (Mr. Will Floyd)
Enter through Gate 5 from Stadium Road, drive straight through the two parking lots, turning left at the Environmental Center sign. Parking is located in the second parking lot nearest the baseball field and greenhouse.

Connected nature trails — Trails are open to the public on Monday-Friday from 4:00 p.m. until dusk. On school holidays and weekends, trails are open from 9:00 a.m. until dusk. Summer hours are Monday-Friday, 9:00 a.m. until dusk.

• **SUMTER MALL** — 1057 Broad Street, Sumter. (803) 775-6387.

Indoor walking — The mall is open for walking Monday-Saturday, 7 a.m. – 9 p.m. and Sunday, 11:00 a.m. – 6 p.m.

Various exercise classes — Call for information.

• **SWAN LAKE-IRIS GARDENS** — 822 W. Liberty Street, Sumter. (803) 436-2840.

Natural-surface, gravel and boardwalk trails — The walk around the lake is ½ mile. Open to visitors from dawn to dusk. Open longer hours for scheduled events. Playground equipment, swings & slides, open space, picnic areas.

Restaurant/grill — open on weekends.

• **TYL TRAIL** — 111 N. Harvin Street, Sumter. Online map at www.sumtercountyactivelifestyles.org/publications.php

1.6-mile sidewalk trail — Begins at the Sumter County Library. Historical markers.

• **USC SUMTER SIDEWALK TRAIL** — 200 Miller Road, Sumter. (803) 775-8727. www.uscsumter.edu

One-mile marked sidewalk trail — Winding through the campus. Open to the public when school is in session.

USC Sumter bookstore & grill — Open to the public.

• **V.I.M. PARK** — Middle and Wallace Streets. Off of Broad Street in Sumter.

Concrete walking path — 9.3 laps is one mile. Open daily from dawn to dusk. Playground equipment, outdoor basketball court, picnic areas.

• **WEDGEFIELD PARK** — Highway 261 South and Wedgefield Road (Highway 763), Wedgefield.

Crushed granite & sand track — Four laps is slightly over one mile. Open daily from dawn to dusk. Playground equipment, softball and baseball field, picnic area.

• **WOODS BAY STATE NATURAL AREA** — 1120 Woods Bay Road, Olanta. (803) 775-8727.

www.southcarolinasparks.com

Natural-surface trails and boardwalk — A 9/10-mile loop. Open daily, 9:00 a.m. – 6:00 p.m.

Canoeing when water levels are high enough.

Picnic shelters.

• **YMCA SUMTER** — 510 Miller Road, Sumter. (803) 773-1440. www.ymcasumter.org

Indoor walking track — Mon - Thu: 4:00 a.m. - 9:00 p.m.

Fri: 4:00 a.m. - 8:00 p.m.

Sat: 6:30 a.m. - 5:00 p.m.

Sun: 1:00 p.m. - 5:00 p.m.

Swimming — Call for more information.

Athletics, health and wellness activities, seasonal events, youth programs.

Camps — fees apply.

• **Y WALK/SHOT POUCH CREEK WALK** — Next to the YMCA at 510 Miller Road. Online map available at www.sumtercountyactivelifestyles.org/publications.php

One-mile asphalt path — Open daily dawn to dusk.

This information was compiled by the University of South Carolina Arnold School of Public Health Prevention Research Center and Sumter County Active Lifestyles. Inclusion in this list does not constitute endorsement by the University of South Carolina, Sumter County Active Lifestyles or the Sumter County Recreation and Parks Department. Information was accurate at the time of inclusion but is subject to change.

Get Active. Get Healthy. Get Involved!

Rain or shine, you can be active in Sumter County! In this brochure, Sumter County Active Lifestyles (SCAL) lists places where you can walk, run, swim, work out, bicycle, play and relax. Included are city, county and state parks, walking routes and facilities available for physical activity. Maps, web addresses and additional neighborhood parks are listed on SCAL’s website. Remember: for your personal safety at any public place, walk and exercise with a partner and carry a cell phone.

For more information visit: sumtercountyactivelifestyles.org

This project is supported in part by CDC Grant No. 5U48DP001936-04 awarded to the University of South Carolina and Sumter County Active Lifestyles. The contents of this publication are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication date June, 2013.
• ALICE DRIVE MIDDLE SCHOOL TRACK — 40 Miller Road, Sumter. Located behind the school. (803) 775-0821. Outdoor track — Walkers are encouraged to walk before 8:30 a.m. or after 4:00 p.m., Monday-Friday. The track is open for use on weekdays. It is closed during track and field practices and events.

• BATES MIDDLE SCHOOL TRACK — 715 Estate Street, Sumter. Located in front of the school. (803) 775-0911. Dirt track — Walkers are encouraged to walk before 8:30 a.m. or after 4:00 p.m., Monday-Friday. The track is open on weekdays for use anytime. It is closed during track and field practices and events. Signs are posted about attire.

• BENTON PARK — Located off Benton Drive, on Benton Court in Sumter. Open daily from dawn to dusk. Open green space.

• BICYCLING ROUTES — Online map available at www.sumtercountyactive.com/lifestyles/publications.php

• BIRNIE HOPE CENTER — 210 S. Purdy Street, Sumter. (803) 436-2252, (803) 436-2645. www.sumtersc.gov/birnie-center.aspx Grassy area for walking and may walk in gym during designated hours — Center hours: Monday through Friday, 8:00 a.m. - 7:00 p.m. Before 8:00 a.m. & 10:00 a.m., the public may walk inside the gym. Walking around the baseball field is allowed from 8:00 a.m. - 5:00 p.m. Aerobics classes are offered. — Call for more information about aerobics and other organized activities. Playground equipment.

• CHERVYRALE TRACK — 4340 Confederate Road, Sumter. Located at the Cherryvale Community Center. (803) 494-4332. Asphalt track and wooded walking trail — The walking trails are open daily from dawn to dusk. 7 laps on the asphalt track is one mile. Playground equipment, picnic shelter, softball & base ball field, outdoor basketball court, open green space.

• CITY OF SUMTER AQUATICS CENTER — 1115 S. Lafayette Drive, Sumter. (803) 774-3998. Open mid-May through mid-October. Call for special hours and days. Fees apply. Outdoor pool, outdoor picnic area.

• CROSSWELL PARK — 301 Crosswell Drive, Sumter. Adjacent to Crosswell Elementary School. Paved track — Approximately 1.5 miles long. Open daily from 7:00 a.m. - dusk. Playground equipment, water spray park, picnic shelter.

• CRYSTAL LAKES GOLF COURSE — 1305 Clara Louise Kellogg Drive, Sumter. off North Pine Road, near the National Guard Armory. (803) 775-1902. Open daily 7 a.m. to dusk. Fees apply.

• CYPRESS DRIVING TRACK — Located off N. Wise Drive. Also accessed from Dillon Park, 1250 Clara Louise Kellogg Drive. (803) 436-2248. One-quarter mile natural-surface trail — This trail connects with the six-mile Cypress Trail. Open daily dawn to dusk. Picnic shelter.

• CYPRESS TRAIL — N. Wise Drive or from 1250 Clara Louise Kellogg Drive. 6-mile natural-surface trail — Through woods and open grassy areas. Open daily dawn to dusk. Mountain biking.

• DILLON PARK — 1210 Clara Louise Kellogg Drive, Sumter. Off North Pine Road, next to the National Guard Armory. (803) 436-2248. One-mile paved and lit walking track — Open daily dawn to midnight. Playground equipment, picnic shelter, softball and baseball fields.

• DR. MARY MCLEOD BETHEUM NATURE TRAIL — Trail originates on Mills Street, between E. Sumter St. and S. Main St., Mayesville. Open daily dawn to dusk. Paved linear trail is approximately 1.5 miles.

• DUNWAY PARK — Located off Dunway Drive in Sumter. Open daily dawn to dusk. Swing set and jungle gym, outdoor basketball court.

• EASTWOOD PARK — Located off Boulevard Road in Sumter. Open daily dawn to dusk. Swing set, jungle gym, outdoor basketball court.

• EBENEZER “GET FIT” TRAIL — 4570 Queen Chapel Rd., Dalzell, at the Ebenezer Community Center. (803) 469-7867. Asphalt track — 10 laps is 1 mile. Walking track is open daily from 8:30 a.m. - 7:00 p.m. Playground equipment, outdoor basketball court, open space.


• LAWTON PARK — Located on Lawton Circle off W. Liberty Street between Swan Lake and Second Mill Pond in Sumter. Open daily dawn to dusk. Swing set, outdoor basketball court, open space.

• MANCHESTER STATE FOREST — 6740 Headquarters Road, Wedgefield. (803) 494-8196. (803) 494-4885. www.state.sc.dnr/parksref/forestman.htm Natural-surface trails — Office hours 8:30 a.m. - 4:00 p.m. Hiking trails generally open from sun-up to sundown. Exceptions apply. Call or check website. Mountain biking, fishing, horseback riding, pistol & rifle range — Permits are required for all activities except hiking. Permits can be obtained online at Manchester State Forest Headquarters, Manchester State Forest Rifle & Pistol Range or by mail.


• MILL CREEK PARK — 7795 Milford Plantation Road, Wedgefield. (803) 436-2248. Natural-surface trails — Open daily dawn to dusk. Mountain biking, fishing, picnic area, club house, camping — Must make reservations for camping and use of club house.

• MOORE STREET PARK — Located on Moore Street in Sumter. Open daily dawn to dusk. Playground with swing set and slides.

• MORRIS COLLEGE PARK — Located off Church Street, close to Morris College in Sumter. Open daily dawn to dusk. Playground equipment.

• NORTH HOPE CENTER — 904 N. Main Street, Sumter. (803) 436-2691. www.sumtersc.gov/hope-centers.aspx Indoor walking — The public may walk inside the gym. Center hours Monday-Friday, 8:00 a.m. - 7:00 p.m. The gym is usually available for walking during those hours. Free aerobics classes — Monday, Tuesday, Thursday and Friday, 8:00-9:00 a.m. Chair aerobics — Wednesdays, 8:00-9:00 a.m. Other activities available. Call for more information.

• NORTH HOPE PARK — Located on the corner of North Main and Vining Streets in Sumter. Concrete path — Open daily dawn to dusk. Playground equipment, water spray park, picnic area.

• OPTIMIST CLUB PARK — Located on the corner of Church and Pine Streets in Sumter. (803) 436-2691. Available for walking during those hours. Playground equipment, outdoor basketball court.


• PALMETTO TRAIL — Trail is accessed through six trailheads in Sumter County. • Packs Landing—Packs Landing Road, Pinewood • Sparkleberry Landing—Sparkleberry Lane off Camp MacBoya Road, Pinewood • Manchester State Forest Headquarters—6740 Headquarters Road, Wedgefield • Mill Creek Park—7975 Milford Plantation Road, Pinewood • Poinsett State Park—6600 Poinsett Park Road, Wedgefield • Watererie Passage—Poinsett Park to Watererie River www.palmettoconservation.org The Palmetto Trail runs through the entire state — Approximately 25 miles of the Palmetto Trail runs through Manchester State Forest and Poinsett State Park in Sumter County. Hiking, mountain biking, other activities.

• PARKER STREET PARK — On Parker Street in Sumter. Open daily dawn to dusk. Slides and open play space.

• PATRIOT PARK — 200 General Drive, Sumter. Located off Patriot Parkway (SC-441) near the intersection of Loring Mill Road. (803) 436-2248. Concrete sidewalks and natural-surface trails — Open daily dawn to dusk. Open additional hours for events. Soccer, baseball and softball, bicycling, open play areas, green space.

• POINSETT STATE PARK — 6600 Poinsett Park Road, Wedgefield. (803) 494-0117 (state parks) (803) 734-0156 (state parks) (803) 734-1700 (general visitor information) (803) 24-9339. www.southcarolinaparks.com Natural-surface trails — Open daily from 9:00 a.m. to dark year round. Office hours 11:00 a.m. - noon & 4:00-5:00 p.m. Playground equipment, canoeing and kayaking, fishing, horse trail, camping, picnic areas.

• REMBERT/RAFTING CREEK COMMUNITY TRACK — 4050 Hwy 261 North, Rembert, at the Rembert-Rafting Creek Community Center. (803) 432-3188. Asphalt track — 7-8 laps is 1 mile. Walking track is open daily from dawn to dusk.

• Rembert/rafting creek community park equipment, softball and baseball field, outdoor basketball court, picnic shelter, open space.

• ROLLING CREEK PARK — Located on Rolling Creek Road off Boulevard Road in Sumter. Open daily dawn to dusk. Slides, open space.

• SALTERSTOWN PARK — 800 Saltertown Road, Sumter. Located at the Salterstown Community Center. Asphalt track — 10 laps is one mile. Open daily from 7:30 a.m. - 7:30 p.m. Playground equipment, softball and baseball field, outdoor basketball court, picnic areas, open space.

• SOUTH HOPE CENTER — 1125 Lafayette Drive, Sumter. (803) 436-2633. www.sumtersc.gov/hope-centers.aspx Indoor walking — The public may walk inside the gym. Center hours are Monday-Friday, 8:00 -10:00 a.m. and 5:00 -7:00 p.m. Playground equipment, baseball, tennis court, picnic area.