



Photo courtesy of ZipQuest.com

A visitor zooms down a zipline to one of ZipQuest's 16 tree platforms.

By Matt Campbell
Voice Staff Writer

Fall is finally here. And now that it's not so hot out, it's time to get outside and enjoy the colorful fall foliage. As a lifelong resident of Fayetteville, I can't count how many times I've heard "there's nothing to do in Fayetteville." From light hikes to mountain-biking and zip lines, here are five local spots that will get you to some of the adventure Fayetteville and the surrounding areas have to offer.

Cape Fear River Trail

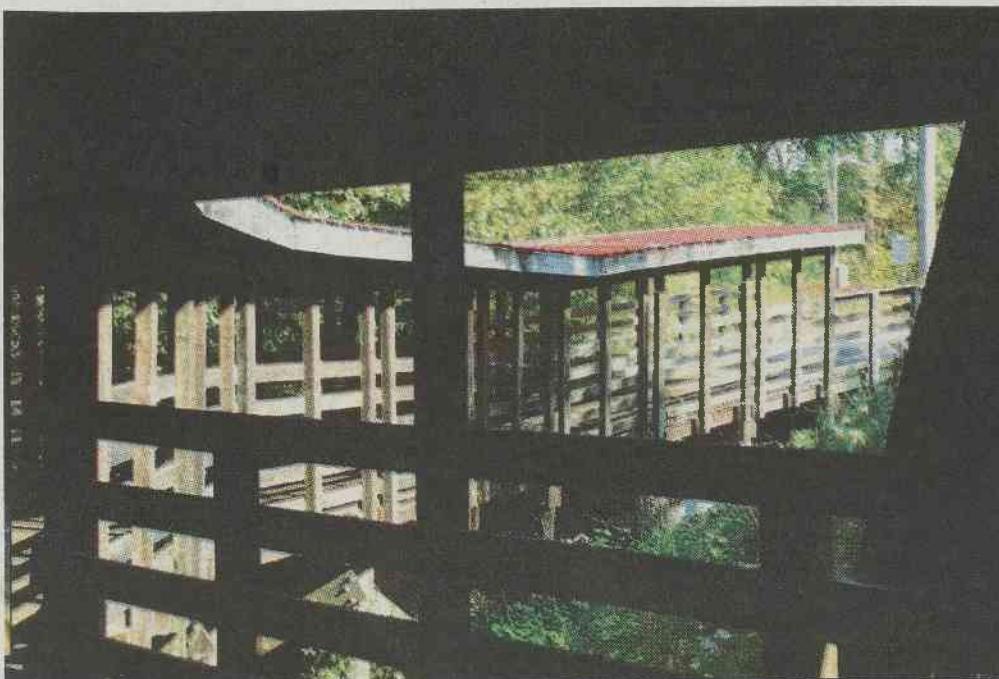
Located close to campus just off Ramsey St., the Cape Fear River Trail is a paved path for walkers, joggers, and bicyclists. It winds for four miles through a blend of over 700 species of plants and trees, and 150 species of birds, while simultaneously offering spectacular views of the river. In addition to the numerous bridges, there is a 700-foot boardwalk through the marsh and wetlands near Clark Park. Along the trail are informative signs explaining the wildlife and plant life found in the area. The River Trail area is also home to an

unusual combination and diversity of hardwood trees. Frogs, lizards and turtles are common sights, with an occasional deer. The trail is designated as part of the East Coast Greenway, which is a series of urban trails and greenways that will eventually connect from Maine to Key West, Florida, similar to the Appalachian Trail. The trail is open 365 days a year from 8 a.m. to dusk. Make note that the trail is not a loop. Plan your visit so you will have transportation waiting where you finish. For more info visit www.fcpr.us/cape_fear_river_trail.aspx.

Smith Lake

Also located close to campus, the entrance to Smith Lake is one mile outside of Fort Bragg on Murchison Road near Simmons Army Airfield. The park is home to mountain bike trails, paint ball, a playground for children, basketball and volleyball courts, horseshoe pits, and picnic tables with barbecue grills. There are also rentable cabins. The mountain bike trails are open year round and feature a beginner, intermediate and advanced trail which can be ridden individually or all at once for an exciting 8-mile ride. Bike trail admission is \$20 for an

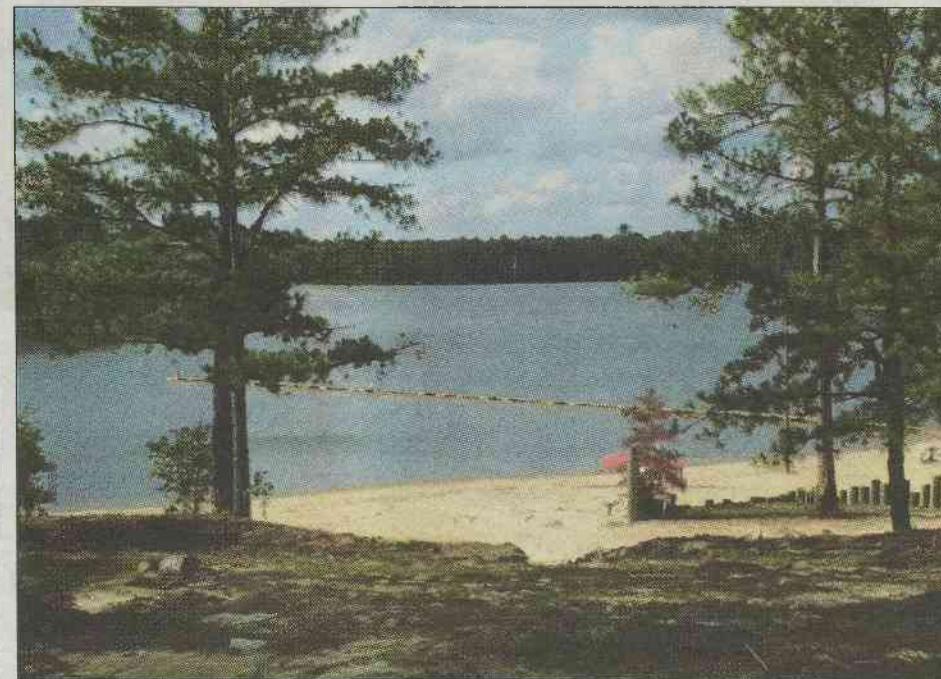
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The covered bridge on the Cape Fear River Trail in Fayetteville



The beach at Smith Lake in Fayetteville.



The one-mile Border Trail at Lake Rim Park in Fayetteville.