

## Physical Activity Opportunities Columbia, SC

### Congaree National Park

- 22,000 acre park resting along the Congaree River.
- Officially designated International Biosphere Reserve and Globally Important Bird Area.
- Activities include: hiking, camping, canoeing, fishing, kayaking, nature walks, and more.
- Located in Hopkins ( 20 miles southeast of Columbia)
- website: [www.nps.gov/cosw](http://www.nps.gov/cosw)
- phone: 776-4396

### Dreher Island State Recreation Area

- Consists of three islands encompassing 348 acres and 12 miles of shoreline.
- Activities include: camping, cabin rentals, fishing, boating, water skiing, and hiking.
- Located 30 miles northwest of Columbia.
- website: [www.southcarolinaparks.com](http://www.southcarolinaparks.com)

### Finlay Park

- Consists of walking paths and two playgrounds.
- Landscaping includes a stream and room to play Frisbee.
- Located at 930 Laurel St., behind the Assembly Street Post Office.
- website: [www.midnet.sc.edu/parks/finlay.html](http://www.midnet.sc.edu/parks/finlay.html)

### Harbison State Forest

- Consists of 2,177 acres of forest and 16 miles of roads and trails.
- A canoe landing located near the Broad River provides access for kayaks and canoes.
- Activities include: walking, jogging, hiking, and biking.
- Located at 5500 Broad River Road.
- website: [www.state.sc.us/forest/refharb.htm](http://www.state.sc.us/forest/refharb.htm)
- phone: 896-8890

### Lake Murray

- Activities: boating, camping, picnicking, swimming, and fishing
- website: [www.lakemurraycountry.com](http://www.lakemurraycountry.com)
- phone: 781-5940

### **Palmetto Trail**

- Will eventually consist of 425 miles of paths opening every year.
- The state's largest bicycle and pedestrian project. that will run from Oconee State Park in the Upstate to just north of Charleston.
- Will consist of 15 connected passages accessible for single- or multi- day trips.
- website: [www.palmettoconservation.org](http://www.palmettoconservation.org)

### **Riverfront Park and Historic Canal**

- Encompasses 167 acres just west of Huger St.
- Consists of jogging/walking trails for several miles along the river.
- website: [www.columbiasc.net](http://www.columbiasc.net)
- phone: 545-3100

### **Saluda Shoals Park**

- Consists of 270 acres downstream from the Lake Murray Dam.
- Features a water park, environmental education center, river observation deck, canoe trips, nature hikes, biking trails, fishing spots, health and wellness programs, and meeting facilities.
- website: [www.icrc.net/saludashoals](http://www.icrc.net/saludashoals)
- phone: 731-5208

### **Sesquicentennial State Park**

- Consists of 1,419 acres including a 30 acre lake.
- Offers walking/jogging trails, campsites, boating, fishing, swimming, and mountain bike trails.
- Located 13 miles northeast of Columbia.
- website: [www.southcarolinaparks.com](http://www.southcarolinaparks.com)
- phone: 788-2706

### **Three Rivers Greenway**

- Provides 12 miles of linked river access to Columbia, Cayce, and West Columbia.
- Features walking/jogging trails.
- website: [www.riveralliance.org](http://www.riveralliance.org)
- phone: 765-2200

