

RALEIGH, NC
UMSTEAD STATE PARK

Alternative Capitals	Animal Safari
Bridges	Cities in Song
Points of Reference	Treasure Hunt
Trekking With the Trees	You'll Never Walk Alone

Wake County
5/12 Km SCENIC PARK WALK YR994
Triangle Trailblazers

START POINT: Wm. B. Umstead State Park Visitor Center
8801 Glenwood Ave. 27617
US Hwy. 70W
(Between Raleigh & Durham)
919-571-4170

HOURS: 8 am to 5 pm daily
CLOSED: Christmas Day

POC: Linda Spencer, (919) 539-0753,
linda.spencer1115@gmail.com

TRAIL: Rated 3C, Scenic park walk on Umstead's Sycamore Trail. Natural surface through forested area with some hills. Unsuitable for strollers or wheelchairs. Pets ok on leash. Restrooms available at Start Point.

HOW TO GET THERE: The Visitor Center is located in the Crabtree Section of Umstead State Park off US 70, ten miles NW of Raleigh. **From I-440** (Raleigh Beltline) take the Crabtree Valley/US 70 exit (exit 7). Go six miles west on US 70 to the park entrance on the left. **From I-40**, take I-540 (exit 283) to US 70E (exit 4-A). Go straight at the bottom of the ramp to 70. Park entrance is one mile on the right. Visitor Center is 1/2 mile from the entrance. **Note: The southern entrance to the park off I-40 (Exit 287) does not connect to the Start Point.**