

Hike @ Haw Ridge

With optional lunch & learn at Riverside Grill

Aug 15th 8:45 (check in 8:30)

Haw Ridge Park on Edgemoor Road

Missy Kane, MMC, Oak Ridge Recreation & Parks will be hosting a fun, fit morning on August 15th. Folks can choose a 2-3 mile hike or add on to make it a 4- 4.5 mile hike along water side trails in Haw Ridge. (Lunch is option and each will pay for their own lunch) After the hike you can drive over (or some are biking) 4.5 miles to Riverside Grill along the Melton Lake Greenway to have early lunch and here about “Healthy Dining Out” from Registered Dietician Karen Lacy (MMC) Methodist Medical with have her tips and other MMC upcoming events in a handout for you to keep. Free Water bottles and Sunscreen given out from Methodist Medical Center & Thompson Cancer Survival Center.

Check in time is 8:30-8:40 with hikes starting at 8:45

Please let the call center know if you want to eat lunch at Riverside at 11:15.

Cost: Free (optional lunch folks are paying)

Call Center 865-541-4500 *You need to register as space is limited

Haw Ridge Park part of Oak Ridge Recreation and Parks

Telephone: 865-425-3450 (Parks)

Park Size: 778 acres **Natural Trail:** 30+ miles

Connects: Melton Lake Greenway by the new Haw Ridge Greenway

Entrance: 821 Edgemoor Rd

Directions: Take I-40 to Pellissippi Parkway exit #376 towards Oak Ridge. Travel through Solway and stay on this road over the bridge and take immediate right for Edgemoor Road. Travel another ½ mile to mile and 2nd entrance with kiosk is Haw Ridge. Then to get to Riverside Grill you go right out of parking and continue on Edgemoor Road till you see signs for Melton Hill Marina etc and you take the right exit ramp that crosses back across Edgemoor and travel another 2 miles past the boat marina until you see Riverside Grille on your right.

Riverside Grill Address: [100 Melton Lake Peninsula, Oak Ridge, TN 37830](#)

Phone: (865) 599-6143 OR let Missy know your name and if you want on her list for lunch She has table of 15 reserved and can add another table if needed.

3rd option After lunch some of the avid OR hikers/rowers are going to the Marina to do some kayaking and paddle boarding. If you would like to go watch you are welcome OR if you want to try paddle boarding etc call Adventure Outdoors 680-1516 and tell them you are with my group for a discount. This will be from 1-2 pm

Note: Hiking is a strenuous activity so make sure you are in good physical shape (working out 3-4 days per week) Wear appropriate hiking shoes (not slick bottom), and many use poles to help with balance etc.

Missy Kane mkane1@covhlth.com or missyfitandfun@gmail.com