

*Get Active This March!*

# Tri-County Bingo!

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| Bring some friends and play pickleball at Central Creek Parks covered courts! | Bring a towel and try out beach yoga  | Walk around Daniel Island's Bamboo park and use the workout equipment stationed along the way | Hike the Biggin Creek Trail  | Join in on one of Charleston Moves free group bike rides                     |
| Bike around James Island County Park  | Join a park/beach cleanup with Keep Charleston Beautiful to make a difference while staying active! | Paddle board at Berkley County Blueways   | Catch up with a friend while walking Hampton Park                                    | Sunset walk at Folly Beach   |
| Walk around your neighborhood   | Walk along the beach at Sullivan's Island   | FREE SPACE  | Venture to East Moultrie Flats to walk with a beautiful view of the lake!            | Use the Geocaching app to hunt for hidden treasures and rack up steps!       |
| Park near Waterfront Park in Mt. Pleasant and Walk the Ravenel Bridge!        | Bike through the West Ashley Greenway   | Go for a jog around Colonial Lake Park  | Visit a Tri-County community pool and reserve a lane to get in some aquatic exercise | Explore Francis Marion National Forest                                       |
| Volunteer to walk dogs at Dorchester Paws                                     | Participate in Summerville's annual Shamrock Shuffle fun run on March 15th!                         | Gather a group of friends for a game of beach volleyball at Folly Beach                       | Check out the walking trails at North Charleston's River Front Park                  | Walk Beidler Forest and explore one of the nation's top bird-watching spots! |