

Fitness is important. Getting your steps in is also important. That positive feedback when you see the lights on your wrist light up or your fitness tracker buzzes is an awesome reward. With that in mind, we wanted to give you some ways to get to 10,000 while exploring our city.

Touring through downtown Macon is a great way to start. Not only are you collecting steps, you get a chance to check out historic sites, visit some unique shops and find inspiration for your post-walk meal.

We suggest starting at our office (450 Martin Luther King Jr. Blvd).

- Head East on Martin Luther King, Jr. Blvd. On the right, you'll pass Tic Toc Room. Tic Toc Room was the location at which Little Richard first created his signature sound, and he was joined over the years by Otis Redding and James Brown, among others.
- Turn right on Cherry Street. On your right is the Tubman Museum, the largest museum in the nation dedicated to educating people about the Art, History and Culture of African Americans.
- In front of you is the Terminal Station, built in 1916 to handle the more than 100 train arrivals per day from the 15 railroads operating in Macon.
- Swing back around on Cherry Street and on your right is the Georgia Sports Hall of Fame.
- Continue up Cherry Street. As you cross 3<sup>rd</sup> Street, look both ways. Macon was a city built within a park. You'll see fountains, statues and green space throughout downtown and numerous parks in Macon.
- Turn right immediately after you pass the Rookery. The "alley" between the buildings is lit in the evening, and as you walk between the buildings, look to the right at the chalkboards, featuring event information and artwork.
- Turn left onto Mulberry Street Lane. On your left is the Downtown Grill. Notice the historical marker, commemorating the location where Gregg Allman proposed to Cher.
- At 2<sup>nd</sup> Street, look left to see the historic Cox Capitol Theatre (opened in November, 1916). Turn right and walk toward Mulberry Street.
- At Mulberry turn left. As you head up Mulberry, you'll see the Grand Opera House on your right. Built in 1883-84, it seated approximately 20% of Macon's population. It has hosted Charlie Chaplin, George Burns & Gracie Allen, Houdini, and a memorial service for President McKinley. It now is the performing arts center for Mercer University.
- As you continue up Mulberry, you'll pass several historic buildings on the left. The Robert E. Lee Building (named after former Georgia College President Robert "Buzz" Lee) was home to Alan Walden's Redwal Music, which was a joint venture with Otis Redding and WIBB radio. James Brown recorded at the original WIBB studios. The Cannonball House is also on your left. The Cannonball House was built in 1853 and sustained damage from a cannonball shot from more than one mile away during the Civil War during the Battle of Dunlap Hill. The cannonball bounced on the sidewalk in front of the house, went through the left middle column and into the house.
- At New Street, turn left, but not before taking some time to check out the Hay House, called the Palace of the South. When the 18,000 square foot home was built between 1855-59, it featured amenities that were unseen at the time: hot and cold running water, central heat, a speaker system that connected 15 rooms, in-house kitchen and elaborate ventilation system.

- Walk up New Street to Washington Street. Turn left onto Washington Street. You will pass First Baptist Church of Christ and St. Joseph Catholic Church on the right. First Baptist was founded in 1826 and was indeed the first Baptist congregation in Macon. St. Joseph is the third tallest building in Macon, with twin spires that reach 200 feet. The interior features 60 stained glass windows.
- Turn right on New Street. Ahead of you is Navicent Health, the second largest hospital in Georgia.
- At the next corner, look right and you'll see H & H Soul Food Restaurant. Built in 1959 by Inez Hill and Louise Hudson, the restaurant and Mama Louise formed a unique relationship with the Allman Brothers Band. Mama Louise even joined the band on their bus in 1972.
- Turn left onto Cotton Avenue. Cotton Avenue is Macon's only diagonal street.
- Follow Cotton to Poplar. Straight ahead you will see Rosa Parks Square and the Macon City Auditorium. The Auditorium features the largest copper domed roof in the world.
- Turn right onto Poplar. You will pass Macon's City Hall on the right as you head down the hill. The green space that separates Poplar is actually three different parks: Proudeit Park, Prince Park and Hollingsworth Park (in descending order).
- Just past 2<sup>nd</sup> Street, on your right, you will pass Grant's Lounge. Grant's Lounge is the original home of Southern Rock. Musicians would come to Macon to perform at Grant's Lounge in hopes of being "discovered" by Capricorn Records. The Allman Brothers Band, Marshall Tucker Band, Charlie Daniels and Lynyrd Skynyrd were two of the many who can trace their roots to Grant's Lounge.
- At 3<sup>rd</sup> Street, turn right. Follow 3<sup>rd</sup> to Plum Street, and loop back around on 3<sup>rd</sup>.
- Turn right on Poplar and head toward Martin Luther King Jr. Blvd. At that corner, look to your right and you'll see the original home of Capricorn Records (540 Martin Luther King Jr. Blvd.).
- Turn left on Martin Luther King Jr. Blvd and head back to your starting point.

We would encourage you to venture off this route. Grab a snack. Check out a shop or a gallery. Take a selfie. This route will get you approximately halfway to your daily goal and will allow you to explore Macon's past and present. A walk at Amerson River Park (2600 Riverview Rd.) and/or on the trails at Ocmulgee National Monument (1207 Emery Hwy.) will provide more stories and will surely get your wrist buzzing as you hit 10,000 steps.