



Fayetteville Main Street

WELLNESS WALK



- 4 Entry Sign for Fayetteville - the town was established in 1823



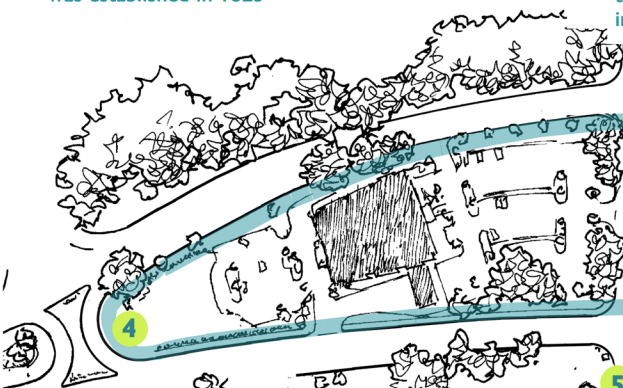
- 3 The Masonic Lodge – built 1958
The white columns used for the front of the building came from a Jewish Temple in Atlanta.



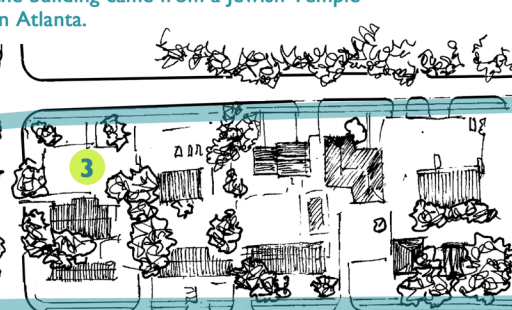
- 2 Holliday/Dorsey/Fife House circa 1855
Built by Dr. John Stiles Holliday, uncle of the Doc Holliday of western fame who was from Griffin, Ga.



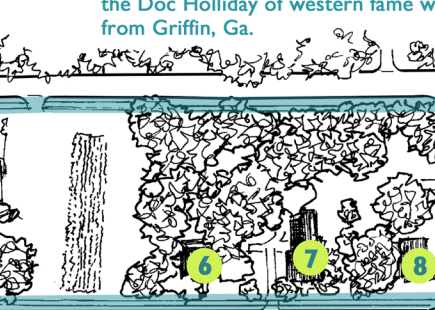
- 1 Fayette County Courthouse - built 1825



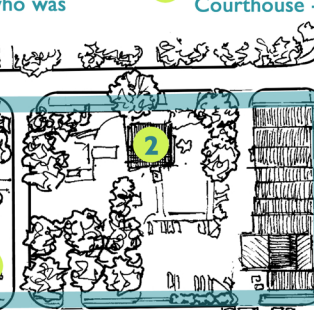
- 5 Fayetteville City Cemetery – circa 1820's
Cemetery contains plots of original families to the county. Margaret Mitchell has relatives buried here.



- 7 The Bennett/Burch House – built in 1840
Seven generations of the Burch Family have lived in this house. It was restored in 1983 and a major addition was finished in 2013.



- 8 The Ambrose Burch House - built in the early 1900's by Ambrose's grandmother. Ambrose Burch restored the house in 1980. Now houses the J. Sam Burch Barbershop.



- 10 The Lane Brown Gazebo - Built to reflect the historic style of old Fayetteville. It was later named in honor of the former Main Street Chairman.



- 9 Hollingsworth House – built 1906
This house was originally beside the Baptist Church in Fayetteville and moved to this location in 1998.



- 6 The Lester House - built early 1900's by John Lester. The Lester family still lives in Fayetteville.



Appreciate the sites of Downtown Fayetteville as the earliest residents did...on foot! We hope you'll enjoy this one mile walk/run around some of our historic buildings. Go around as many times as you like!

Below is a table that estimates how many calories you will burn on the Wellness Walk.

CALORIES BURNED LAPS PER HOUR "LPH"

YOUR WEIGHT	WALKING			JOGGING				
	2 LPH	2.5 LPH	3 LPH	4 LPH	5 LPH	6 LPH	7 LPH	8 LPH
120	138	156	306	384	474	558	636	726
140	162	186	354	450	552	648	744	846
160	180	210	408	516	630	744	852	966
180	204	240	456	582	708	834	954	1086
200	228	264	510	648	792	792	1062	1206
220	252	288	558	708	870	1020	1170	1332

The Downtown Wellness Walk is sponsored in part by the Health Promotion Program of the Georgia Dept. of Health, District 4; and Fayetteville Main Street.

