



CARY, NC
Bond Park Walk
10K and 5K



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

An AVA Sanctioned Year-Round Walk of the Triangle Trailblazers

**Special Programs: Par for the Course-10k & 5k,
Rails To Trails-10k & 5k**

Print pages 2-4 for the 10k directions and map
Print pages 5-6 For the 5k directions and map

Most of this trail goes through the woods surrounding Bond Lake, and also through recreational and residential areas. Most of the trails are well-groomed, though the part of the 10k trail that borders the Western side of the lake has roots and rocks, and dips into ravines. The 5k trail is all on well-groomed trails – though areas can be muddy after it rains. The 10k is rated 2C while the 5k is rated 2B.

Brief History of Fred G Bond MetroPark

The Town of Cary - Fred G. Bond Metro Park, at 310 acres, is one of the largest municipal parks in Wake County. It has been called “an oasis in the midst of the city” and has been designed to preserve the environment and offer opportunities for many types of recreation. All facilities are integrated into the natural setting. There are picnic facilities, a boathouse with rentals, athletic fields, playgrounds, numerous trails along with opportunities for orienteering and a “challenge rope course”. In addition, the Cary Community Center and Senior Center are within the park’s boundaries, along with an amphitheater for performances.

The park is named for Fred Gaines Bond, mayor of Cary from 1971 to 1983. During his tenure Cary’s population exploded from 7000 to 26,000. His strategy was to encourage and manage growth, while still maintaining what he referred to as a "village atmosphere". Mr. Bond was originally from Georgia where he received a degree in Agricultural Economics from the University of Georgia. He moved to the Raleigh area in 1952 to serve as the General Manager of the Flue Cured Tobacco Stabilization Corp (now the US Tobacco Cooperative), where he was CEO for 23 years.

There are numerous restaurants just down the road for an after-walk meal.

Mellow Mushroom-4300 NW Cary Parkway (Funky pizza chain-a club favorite)
La Farm Bakery-4248 NW Cary Parkway (French & American Café and Espresso Bar)
The Parkway Tavern-982 High House Rd (Sports Bar)

Upon completion of the walk, remember to log back into the OSB system to complete your online registration. Once you have entered your participation date, distances, and any included Special Programs, you can print out an Insert Card for each applicable book.

Triangle Trailblazers

Cary-Bond Park / Wake County

10k Walk – YR1296



Driving Directions to the Start Point – Taylor Family YMCA, 101 YMCA Dr, Cary, NC 27513

Restrooms available in the Y during business hours and at rec facilities in Bond Park

From the East on I-40: Take exit 293 for I-440/US-1. Stay to the LEFT and then RIGHT for exit 293-A, US-1 South. Merge onto US-1. In 2.3 miles, take exit 99 for Cary Pkwy; turn RIGHT. In 4.7 miles, turn RIGHT on YMCA Dr. Turn LEFT into the parking lot for the YMCA.

From the West on I-40: Take exit 285/Aviation Pkwy; turn RIGHT on Aviation Pkwy (name will change to Morrisville Carpenter Rd). In ~4 miles, turn LEFT on NC-1613/Davis Dr. In ~2.7 miles, turn LEFT on Waldo Rood Blvd. In .7 miles, turn RIGHT on SW Cary Pkwy. In .3 miles, turn LEFT on YMCA Dr. Turn LEFT into parking lot for the YMCA. There are other, potentially faster, routes you make take from the West, but they are toll roads.

1. **Map #1** (pg 4)– Go to the far end of the parking lot (away from the road & YMCA), and head down towards the wooden steps in the corner of the lot.
2. Go down the 2 sets of stairs, through the play area and cross the wooden bridge to the paved trail.
3. Turn **R** on this trail (White Oak Creek Greenway); do not take any turns.
4. Once you reach the large earthen dam, turn **R** and take the stairs up to Bond Lake.
5. At the top of the stairs, turn **R** onto the natural surface trail (Lake Trail). This trail is marked with blue triangles on wooden posts. **Watch your step - roots and uneven terrain!**
6. Keeping the lake on your left, continue around the lake, crossing numerous boardwalks and bridges. Most bridges will be marked with a number shown on a brass plaque on one end of the handrail. The first bridge you come to will be BOP-1. Do not take any side trails. *The numbers on the plaques will increase along the trail, and the count includes bridges and boardwalks, though none of the boardwalks are marked.*
7. Cross an inlet at the far end of the lake via a series of 3 bridges connected by boardwalks. The last bridge is marked BOP-9.
8. Cross 2-3 boardwalks and then bridge SCG-07. After 3 more boardwalks, turn **R** at the faded signpost for Lake Trail and proceed up the gravel/dirt path towards houses.
9. At the top of the hill, cross the road and head downhill on the path. *Watch your footing-loose gravel.*
10. **Map #2** At the end of this path, go up the steps, and cross the field under the power lines. Go down the wooden stairs and continue on the path, staying next to the creek.
11. The path ends on a road, turn **R** (Trafalgar Ln).
12. Carefully cross W Chatham St and turn **L** on the sidewalk. Go one block to Ravenna Way.
13. Turn **R** on Ravenna Way.
14. Turn **R** on Javelin Court and go straight ahead.
15. Take the narrow stairway just to the right of house #105. Go down the stairs and cross the bridge to continue on the trail around this small lake. Keep the lake on your left, staying on the dirt/gravel trail.
16. Cross the bridge over a small finger of the lake and turn **L** back onto dirt/gravel path. Do not take any side trails leading away from the lake.
17. Go past a small earthen dam on your left; continue ahead on the gravel path, now heading away from the lake.
18. Trail goes through a tunnel (do not take stairs) and then follows a creek.
19. Trail ends at a parking lot, veer **L** to cross the lot and walk on the sidewalk between the pool and the Oxford Hunt Clubhouse. Pass a play area and tennis courts.
20. **Map #1** Cross a bridge to walk along the Lake Trail/Oxford Hunt Greenway. Stay straight on this


trail going under the power lines, and straight again at sign for Lake Trail.

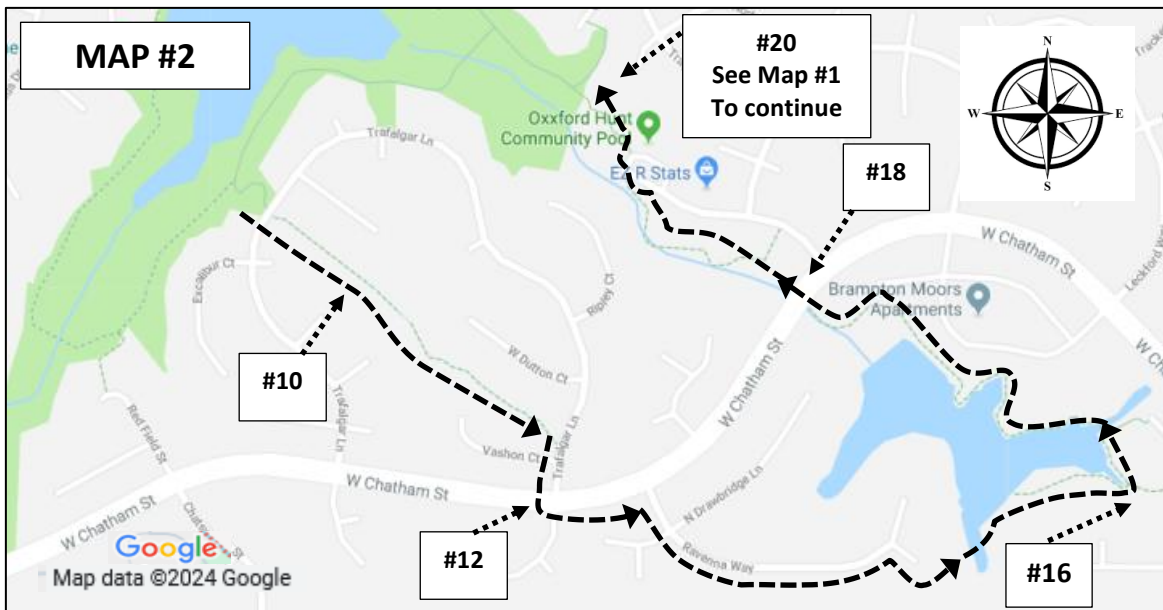
21. After some distance, **STAY L** at triangular intersection (Lake Trail and Black Creek Greenway); head towards a parking lot. Turn **L** onto the sidewalk just before the lot, and **L** again to go up the stairs between the buildings (restrooms on left; boathouse on right).
22. Take the steps ahead down toward the lake and turn **R** onto the 1st sidewalk. Turn **L** at the next sidewalk taking steps down to the boardwalk.
23. Turn **R** on the boardwalk. When the boardwalk ends, go slightly uphill and turn **L** onto the wide paved trail. Very quickly turn **R** onto Black Creek Greenway. The trail crosses a road, and goes past a picnic shelter.
24. Veer **L** as trail merges with Lake Trail.
25. At the Y, go **L** onto Black Creek Greenway/Pine Cone Trail, passing ball fields on the left. Do not take the unmarked gravel trail on the left.
26. At the next intersection, stay to the **L** onto Pine Cone Trail (dirt/gravel). There is a knee-lift exercise station here.
27. At stop sign, cross a road. Veer **R** to stay on Pine Cone Trail.

28. A large building will come into view (Bond Park Community Center); veer **R** and then straight onto Paw Paw Trail (a trail marker will be just ahead).
29. Continue on Paw Paw Trail, crossing over a paved trail.
30. Turn **R** to stay on Paw Paw Trail (now paved) and cross road (Maury O'Dell Place, sign to the left).
31. Go to the next road, cross it and quickly turn **R** onto Paw Paw Trail.
32. Go past the entrance (on left) for the Challenge Course. Veer **R** at the next Challenge Course sign. Trail curves the left.
33. At dam, turn **L** onto White Oak Creek Greenway. Continue to the end of the dam.
34. Make a hard **R** turn onto Lake Trail and walk across the top of the dam. Turn **R** to go down the stairs and back onto White Oak Greenway.
35. Turn **L** onto White Oak Greenway, heading away from the dam.
36. Take the trail back to the YMCA, ~ ½ mile. At a bench turn **L** to go over the bridge. Go thru the play area and up the stairs back to the parking lot.

© Triangle Trailblazers January 2026.v1 / JSW

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

 In Case of Emergency: Dial 911
For Event Assistance: Jan Weeks / 216-333-2281



MAP #1

Fred G. Bond Metro Park

Bond Park 10K Map
©Triangle Trailblazers
January 2026



#32

#33

#27

#4

START

#25

#20

#9

#7

#10
See Map 2
To continue

Google
Map data ©2024 Google

- Greenway Trail
- Future Greenway Trail
- Lake Trail - 2 Mile Loop
- Paw Paw Trail - 1 Mile Loop
- Pine Cone Trail - 1.4 Mile Loop
- Unnamed Foot Paths
- Trailhead Map
- Pedestrian Underpass

0 500 1000
Scale In Feet



Driving Directions to the Start Point – Taylor Family YMCA, 101 YMCA Dr, Cary, NC 27513

Restrooms available in the Y during business hours and at rec facilities in Bond Park

From the East on I-40: Take exit 293 for I-440/US-1. Stay to the LEFT and then RIGHT for exit 293-A, US-1 South. Merge onto US-1. In 2.3 miles, take exit 99 for Cary Pkwy; turn RIGHT. In 4.7 miles, turn RIGHT on YMCA Dr. Turn LEFT into the parking lot for the YMCA.

From the West on I-40: Take exit 285/Aviation Pkwy; turn RIGHT on Aviation Pkwy (name will change to Morrisville Carpenter Rd). In ~4 miles, turn LEFT on NC-1613/Davis Dr. In ~2.7 miles, turn LEFT on Waldo Rood Blvd. In .7 miles, turn RIGHT on SW Cary Pkwy. In .3 miles, turn LEFT on YMCA Dr. Turn LEFT into parking lot for the YMCA. There are other, potentially faster, routes you make take from the West, but they are toll roads.

1. Go to the far end of the parking lot (away from the YMCA & road), and head down towards the wooden steps in the corner of the lot.
2. Go down 2 sets of stairs and straight ahead through the play/picnic area to cross the wooden bridge to the paved trail.
3. Turn **R** on this trail (White Oak Creek Greenway); do not take any side trails.
4. At the large, earthen dam, turn **L** to stay on White Oak Greenway.
5. Take the first **L** onto Paw-Paw Trail (natural surface). *Trail can be sloppy after rains.*
6. At 1st intersection veer **R** to stay on Paw-Paw trail.
7. Before the big field, veer **L** to cross the road at small stop sign (Metro Park Dr) and continue on Paw-Paw.
8. Cross another road and continue straight ahead on the paved trail.
9. Go across parking lot to continue on the paved trail (Bond Park Community Center is to the left).
10. At 'T', turn **L** back onto the Paw-Paw Trail. This is also the Pine Cone trail (natural surface).
11. At big 4-way intersection, turn **Hard R** onto the Pine Cone Trail (sign is down the trail a little bit).
12. Veer **L** to stay on Pine Cone trail and then cross a road. Go up a hill; houses will soon be on your left and eventually a parking lot on the right.
13. At intersection with a paved trail, go straight to remain on Pine Cone Trail (now also Black Creek Greenway).
14. At triangular intersection, veer **R** staying on Pine Cone/Black Creek-now also Lake Trail.
15. Veer **R** to stay on Pine Cone/Lake Trail/Black Creek, passing a picnic shelter on your left.
16. Cross a road (parking lot on left), trail heads downhill. Turn **R**.
17. Head towards the informational kiosk; turn **L**. White Oak Creek is marked on pavement.
18. At the top of a slight rise, turn **L** onto the natural surface, Lake Trail, walking along the top of the dam.
19. At the end of the dam, turn **R** to go down the stairs. *Use caution-bottom steps are uneven.*
20. Almost immediately, turn **L** on White Oak Creek Greenway, heading away from the dam.
21. Take the trail approximately ½ mile back to the YMCA without making any turns.
22. At a bench, turn **L** to go over the bridge. Go through the play area and up the stairs back to the parking lot.

© Triangle Trailblazers January 2026.v1 / JSW



In Case of Emergency: Dial 911
For Event Assistance: Jan Weeks / 216-333-2281

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Bond Park 5K Map
 ©Triangle Trailblazers
 January 2026

Fred G. Bond Metro Park



- Greenway Trail
- - - Future Greenway Trail
- Lake Trail - 2 Mile Loop
- Paw Paw Trail - 1 Mile Loop
- Pine Cone Trail - 1.4 Mile Loop
- Unnamed Foot Paths
- Trailhead Map
- Pedestrian Underpass

