

Time for a Mini-Break

Fall is a beautiful time to explore the best of the outdoors

East Tennessee has many recreational activities. Johnson City and the surrounding area offer:

- Tweetsie Trail: walk, run or bike in an abandoned rail line
- "Blue Hole:" Hike to a waterfall which is located in Elizabethton approximately 25 minutes from campus
- Buffalo Mountain Park: Trek up the mountain for an exceptional view of Johnson City
- Sycamore Shoals State Park: Learn about the history of Elizabethton while being surrounded by nature
- Various Lake Views: Watauga Lake, South Holston Valley, Boone Lake, and Winged Deep Parks are all within 30 minutes of campus and are easily accessible.
- The Center for Physical Activity (CPA) offers rentals for a small fee:

Kayaks and stand-up paddle boards

Backpacking equipment, camping stoves, and rain gear.

Contact the CPA:

1244 Jack Vest Drive

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