



DISC GOLF



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ROCKY MOUNT
PARKS AND RECREATION
THE CENTER OF IT ALL

**NOV
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INTRODUCTION

Discover Disc Golf and More in Rocky Mount, NC

Welcome to Rocky Mount, North Carolina—a destination where passion for disc golf meets Southern charm and vibrant recreation. Whether you're an avid disc golfer or a newcomer looking to explore this exciting sport, Rocky Mount offers courses that challenge and inspire players of all skill levels. Nestled in the heart of Nash County, our courses provide stunning landscapes, well-maintained fairways, and unique designs that reflect the community's love for the game.

But the fun doesn't stop at the tee pad! Enhance your visit with our exclusive **Explore Nash County** mobile app, your go-to guide for discovering everything Rocky Mount has to offer. The app features a user-friendly directory of local dining, shopping, and attractions—plus access to our **Local Rewards Program, where attendees and participants can enjoy 10% off at a variety of restaurants, attractions, lodging, and shops.** It's the perfect way to make the most of your time in Rocky Mount while saving on unforgettable experiences.

After a day on the course, unwind with the hospitality of our local favorites, shop for unique treasures, or explore our scenic trails. Whether you're here for the competition or the adventure, Rocky Mount is ready to welcome you with open arms and exciting perks.

Your next great story starts here, on the greens of Rocky Mount—download the app and join the journey today!



VOTED #1 BY UDISC FOR COURSE VARIETY IN THE US

Rocky Mount Disc Golf Courses



8

Courses

Love yelling at trees? You're going to love Disc Golf!

One of the fastest-growing sports in the world, Disc Golf has captured the hearts of players everywhere—and Nash County is no exception! Every year, thousands of disc golfers flock here to test their skills (and their patience) as they aim to sink plastic discs into chain baskets.

With eight unique courses to choose from, Nash County was recently ranked #1 in the nation by UDisc for course variety. Whether you're a beginner learning to throw a straight shot or a seasoned pro chasing your ace, there's a course waiting for you.

So, grab your mid-ranges, drivers, and putters—adventure awaits in Nash County!

1ST COURSE

North Carolina Wesleyan University DGC

3400 North Wesleyan Blvd., Rocky Mount, NC, 27804

Rating: 4.2/5 (126 reviews)

Difficulty: 7/10 (beginner) 5/10 (Pro)

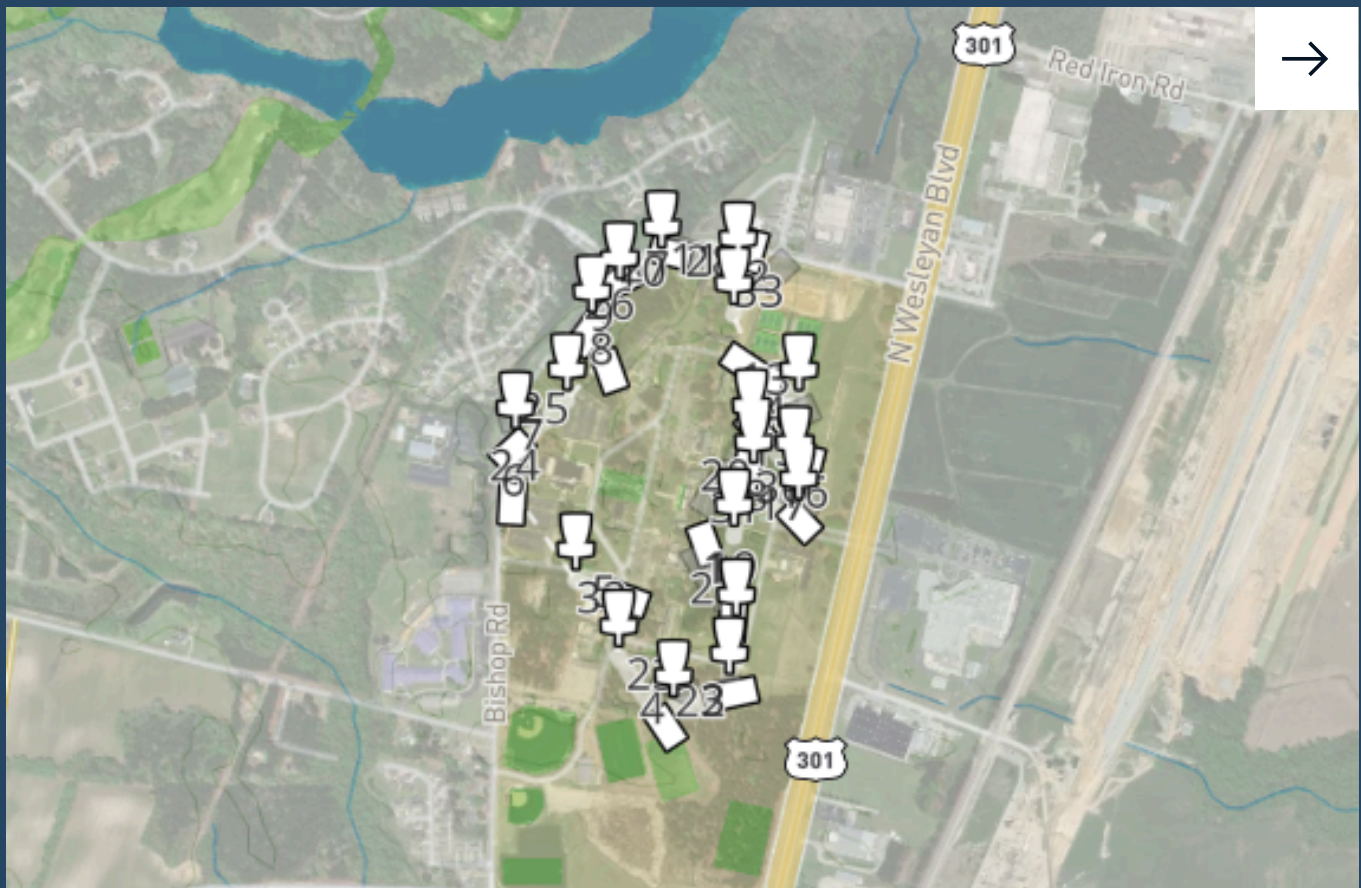
Time needed to play: 1.5 hours

Average distance walked: 1.6 miles.

Basket of note: Number 7

This is a full 18-hole course circling the beautiful North Carolina Wesleyan University campus. The course was designed in 2016 and recently redesigned and renovated in 2023. High Quality Disc Golf Park baskets and paver tee pads were installed. There is a great mixture of open clean shots and mildly wooded more technical fairways. Distances vary from 185 ft par 3 to 460 ft par 4.

The University has a campus store that includes snacks, school gear and authorized Discmania merchandise.



Course 1

NC WESLEYAN UNIVERSITY

Hole	Par	Distance
1	4	460ft.
2	3	310ft.
3	3	320ft.
4	4	445ft.
5	3	255ft.
6	3	320ft.
7	3	375ft.
8	3	235ft.
9	3	260ft.
10	3	215ft.
11	3	345ft.
12	3	325ft.
13	3	325ft.
14	3	240ft.
15	3	270ft.
16	3	185ft.
17	3	330ft.
18	3	335ft.

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2ND COURSE

Rocky Mount Sports Complex Disc Golf Course

600 Independence Drive, Rocky Mount, NC 27804

Rating: 3.4/5 (111 reviews)

Difficulty: Beginner 7/10 | Pro 4/10

Time Needed: ~1 Hour

Distance Walked: ~2 Miles

Basket of Note: Hole 9

This flat yet engaging course combines wooded challenges, open fairways, and water hazards to test your skills. With two tee options per hole, it's perfect for both beginners and experienced players. Don't miss Basket 9, a fan favorite, and enjoy an exciting round where every throw feels like an adventure!



Course 2

ROCKY MOUNT SPORTS COMPLEX

Hole	Par	Distance
1	3	241ft.
2	3	174ft.
3	3	197ft.
4	3	241ft.
5	3	94ft
6	3	181ft.
7	3	247ft.
8	3	227ft.
9	3	366ft.
10	3	191ft.
11	3	261ft.
12	3	225ft.
13	3	281ft.
14	3	253ft.
15	3	305ft.
16	3	302ft.
17	3	261ft.
18	3	184ft.

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3RD COURSE

Battle Park Disc Golf Course

Address: 1308 Falls Rd., Rocky Mount, NC 27804

Rating: 4.1/5 (126 reviews)

Difficulty: Beginner 10/10 | Pro 8/10

Time to Play: ~2 Hours

Distance Walked: ~2 Miles

Basket of Note: Hole 13

Battle Park DGC is the area's newest 18-hole course, with hole distances ranging from 220 to 900 feet. Advanced and pro players will face a series of technical shots that demand precision and strategy. Beginners should come prepared for a long and rewarding challenge. The course is bordered by a scenic river along nearly half the holes, offering a refreshing escape on warmer days. With its combination of length and complexity, Battle Park provides a memorable experience for those ready to take on its demands.



Course 3

BATTLE PARK

Hole	Par	Distance
1	3	234ft.
2	3	255ft.
3	3	257ft.
4	3	354ft.
5	4	656ft.
7	3	246ft.
8	3	300ft.
9	3	263ft.
10	4	476ft.
11	3	340ft.
12	4	505ft.
13	3	414ft.
14	5	820ft.
15	3	318ft.
16	3	336ft.
17	3	220ft.
18	3	301ft.

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4TH COURSE

Sunset Park Disc Golf Course

Address: 1550 River Drive, Rocky Mount, NC 27804

Rating: 4.2/5 (722 reviews)

Difficulty: Beginner Layout 6/10 | Pro Layout 7/10

Time to Play: ~2.5 Hours

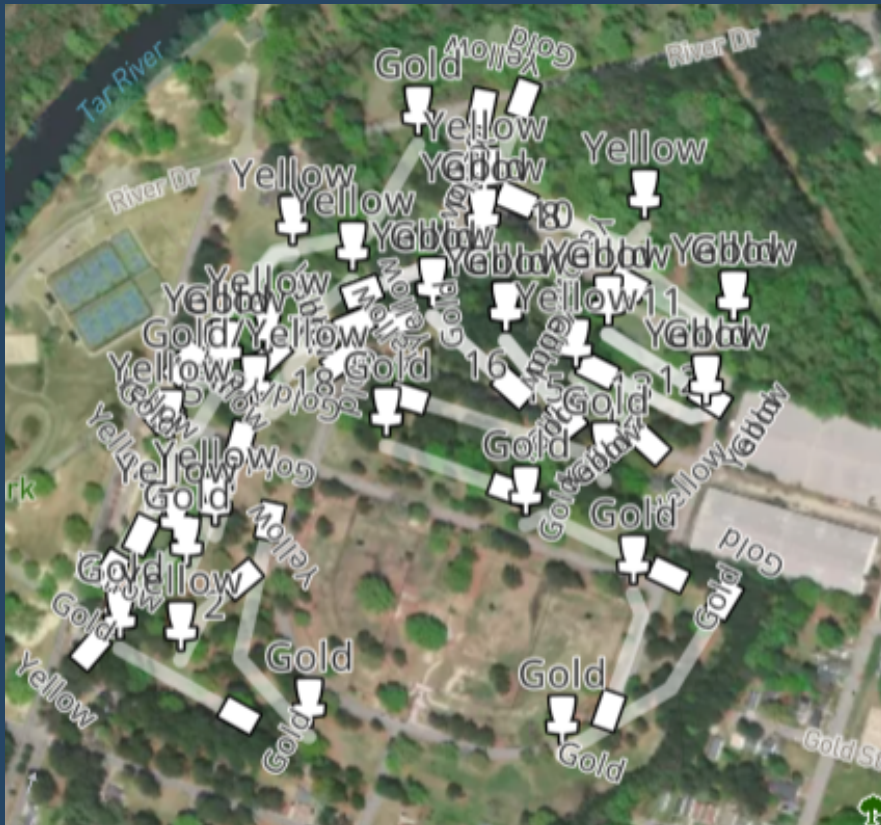
Distance Walked: ~3 Miles

Basket of Note: Hole 6

The Area's Favorite Disc Golf Destination

Since its debut in 2006, Sunset Park DGC has become the area's most popular disc golf course. This well-maintained, mostly open park-style course features beginner and pro layouts, with hole distances ranging from 200 to 800 feet. Whether you're a novice or a seasoned player, you'll enjoy a variety of shots and challenges.

Located in a park, the course benefits from excellent upkeep. During warmer months, you can extend your visit by enjoying the Splash Park, taking a ride on the miniature train, or experiencing the century-old carousel—a perfect way to cap off a day of disc golf!



Course 4

SUNSET PARK

Hole	Par	Distance
1	3	233ft.
2	3	248ft.
3	3	325ft.
4	3	225ft.
5	3	161ft.
6	3	387ft.
7	3	266ft.
8	3	316ft.
9	3	249ft.
10	3	361ft.
11	3	287ft.
12	3	296ft.
13	3	292ft.
14	3	239ft.
15	3	230ft.
16	3	260ft.
17	3	223ft.
18	3	254ft.

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5TH COURSE

Stone Park DGC

172 Old Mill Rd., Rocky Mount, NC, 27804.

Rating: 3.4/5 (224 reviews)

Difficulty: 7/10 (beginner) 4/10 (Pro)

Time to play: 1.5 hours.

Average distance walked: 1 mile

Basket of note: Basket 17

Looking for a course that is wooded and open? Stone Park DGC is your best option. This course requires technical shots on tight lines in the woods, and some far but accurate shots on the open parts. If you're a professional you shouldn't have anything but a good time out here and if you're a beginner to advanced player every basket will show you the gaps in your game. The distances you should be prepared to throw out here is anywhere from one hundred seventy-eight feet to four hundred.



Course 5

STONE PARK

Hole	Par	Distance
1	3	220ft.
2	3	195ft.
3	3	225ft.
4	3	215ft.
5	3	200ft.
6	3	178ft.
7	3	255ft.
8	3	200ft.
9	3	205ft.
10	3	270ft.
11	3	315ft.
12	3	295ft.
13	3	370ft.
14	3	205ft.
15	3	240ft.
16	3	208ft.
17	3	390ft.
18	3	235ft.

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6TH COURSE

Farmington Park Disc Golf Course

Address: 7432 Jessica Way, Rocky Mount, NC 27803

Rating: 4.0/5 (410 reviews)

Difficulty: Beginner 10/10 | Pro 7/10

Time to Play: ~2 Hours

Distance Walked: ~2 Miles

Basket of Note: Holes 10 and 11

A Pro-Level Challenge

If you're a seasoned player looking for a course that will keep you on your toes, Farmington Park DGC is the ultimate test. Known for having some of the most challenging shots in the area, this course will push even the best players to their limits.

Pro players describe it as "deceptively difficult but fantastic." Great throws are rewarded generously, while mistakes can land you in the water or off the fairway, testing both your confidence and strategy. With hole distances ranging from 226 to 570 feet, it's a thrilling ride for any disc golf enthusiast. Bring your A-game and your sense of humor—you'll need both!



Course 6

FARMINGTON PARK

Hole	Par	Distance
1	3	270ft.
2	3	226ft.
3	3	229ft.
4	3	277ft.
5	3	274ft.
6	4	473ft.
7	4	617ft.
8	3	229ft.
9	3	330ft.
10	4	380ft.
11	3	324ft.
12	3	293ft.
13	3	346ft.
14	4	569ft.
15	3	392ft.
16	4	431ft.
17	3	299ft.
18	3	249ft.

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7TH COURSE

Nash Community College Disc Golf Course

Address: 522 North Old Carriage Rd., Rocky Mount, NC 27804

Rating: 4.2/5 (270 reviews)

Difficulty: Beginner 8/10 | Pro 5/10

Time to Play: ~1.5 Hours

Distance Walked: ~1.5 Miles

Basket of Note: Hole 3

A Course That's Picture-Perfect

Nash Community College DGC isn't just a disc golf course—it's a gorgeous escape. With its mix of long shots, ace runs, and scenic views, it's a must-play for enthusiasts of all levels. Players will tackle wooded lines, open fairways, and even a hole next to a fountain, ensuring a dynamic and enjoyable round.

Distances range from 160 to 700 feet, offering something for every skill level. Rumor has it, this course is so good that some students find reasons to stick around just to enjoy it a little longer.

Whether you're schooling your friends or learning the game, you'll love every minute at Nash Community College DGC!



Course 7

NASH COMMUNITY COLLEGE

Hole	Par	Distance
1	3	228ft.
2	3	395ft.
3	3	420ft.
4	3	250ft.
5	3	223ft.
6	3	224ft.
7	3	270ft.
8	3	240ft.
9	4	387ft.
10	3	385ft.
11	3	225ft.
12	3	192ft.
13	3	357ft.
14	3	287ft.
15	3	388ft.
16	3	279ft.
17	3	292ft.
18	4	626ft.

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8TH COURSE

Glover Park Disc Golf Course

Address: 174 JW Memorial, Lloyd Park Dr., Nashville, NC 27856

Rating: 3.2/5 (50 reviews)

Difficulty: Beginner 4/10 | Pro 1/10

Time to Play: 30–45 Minutes

Distance Walked: ~0.75 Miles

Basket of Note: Hole 18

The Quick Stop for Ace Hunters

If you're chasing aces, Glover Park DGC is your dream course. This compact nine-hole track invites players to empty their bags and aim for chains on every throw. While the holes are relatively short, the layout still demands a variety of shot types and keeps things interesting with tight out-of-bounds areas.

Hole distances range from 90 to 350 feet, making this a great course for quick rounds or casual practice. It's the perfect pit stop for honing your skills and enjoying the thrill of hearing those chains sing!



Course 8

GLOVER PARK

Hole	Par	Distance
1	3	198ft.
2	3	190ft.
3	3	158ft.
4	3	197ft.
5	3	222ft.
6	3	217ft.
7	3	257ft.
8	3	344ft.
9	3	350ft.

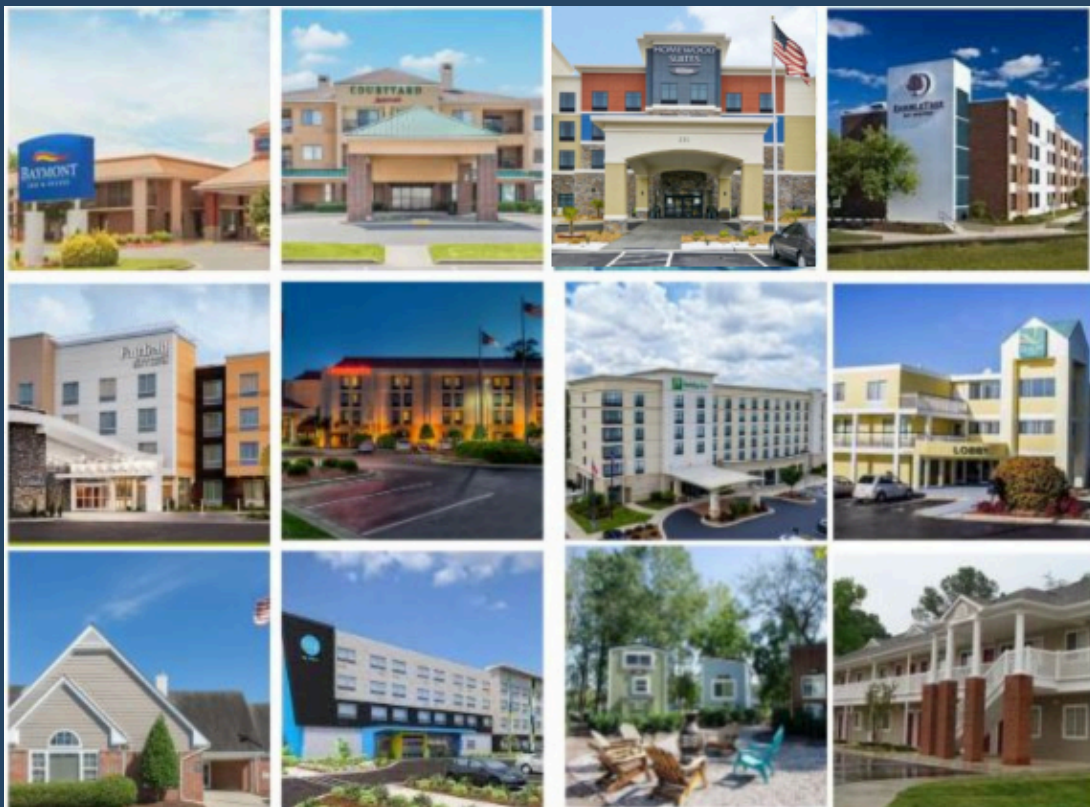
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HOTEL OPTIONS

Stay and Play: Comfortable Accommodations for Every Traveler

When visiting Nash County for disc golf, you'll want a place to rest and recharge after a great day on the course. Whether you're a competitor, spectator, or a fan along for the adventure, Nash County offers a variety of accommodations to meet your needs.

With over 2,400 hotel rooms, ranging from budget-friendly to luxurious options, you'll find the perfect place to relax before your next big throw.



THINGS TO DO

Things to Do: Explore Nash County Beyond the Course
When you're not on the disc golf course, Nash County offers plenty to see and do. From breweries and dining to outdoor adventures and local attractions, there's something for everyone to enjoy. Here are some highlights to make your stay even more memorable:

Discover Rocky Mount Mills

A vibrant hub of activity, Rocky Mount Mills is a must-visit destination in Nash County. This historic cotton mill turned entertainment district offers a mix of breweries, restaurants, and event spaces, all nestled along the scenic Tar River.

- **Breweries & Taprooms:** Sample craft beers from local favorites like HopFly Brewing Co., Koi Pond Brewing Company, and Penny Brewing Co., all within walking distance of each other.
- **Dining:** Savor a variety of cuisines, from wood-fired pizzas to Southern comfort food. Don't miss the outdoor seating areas, perfect for enjoying your meal with a view of the river.
- **Events:** Rocky Mount Mills hosts live music, festivals, and family-friendly events throughout the year, making it a great spot to unwind after a day on the course.
- **River Adventures:** Take a stroll along the Tar River Trail or ride a kayak for a peaceful paddle right from the Mills.



Outdoor Adventures

Battle Park: Walk or bike along scenic trails, fish in the Tar River, or enjoy a picnic at this peaceful spot.

Sunset Park: Beyond the disc golf course, this park features a century-old carousel, miniature train rides, and a splash park for family fun.
Nash County Reservoir: Perfect for boating, fishing, and enjoying nature.



Local Attractions

Imperial Centre for the Arts and Sciences: Explore art galleries, a children's museum, and live theater performances.

The Dunn Center for the Performing Arts is a premier venue located on the North Carolina Wesleyan University campus in Rocky Mount, NC. It hosts various cultural events, concerts, and performances, including the Wesleyan Season Series, Wesleyan Players productions, and concerts by the Tar River Swing Band and Orchestra.

Nash Arts Center: Catch live music, performances, and art exhibits in this charming cultural venue.



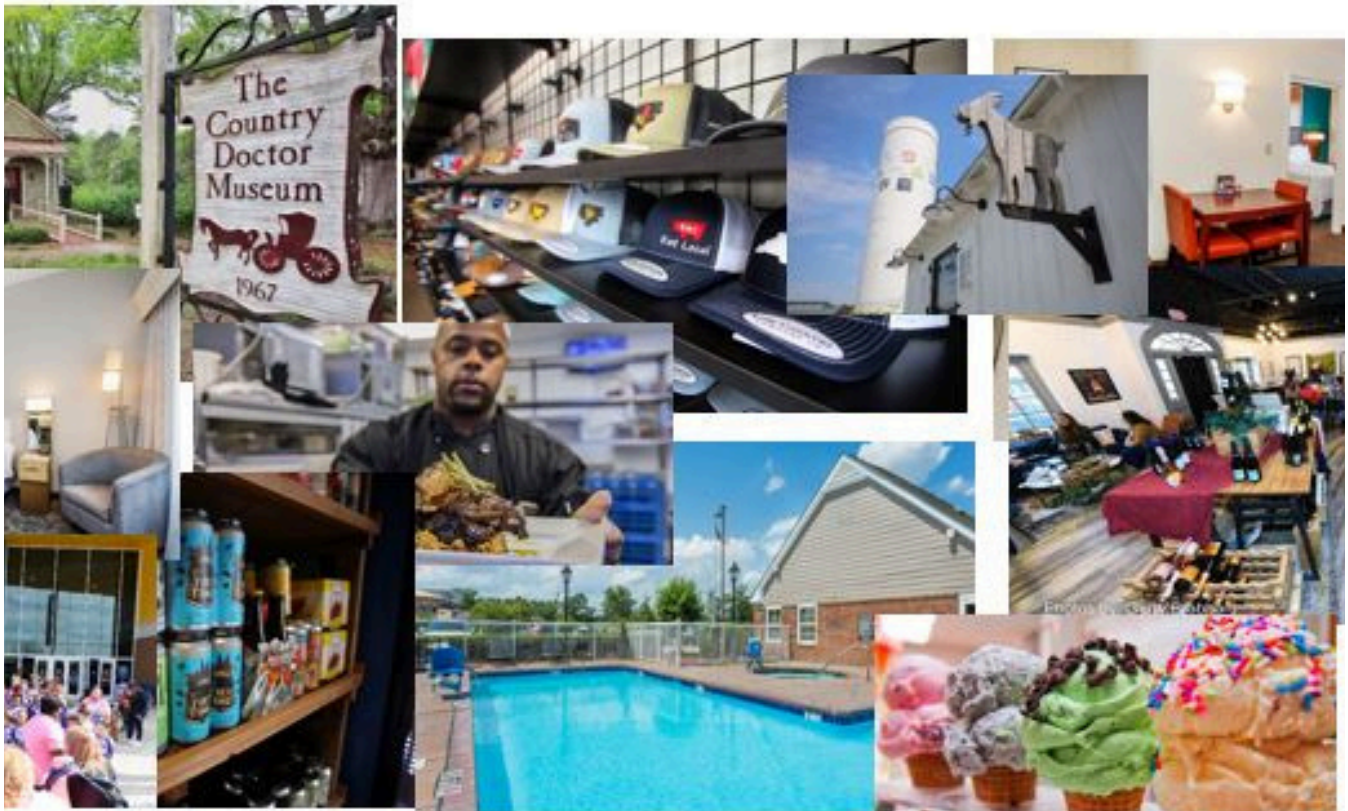
Shop & Dine in Nash County

Explore the unique charm of Nash County's towns:

- **Rocky Mount** offers vibrant shopping, cozy cafes, and diverse dining options.
- **Nashville** features unique shops, boutiques, and welcoming local restaurants.
- **Bailey** is home to the fascinating Country Doctor Museum, showcasing medical history, and Leaning Tree, offering local treasures and rustic charm.
- **Spring Hope** invites you to visit Michael's Showside Grill for delicious meals and explore unique antique stores.
- **Dortches** boasts the iconic Smith's Red & White Grocery Store, a beloved local spot, and its in-house restaurant for hearty Southern cooking.
- **Red Oak** provides a peaceful retreat with inviting eateries and charming shops that embody small-town hospitality.

Plan Your Adventure

From bustling streets to tranquil countryside, Nash County offers something for everyone. Discover historical landmarks, savor local flavors, and explore the heart of these welcoming communities to make your trip unforgettable.



MEDIA- PARTNER WITH NASH COUNTY TO ELEVATE YOUR TOURNAMENT



We are dedicated to helping your event succeed while showcasing its positive impact on our community. Here's how we support you every step of the way:

- **Website and Facebook Calendar Promotions-** Your event will be featured on our website and added to our Facebook calendar, ensuring maximum visibility to both local and visiting audiences.
- **Live Facebook Coverage-** During the tournament, we'll provide real-time updates, photos, and highlights on Facebook, engaging your audience and amplifying the excitement. (must schedule ahead)
- **Exclusive Discount Link for Accommodations-** Participants and spectators can access a special booking link offering discounted rates at local hotels. Even after the cutoff date, the link guarantees the best available rates, simplifying travel arrangements for everyone.
- **Economic Impact Report-** After your event, we'll provide you with a detailed economic impact report, showing how your tournament benefited the local economy. This valuable data can help you demonstrate the success of your event and support future planning.

TRANSPORTATION

Getting to Nash County: Transportation Guide
Nash County is conveniently located in Eastern North Carolina, offering easy access for visitors traveling by air, road, or rail.

Alternative Transportation Options

- Car Rentals: Available at RDU Airport for flexible travel.
- Shuttle Services: Some hotels in Nash County offer shuttle services; confirm availability in advance.
- Public Transit: Limited options are available; check local transit authorities for schedules.

Local Transportation within Nash County

- Taxi Services: Available in Rocky Mount and Nash County.
- Ride-Sharing: Services like Uber and Lyft operate in the area.
- Public Transit: Tar River Transit provides bus services within Rocky Mount.



VENUES

Top Venues in Nash County for Large Group Events

Tournament directors will find Nash County's venues perfect for awards banquets, training sessions, and gatherings of all sizes, with spacious accommodations, catering options, and flexible layouts. **Additional venues are available for smaller events upon request.**

Rocky Mount Event Center

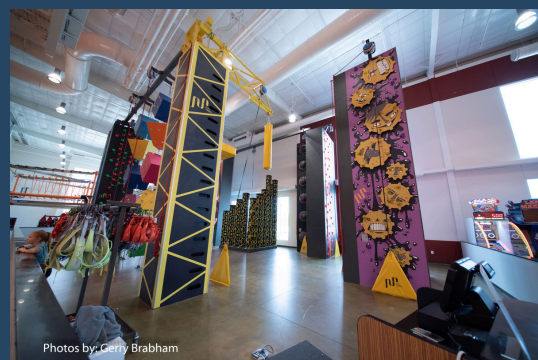
Address: 285 NE Main St., Rocky Mount, NC 27801

Capacity: Up to 4,000 attendees

The Rocky Mount Event Center is a state-of-the-art facility designed for large-scale events. With over 165,000 square feet of versatile space, it offers:

- A banquet hall perfect for awards ceremonies or training sessions.
- On-site catering services to ensure your event is seamless and memorable.
- Advanced audio-visual technology to enhance presentations and celebrations.

Its central location and proximity to hotels, restaurants, and entertainment make it the perfect choice for your next tournament or celebration.



Nash Community College Brown Auditorium

Address: 522 N Old Carriage Rd., Rocky Mount, NC 27804

Capacity: Up to 1,200 attendees

The Brown Auditorium at Nash Community College is an elegant and flexible space that caters to large gatherings such as:

- Awards banquets with full-service catering options.
- Training sessions with state-of-the-art technology and breakout spaces.
- Celebrations and meetings with customizable seating arrangements.

Situated on a beautiful campus, this venue offers ample parking and easy access for guests.





Save and Explore with Local Rewards and Our Mobile App

Make the most of your visit to Nash County! The Local Rewards Program offers 10% savings at participating hotels, attractions, restaurants, and shops.

The app offers self-guided tours, including the BBQ & Ale Trail, giving attendees something exciting to do during downtime.

Make Your Tournament the Best Yet

The Nash County mobile app is your tool for creating an unforgettable tournament experience. By promoting it to participants and spectators, you enhance their stay, simplify their visit, and add value to your event.

The app provides quick access to event schedules, venue directions, and local hotspots, reducing questions and confusion.

Encourage your attendees to download the app today—it's a win for them, a win for you, and a win for Nash County!



WHY ROCKY MOUNT/NASH COUNTY IS YOUR BEST CHOICE FOR HOSTING

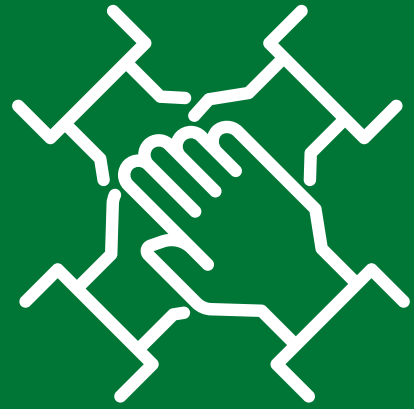
ROCKY MOUNT/NASH COUNTY: YOUR BEST CHOICE FOR HOSTING WHEN IT COMES TO PLANNING A SUCCESSFUL TOURNAMENT, ROCKY MOUNT/NASH COUNTY CHECKS EVERY BOX:

- **PRIME LOCATION:** EASY ACCESS VIA I-95 AND HEY 64. JUST AN HOUR FROM RDU AIRPORT.
- **EXCEPTIONAL VENUES:** FROM THE ROCKY MOUNT EVENT CENTER TO NASH COMMUNITY COLLEGE, OUR FACILITIES ARE BUILT FOR LARGE-SCALE EVENTS WITH CATERING AND AV SUPPORT.
- **AFFORDABLE AND FLEXIBLE:** COMPETITIVE RATES AND GROUP DISCOUNTS MAKE HOSTING HERE COST-EFFECTIVE.
- **COMPREHENSIVE SUPPORT:** OUR TOURISM OFFICE ENSURES EVERY DETAIL IS COVERED, FROM ACCOMMODATIONS TO EVENT PROMOTION.

THE RIGHT DESTINATION FOR YOUR EVENT CHOOSING ROCKY MOUNT/NASH COUNTY MEANS SELECTING A DESTINATION THAT'S FULLY EQUIPPED TO DELIVER SUCCESS. WITH UNMATCHED SUPPORT, CONVENIENT ACCESS, AND TOP-TIER VENUES, WE'RE THE PERFECT PARTNER FOR YOUR TOURNAMENT.

CONTACT US TODAY TO START PLANNING YOUR EVENT!

Let's Get to Work Together



CONTACT US:

WE'RE HERE TO HELP HAVE QUESTIONS OR NEED ASSISTANCE PLANNING YOUR EVENT IN NASH COUNTY?

OUR TEAM IS READY TO HELP MAKE YOUR EXPERIENCE SEAMLESS.



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