

3Peat Trail Challenge Course Directions

James River Park and Forest Hill General Directions:

Start in Forest Hill Park next to the Trail Map sign on the left side of the parking lot as you enter the park at the intersection off of New Kent Road and 42nd Street. As you enter the park turn slightly to the left and park where a row of wooden posts keep you from driving on the grass. You will see an awning covering maps and information about trail use. This sign is where your time starts and finishes.

These directions take you looping around the dirt trail loop counterclockwise in Forest Hill Park. You will leave the park and then go clockwise around the James River Park loop before coming back to Forest Hill Park and finishing the loop to the Trail Sign.

Note: these trails are not marked well and are very difficult to navigate. Please use a GPS guidance system of some kind. In addition, carry detailed directions or have someone that knows the trails help guide you. Night riding and running is allowed in this park, but it will make it harder to navigate. This trail loop is the most difficult both because of the elevation changes but also because of the roots, rocks and other obstacles. Yes, it is a challenge!

Pocahontas State Park General Directions

Please park in the main part of the park either by the pool or during less crowded times near the boat ramp. Please keep in mind that Pocahontas State Park charges an admission fee and you will need to pay upon entering. Pocahontas does not allow night riding or running except for a few hours in the evening in the summer. Pocahontas also has separate trails for mountain biking and running/hiking. Please obey these rules. Please note that both the running and biking courses start by the parking lot by the boat ramp and you cross over the footbridge across the lake at the start. The bike course is entirely on the other side of the lake and the trails are custom built one directional mountain bike trails. This is one sweet ride! The run course is a little bit confusing and does two counter clockwise loops. One across the lake from the parking lot and the second on the parking lot side. Both loops include great views of two different lakes and take you on the best running trails in the park.

Leake's Mill Park General Directions

The logistics at Leak's Mill Park are the easiest of the three loops. Please note that night riding and running is not allowed. While this trail loop was designed and built by mountain bikers it is open to both. The trail is marked as one directional and is easiest to follow in that way. Start the trails by leaving the parking lot and going to the trail that starts just past the bathrooms. Remember to add in the Ridges and Valley loop where you have a choice. When you pop out of the trail onto the fire road at the end just head back to the parking lot from their and end your ride back at your car. This trail is a surprisingly sweet trail for both running and mountain biking. You go up and down a lot, but for the most part the climbs are not that technical. While no real views, you will enjoy this park for its beautiful, well designed trails.