



Catawba Meadows Park Nature Trail Disc Golf Course

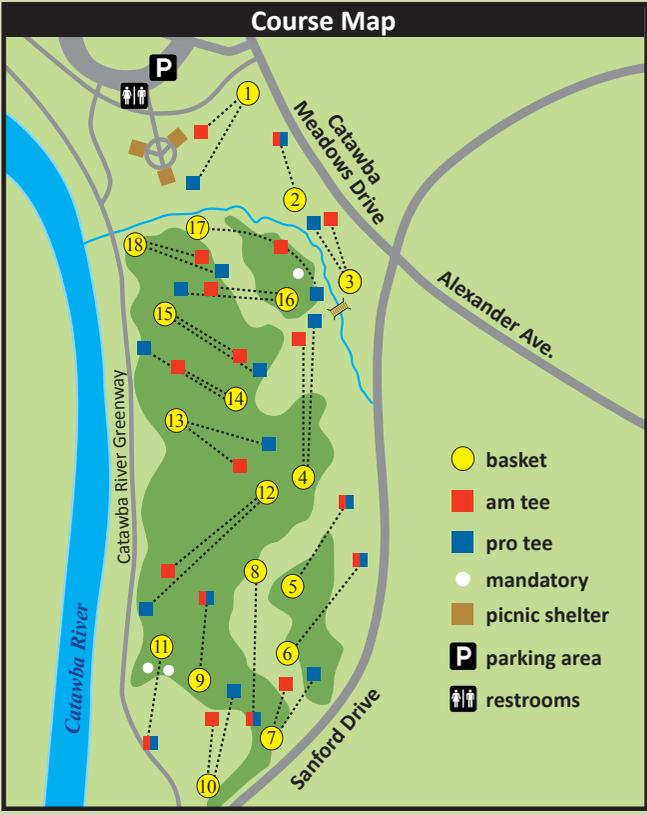


Hole	1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOTAL	
Length	am	201'	235'	230'	452'	334'	401'	184'	526'	275'	2838'	226'	306'	412'	243'	212'	274'	257'	308'	202'	2440'	5278'
	pro	345'	235'	255'	555'	334'	401'	252'	526'	275'	3178'	330'	306'	599'	293'	336'	342'	350'	570'	296'	3422'	6600'
Par	3	3	3	4	3	3	3	4	3	29	3	3	4	3	3	3	3	4	3	29	58	

Welcome to the Catawba Meadows Park Nature Trail Disc Golf Course...
 where the flight of your disc is the trail and the tee-signs and scorecards act as your nature guides.
 Disc Golf is a hike with a frisbee... So, as you hike around playing your round of disc golf, use the tee-signs and scorecards to learn about and connect with some of the natural resources found in and around the park. Who would have thought that playing in and learning about nature could be so much fun?

Rules: Complete each hole in the fewest number of throws by starting at the tee-pad and finishing with your disc in the basket. Each consecutive shot must be taken from where your previous shot landed. If your disc lands in the river, or on the parking lot, road or greenway, you're OB (Out-of-Bounds). Penalize yourself one stroke, and throw from where your disc was last in-bounds. Have Fun!

Safety: Disc golf discs can cause serious damage to people and property. You are responsible for any damages caused by your disc. Be aware of your surroundings and be patient of others. Do not stand in front of other players who are throwing, and don't throw when other players are in front of you!



TREE Love

When disc golfers hit a tree with their disc and get a favorable bounce, they call that "Tree Love". Use the pictures on this scorecard to identify a few of the trees found here at Catawba Meadows Park. Every time you hit a tree with your frisbee, take a second to try to identify it. Look at its bark, leaf shape and other identifying features. Soon, identifying trees will be as easy as making a five foot putt.

Eastern White Pine



Bald Cypress



American Sycamore



Virginia Pine



White Oak



Red Maple



Pitch Pine



Register your Round... Earn a Prize!

The mission of the Blue Ridge Parkway Foundation's Kids in Parks program is to get kids and their families "un-plugged", outdoors and reconnected to nature. Since disc golf is a great way to do that, we want to give you some disc golf gear to ensure you are able to enjoy future rounds. All you have to do is register your rounds at: www.kidsinparks.com.

