DUNCAN PARK TRAIL SYSTEM

TIDBITS ABOUT YOUR RIDE

Duncan Park has been many things over the past hundred years—home of one of the longest standing Minor league baseball fields, a public golf course, a town amphitheater and now a residential community that features a lake and a great mountain bike trail system of about 6 miles. These trails were designed with a ski resort flow trail system in mind. Gravity helps maintain your momentum so there is not too much pedaling, but opportunities to lean into some berms and feel the G's. In most cases, your speed determines the difficulty level on these trails. It’s a series of short loops designed to be ridden over and over again. Perfect for kids and those that want to feel like a kid.

The trails are named after trains and that’s an ode to our moniker, Hub City. For example, the Thomas Trail, which is the easiest trail for kids to ride, is named for Thomas the Tank Engine.

Many folks, led by Eric Turner of Bike Worx, helped make these trails possible, including volunteer effort from the Southern Off-Road Bicycle Association (SORBA) and Benchmark Trails. Trail building began in 2010.

THINGS TO KEEP IN MIND

• All trails are open to hikers, trail runners, and bikers.
• No equestrian or motorized vehicles.
• Cyclists must yield to hikers at all times.
• Slow down and communicate when passing.
• Respect the wildlife.
• If you carry it in, carry it out. Please don’t litter.
• Trails closed after dark.
• Parking at the Tennis court, batting cages or stadium lot.
• Trail signs are behind the stage, at the main entrance, at the intersection at the bridge, at the end of the paved trail at the Dam.

For more information about the area:
864-594-5000
For more information on trail maintenance:
864-595-7253

Produced by
NORTHERN TRAIL
provides the most variance in topography and has lots of vertical changes. You’ll find several ‘Hero Routes’ where you can catch some air, or you can opt for the safer ‘Chicken Route’ workarounds.

CENTRAL TRAIL (.6 MILE) is a quick run with small whoops and lots of lateral movement. When you get to the last big turn, check out remnants of the old amphitheatre among the old growth trees. This trail intersects with the Trolley Trail at the ‘Grand Central Station’ which is the center of the trail system.

COG TRAIL (.4 MILE) is the easiest and shortest route to climb back to the top of the trail system. Think of it like a ski lift to get back up top before taking off again on the Northern or Central lines.

THOMAS TRAIL (.5 MILE) originates from the Bridge. It is a flat, mild trail with lots of lateral movement. It is not very technical and is a great beginner’s course that develops lateral movement skills.

NORTHERN TRAIL (.8 MILE) is a groomed, fluid single track that develops fluid movement skills.

TRAVEL TIPS

• Plan your ride for the best time of day.
• Bring sunscreen and a snack.
• Check trail conditions before you ride.

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Cover Shot: Hot Eye Photography   |   Map: Steve Fincher Photography