



SUGGESTED ITINERARY FOR THE...

ADRENALINE JUNKIE



Whether it is strolling leisurely down a wooded path or cheering on your favorite team from the stands, you are an Adrenaline Junkie through and through. The Greater Raleigh area gives two options for your sporting adventure—get out and go or sit back and be an armchair athlete. For the nature lover, the award-winning Raleigh Parks and Recreation has more than 8,800 acres of parkland and almost 1,300 acres of water—that's just in the City of Raleigh alone! If tailgating and being among thousands of other cheering fans is what you're looking for, the Raleigh area has earned an unprecedented reputation as a professional and collegiate sports destination. Not to mention that Cary, a neighboring town, has earned the coveted NCAA Championship City status.

Morning:

You talk like you're Phil Mickelson...now prove it. Beat the crowds and schedule an early-morning tee-time at one of the area's numerous **golf courses**—we are the gateway to Pinehurst after all. Wake up and stroll through the **N.C. Museum of Art's Museum Park**. This 164-acre area consists of woodlands, streams, trails and fields. Your walk will be highlighted by large outdoor works of art that line many of the trails. Got a green thumb? **Juniper Level Botanic Garden** features unusual aquatics and perennials, and **J.C. Raulston Arboretum** at N.C. State University is one of the largest and most diverse collections of plants adapted for landscape use in the Southeast. Pay homage to many of the state's sports stars at the **N.C. Sports Hall of Fame** at the N.C. Museum of History, which highlights sports stars of North Carolina including Richard Childress, Dale Earnhardt, Jim "Catfish" Hunter and Michael Jordan.

Afternoon:

Mountain bikes, fishing rods and canoes are all things you may need for an afternoon at one of the area's lakes. Mountain biking in Raleigh? You'll be surprised to learn that this is one of the best places for mountain biking in the Southeast. **Falls Lake State Recreation Area** is a well-known place to hit the trail. Or hike down some of the **American Tobacco Trail's** 22 miles that run through the Raleigh area. Tailgate in the parking lot of **Carter-Finley Stadium** before a N.C. State football game; just make sure you are wearing red and white. Get an autograph from a rising star at the **USA Baseball Training Complex** in Cary or cheer on amateur athletes during one of many athletic competitions that take place throughout the year at one of the area's sporting venues.

Evening:

Pop your tent at a designated camp site at **Umstead State Park** and enjoy an evening under the stars, or take a stargazing boat tour with **Jordan Lake Pontoon Tours**. Get your photo taken with Stormy or the Storm Squad when the **Carolina Hurricanes** hit the ice September through May at the RBC Center, or run the bases at a **Carolina Mudcats** game. Bend it like Beckham at Wake Med Soccer Park in Cary during a match of the **Carolina RailHawks**, and watch high-energy rink action during a **Carolina RollerGirls** bout at Dorton Arena at the N.C. State Fairgrounds. If you're a certified diver, suit up and take a night dive in the 50-acre crystal blue lake at **Fantasy Lake Scuba Park**. Still have energy left? **Knights Play Golf Center** has a fully-illuminated, par-three course and 60-station driving range open nightly until midnight. **Rush Hour Karting** lets you put the pedal to the metal with Formula 1-inspired race cars reaching speeds of 40 mph. Spread a blanket at **Koka Booth Amphitheatre** or at the **N.C. Museum of Art** for a movie on the lawn.