



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:
864-542-2453

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 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.

DUNCAN PARK TRAIL SYSTEM

NORTHERN TRAIL (.8 MILE)

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 a great beginner's course that develops lateral movement skills.

MONORAIL (1.6 MILES)

is a tight, windy trail and is the most difficult at the Park. There are lots of 180 degree turns with bermed, vertical switchbacks. You'll find yourself squeezing between tight trees, dropping into gulleys, and leaning sideways at a moments notice. It goes behind the ball fields and tennis courts and leads to the Dam. From there you can jump on the Paved Trail or Southern Trail.

SOUTHERN TRAIL (.4 MILE CURRENTLY, 1.3 WHEN COMPLETE)

takes you along the lake where you're likely to see ducks, turtles, and more elusive wildlife like beavers and herons. It is the most popular trail and is a connector for other routes. *Note: the trail by Forest Avenue is only partially complete and is under construction.*

TROLLEY TRAIL (.2 MILE)

follows the power line right-of-way and is the most gravity inspired trail. This trail is fast! The massive berms will test your balance and how far you can lean. There are no limits on how fast you can go down this trail if you can handle the berms.

PAVED TRAIL (.6 MILE)

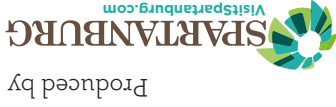
is a scenic alternative to Park Drive to get from the Dam to the Stadium. It's also great to catch a breather after the Monorail or Southern rides as you head back up top for another round.



SPARTANBURG IS A BIKE TOWN.

In fact, we've been known as a Bicycle Friendly Community since 2006, and Spartanburg was the first in the state of SC to earn the recognition by the League of American Bicyclists. Here you'll find great road rides, challenging adventures in the woods, downtown bike rentals along with professional races hosted in our area. Stuff like this only happens in a place that's truly revolutionary. Come see for yourself.

You can find more maps, more places to play and rules of the road at visitspartanburg.com/cycling.



Produced by





Trails
main
entrance

Bike Works
864.542.2453
1 mile



Duncan
Park Lake

Duncan
Park
Stadium

Ball
fields

Tennis
courts

Stage

Caulder Avenue

W. Park Drive

S. Converse Street

N. Park Drive

Forest Avenue

E. Park Drive

S. Park Drive

Rail Trail

Union Street