REMBERT RAFTING CREEK
COMMUNITY CENTER
GREATER TOWNSHIP COMMUNITY TRACK
4050 Highway 261 North 803.432.3188
The asphalt walking track is open daily from dawn to dusk.
7.8 laps is one mile

V.I.M. PARK
V.I.M. TRACK
Middle and Wallace Streets
The asphalt walking track is open daily from dawn to dusk.
9.3 laps is one mile

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9.3 laps is one mile

LIVE OAK PARK
LIVE OAK TRACK
Highway 15 South (across from Industrial Park)
The asphalt walking track is open daily from dawn to dusk.
6.3 laps is one mile

SALTERSTOWN PARK
SALTERSTOWN TRACK
The asphalt track is open daily from dawn to dusk.
10 laps is one mile

EBENEZER COMMUNITY CENTER
’EBENEZER GET FIT TRAIL’
4580 Queen Chapel Road, Dalzell 803.469.7867
The asphalt walking track is open daily from dawn to dusk.
10 laps is one mile

WEEDFIELD COMMUNITY PARK
WEEDFIELD TRACK
Highway 913 Stuarts and Weeden Road (Highway 105) • Wedgefield, SC
The asphalt walking track is open daily from dawn to dusk.
3.5 laps is one mile

SALTERSTOWN PARK
SALTERSTOWN TRACK
The asphalt track is open daily from dawn to dusk.
10 laps is one mile

CHERRYVALE COMMUNITY CENTER
CHERRYVALE TRACK
4340 Confederate Road 803.494.4332
The asphalt walking track is open daily from dawn to dusk.
6.75 laps is one mile

CHERRYVALE COMMUNITY CENTER
CHERRYVALE TRACK
4340 Confederate Road 803.494.4332
The asphalt walking track is open daily from dawn to dusk.
6.75 laps is one mile

DILLON PARK AND CYPRESS PARK
CYPRESS TRAIL
Access from North Wise Drive or from 1250 Clara Louise Kellogg Drive
803.436.2248
The natural surface walking trail is open from dawn to dusk.
6 miles

DILLON PARK TRACK
1250 Clara Louise Kellogg Drive (Off North Pike Road, next to the National Guard Armory)
803.436.2248
The paved walking track is open daily from dawn to midnight.
One lap is one mile

For more information about physical activity in Sumter County contact:
Sumter County Active Lifestyles (SCAL)
Sumter County Recreation & Parks
155 Haynsworth Street
Sumter, South Carolina 29150
Phone: 803.774.3860 or 3861
Fax: 803.436.2400
www.sumtercountyactivelifestyles.org
48559_Map11:SCAL  4/14/11  3:50 PM  Page 2

charity organization in Sumter, South
SCAL is a nonprofit, 501(c)(3) public
residents, working to make it easier to
SCAL advocates
cling, car washing, or gardening.

day-to-day activities like walking, bicy-
lifestyles for all citizens.

GET ACTIVE. GET HEALTHY.
www.meetup.com/The-Sumter-
activities in Sumter County, log onto
ACTIVE LIFESTYLES
SUMTER COUNTY
GET INVOLVED!

is to promote health
(72)

Completed by a regional transportation au-
tion project and the first of its kind to be
Regional Transportation Authority, where

general headquarters of the Santee Wateree
manufacturing company, built in 1899, is the re-

The building, originally started as a manu-

with the block around the park, you to phone and start the
day's pharmacy.

As you approach the gate, you may notice a
date a fire hydrant and trees.  The sidewalk

is a shaded side-

On the opposite side of the gate, after crossing Miller Road, is a view-
beauty of wild vines and native habitat.  The stately gate at the trail's

Walk the block around the park, and then go inside the park and walk

nis court.

drinking water fountain, benches, trash cans, picnic tables and a ten-

The Historic Walk of Central Downtown, SCAL

The Heritage Walk of Central Downtown, SCAL

SCAL advocates

SCAL, advocates for place, such as parks, trails, schools, and bike lanes, where all people of Sumter County can
about the thing the county has to offer makes people feel free to enjoy
more active. We promote the message
that physical activity is a key to a

GET ACTIVE. GET HEALTHY. GET INVOLVED!

How much physical activity do

How much physical activity do

for health benefits?

1)  At least 150 minutes of moderate-intensity activity,

Examples of moderate-intensity activities:

Examples of vigorous-intensity activities:

How much physical activity do

the main gate on

The elevator leading up to the bridge that crosses Liberty Street will be

Some other fun activities to try:

• Playing singles tennis
• Swimming laps
• Doing water aerobics
• Playing basketball
• Playing soccer

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