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
    - Johnson City TN 37614
    - (423) 439-7980
    - campusrec@etsu.edu

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**Time for a Mini-Break**

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

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**This & That for Graduate Success**

**November 2019**

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**Graduate Student Success Specialist**

SCHOOL of
GRADUATE STUDIES
EAST TENNESSEE STATE UNIVERSITY