

GET OUTSIDE & PLAY

# DISC GOLF



## AFFORDABLE & ACCESSIBLE

There are more than 11,500 disc golf courses in the world, and 60% of them are in public parks. 91% of all disc golf courses are free to play. That means all you need are discs, which sets can be purchased for less than \$50, and you're ready to play.

## PROMOTE YOUR HEALTH

Disc Golfers cover a lot of ground, taking upwards of 6,500 steps (3.25 mi) during an 18-hole round. That means players are outside and can cover more than half of their American Heart Association recommended daily step count in under hours, all while enjoying nature.

*Flightpath*  
DISC GOLF

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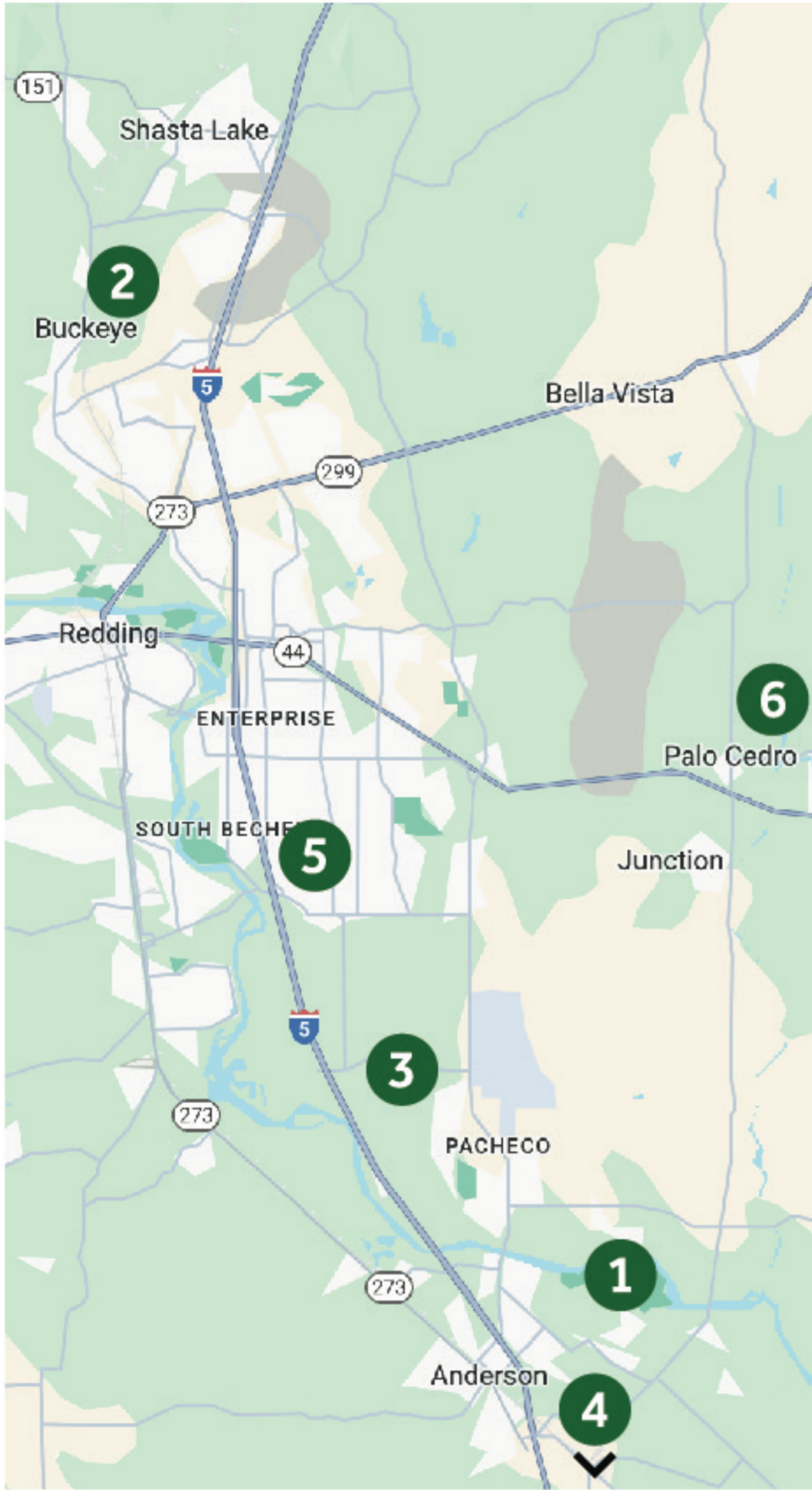


[Flightpathdiscgolf.org](https://flightpathdiscgolf.org)

Flightpath Disc Golf is a Non-Profit Organization.

# THE GLIDE GUIDE

## LOCAL COURSES



- 1 ANDERSON RIVER PARK**  
3752 Rupert Rd,  
Anderson, CA 96007
- 2 BUCKEYE**  
3500 Hiatt Dr,  
Redding, CA 96003
- 3 CHURN CREEK COURSE**  
7335 Churn Creek Rd,  
Redding, CA 96002
- 4 DOG ISLAND PARK**  
1360 Main St,  
Red Bluff, CA 96080
- 5 ENTERPRISE PARK**  
4000 Victor Ave,  
Redding, CA 96002
- 6 PALO CEDRO PARK**  
9435 Cedro Rd,  
Palo Cedro, CA 96073

*MORE COURSES  
COMING SOON!*

## BEGINNER SETS

Disc Golf discs or beginner sets can be found at Dick's, Walmart, or some Ace Hardware locations.



**UDisc** | THE APP FOR DISC GOLFERS  
Keep Score, Find Courses, Find Leagues & More!



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