

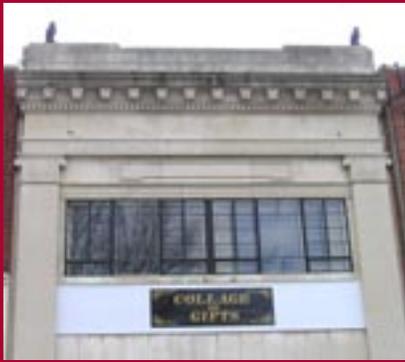
# Alamance Walks



DOWNTOWN  
BURLINGTON

## Walking Maps





*Paths Through The Past* are two walking routes through historic downtown Burlington where we hope you'll take a stroll down memory lane. The following gives you some historical facts about downtown Burlington as you follow the markers through these two paths.

# Company Shops Path

6/10 of a mile

Begin at 200 South Main Street – the Historic Depot/Amphitheater area, maintained by the City of Burlington's Parks and Recreation Department. With the Depot on your right, head toward Worth Street.

- A** As you stroll along the Depot side of Front Street look up to notice the architectural details of many of the buildings. Many of downtown Burlington's buildings are in the Art Deco Style such as 110 & 114 West Front Street.

## 1 Turn left onto Worth Street

## 2 Turn left onto Davis Street

- B** As you walk, you'll see downtown Burlington's only "skyscraper." This Art Deco building (358 South Main) was originally built in 1928 as the Atlantic Bank & Trust.

- C** After crossing Main Street, notice the white enameled terra cotta veneer building at 133 S. Davis Street. This is historically known as the Efrid Building, and it was constructed in 1919 in a Gothic Revival Style. It is called Gothic Revival because it features imitations of various medieval Gothic architectural styles including elements such as symmetrical facades, gable dormers and pointed arched windows. This building features a pierced quatrefoil parapet with finials and modillions.

## 3 Turn right onto Spring Street

- D** At the corner (430 South Spring Street) notice the former US Post Office/ Federal Building – built in 1936 in a Classical Revival Style. This Federal building was designed by architect R. Stanley Brown. The renowned interior features two significant wall murals designed by Arthur L. Bairnsfather as part of the Works Progress Act during the Depression. The murals reflect the textile heritage of Burlington.

## 4 Turn left onto Maple Avenue.

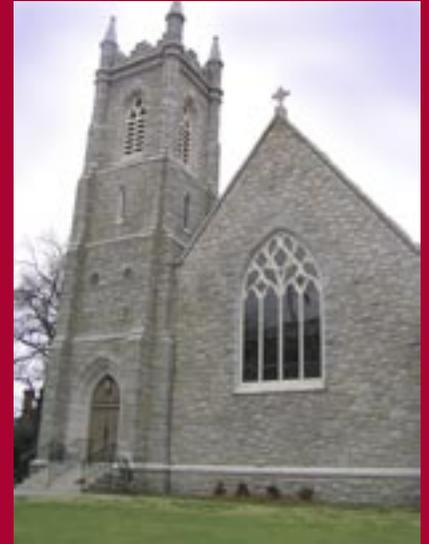
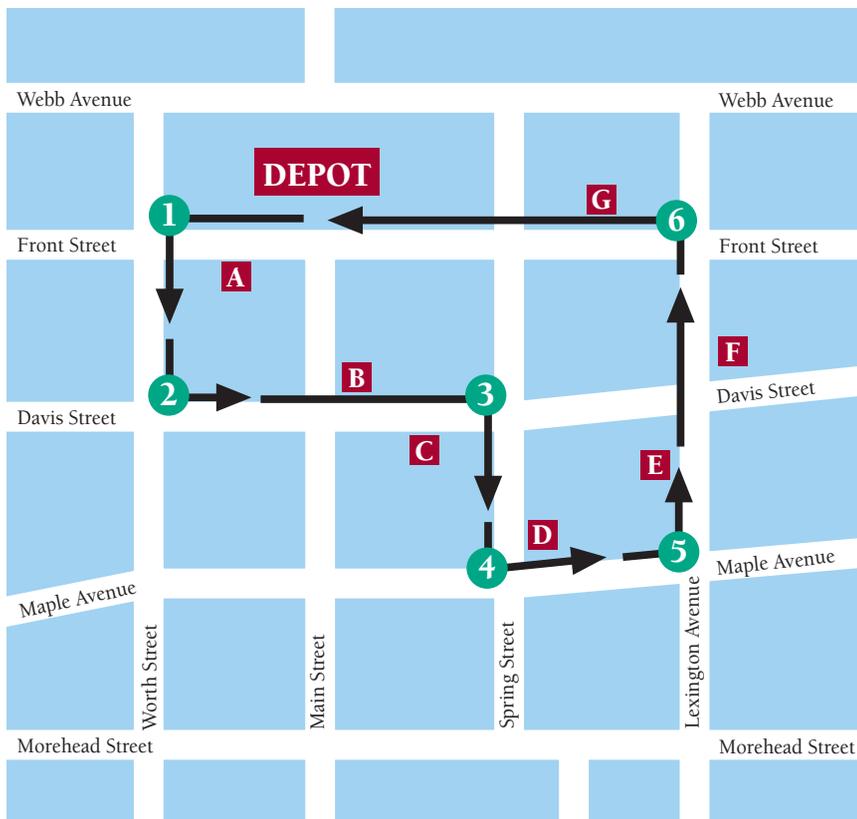
## 5 Turn left onto Lexington Avenue.

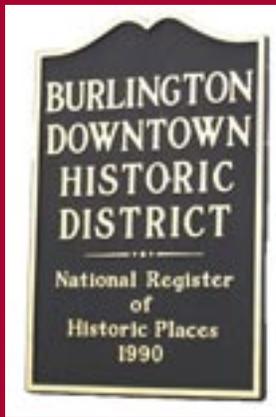
- E** As you walk this block you'll pass in front of the City Municipal Building on your left.
- F** At the corner of Lexington and Davis Streets, notice the church on your right. This is the Episcopal Church of the Holy Comforter. If you look past the Episcopal Church, you'll see the First Baptist Church of Burlington, featuring Greek Revival columns.

## 6 Turn left onto Front Street

- G** After crossing over Spring Street, notice the Paramount Theater (128 Front Street). Constructed in 1928 as the Grand Theater where the first movie shown was "Three Week Ends" starring Clara Bow, this theater was abandoned for many years until a local theater group began using it. The City of Burlington rehabilitated this theater in 1998. It is now used by the community for many events, including live theater.

Just a few more steps and you're back in front of the Historic Depot.  
Now it's time to walk Path 2!





# Historic Path

1/2 of a mile

This path follows the established National Register District.

Begin in front of the Historic Depot at 200 South Main Street. With your back to the Depot, walk down Main Street.

- A** As you walk down this street notice the architectural details on many of these buildings – again look at the former Atlantic Bank and Trust building located on the corner of Main and Davis Streets.
- B** The building at this corner, 359 South Main Street, was built in 1887 and once was a grocery store with living quarters upstairs, as well as a jewelry store. Note the decorative cornice brickwork known as “corbelling” – a sawtooth course, a corbelled dentil course and insets.
- C** Glance diagonally across at the building on the corner of Davis and Main Streets (the front entrance faces Main). This was the former F. W. Woolworth’s which was located downtown for many years and gave numerous teens their first job.
- D** Take a little time to look at the different architectural styles of these buildings. 412 South Main is the site of Burlington’s first movie theater, built in 1905 and known as the Grotto Theater.
- E** Continuing down Main Street, look to your left and see a remnant of textile history. This building once housed May Hosiery Mill, built in 1920 in Art Deco motif and rehabilitated by LabCorp in 2002. This rehabilitation project was recognized by the North Carolina Main Street Center in 2003 for Best Historic Preservation project.

## 1 Cross Main Street at the intersection of Morehead and head back up Main again.

- F** On your right, notice the former Alamance Hotel, destroyed by fire in 1904. Replacement began in 1923 and was completed in 1925.

## 2 Turn right onto Maple Avenue

- G** Note the Art Deco building before crossing the street – this building was built in 1937. Note the brick pilasters and stepped Art Deco cement capitals.

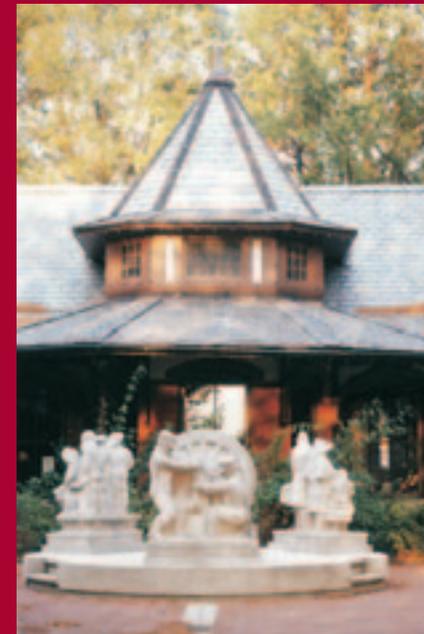
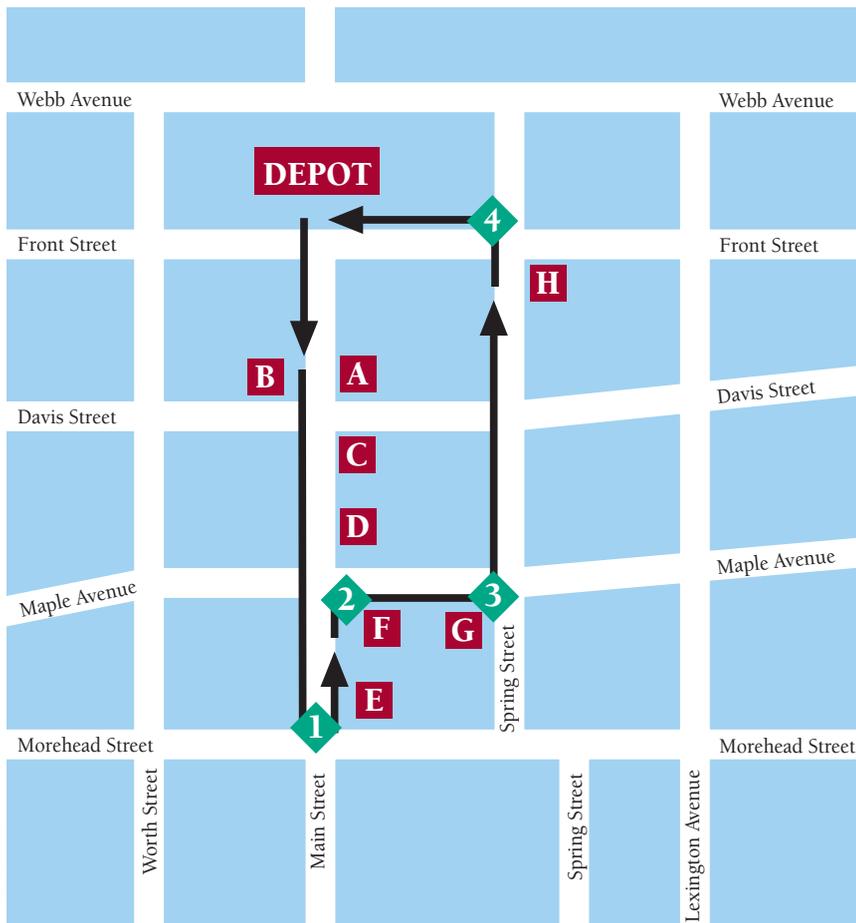


### 3 Turn left onto Spring Street

**H** Take a moment to notice May Memorial Library which was also a US Post Office. This library is a great example of adaptive re-use and, in fact, won an award from the North Carolina Downtown Development Association for Best Adaptive Re-Use project in 2001. The original part of the library was built in the Neo-Classical Revival structure in 1916 and has housed May Memorial Library since 1942. An addition to the building that was added in 1981, the structure was connected to a former department store in 2001. May Memorial serves as an anchor to downtown Burlington.

### 4 Turn left onto Front Street

Continue on Front Street until you reach the Depot.  
If you've completed both paths,  
you've walked 1.1 miles.



# The Walker's Ten Commandments ...Plus One

## 1. You Shall Stop and Stretch

Start off walking slowly for 5-10 minutes, THEN stretch.

## 2. You Shall Know Your Limits

Keep your workout to 20 minutes a day for at least 2 weeks when starting, then increase.

## 3. You Shall Travel Empty-Handed

No hand weights.

## 4. You Shall Drink Your Fill

Drink water before and after your workout to prevent dehydration.

## 5. You Shall Know Walking Isn't Wimpy

Walking at a pace of 4 mph will get you in the target heart zone.

## 6. You Shall Keep Head High

The underside of your chin should be parallel to the ground.

## 7. Your Stomach Shall Be Pulled In

Do what you would do if someone ordered you to suck in your gut.

## 8. Your Arms Shall Swing in Moderation

Swing arms in natural opposition to your feet.

## 9. You Shall Find Your Natural Stride

Stride long enough to be comfortable without falling over.

## 10. You Shall Step Lightly

You shouldn't be able to hear your feet as you walk.

## 11. You Shall Not Jaywalk

Obey all of the rules of the road for a safe walk.

## Safety Tips

- Supervise young children
- Cross streets at a corner, use crosswalks (whenever possible)
- Obey the traffic signals
- During hot weather, walk in the morning or evening hours
- If exposed to the sun, apply at least # 15 sunscreen. Wear sunglasses and a hat with a visor to shade your eyes and face
- Walking shoes need to have good shock absorption and cushioning. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when the foot is the largest
- Sixty percent of a shoe's shock absorption is lost after 250-500 miles of use, so people who walk up to ten miles per week should consider replacing their shoes every nine to 12 months.
- Dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- As always... consult your physician before starting any type of exercise program

## Activity has tremendous health benefits.

Being active for 30 minutes or more on most days of the week can:

- help you lose weight and maintain the weight loss.
- improve your mood, making you feel more in control.
- build your self-esteem, which can increase your motivation.
- lower your risk of developing or dying from heart disease.
- help control blood pressure.
- lower your risk for diseases such as cancer and type 2 diabetes.
- help build healthy bones, muscles, and joints.

# Alamance Walks: Walking Log

Week of _____	Steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

Week of _____	Steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

Week of _____	Steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

Week of _____	Steps	Miles
Monday		
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Saturday		
Sunday		
TOTAL		

Week of _____	Steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

Week of _____	Steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

# Local Walking Facilities

## Burlington City Park

South Church Street, Burlington, NC 27215  
(336) 222-5030  
Website: <http://www.burlingtoncitypark.8k.com>

## Cedarock Park

4242 Cedarock Park Road, Burlington, NC 27215  
(336) 570-6769  
Website: <http://www.alamance-nc.com>

## Fairchild Community Center and Park

827 South Graham-Hopedale Road, Burlington, NC 27217  
(336) 222-5119

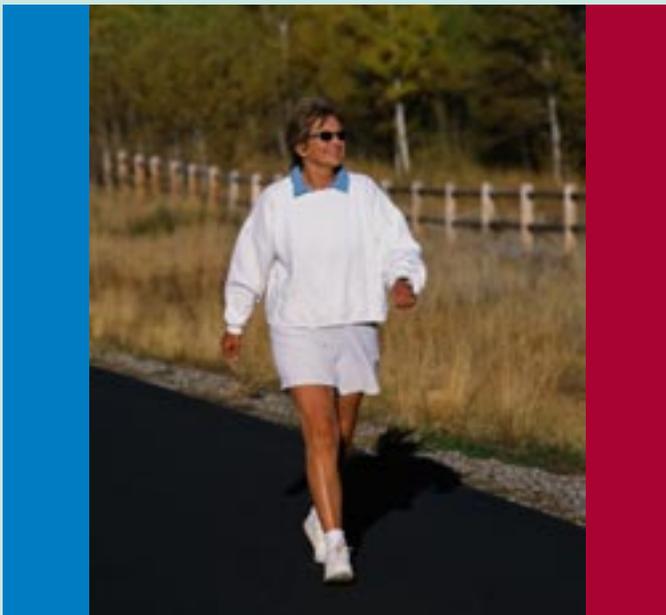
## Joe C. Davidson Park

Rural Retreat & St. Mark's Church Road, Burlington, NC 27215  
(336) 222-5030

## Mebane Recreation & Parks

200 West Lee Street, Mebane, NC 27302  
(919) 563-3629  
Website: <http://www.cityofmebane.com/parks/parks.htm>

For more information about recreation and parks please visit [www.burlington-area-nc.org](http://www.burlington-area-nc.org).



The Alamance Walks  
Downtown Burlington Walking Maps  
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## NC Healthy Weight Initiative logo



**Burlington Downtown Corporation**

