

Leakes Mill Park Directions

The logistics at Leakes Mill Park are the easiest of the three loops. But, easy logistics do not mean this is an easy trail. Expect plenty of turns, rocks, roots, steep drops and rises. Please note that night 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 trail sign with a map just past the bathrooms.

Running Trail Directions

Start—In the parking lot by your car. Go to the main loop just past the bathroom and past the trail map sign. The trail has lots of switch backs and is marked in one direction. You stay on the main trail with no real deviations. Note there are even miles marked with white spray paint on the trees. You will come to point in the trail where the mountain bikers only section—for this challenge runners should take the bike route. You will drop down in and out of a ravine multiple times. Yes, it is hard. (You will come to a choice in the trail with a sign that says WTF. Don't take it. This is a section under construction.) Take the right with a sign saying ridges and valleys loop. This short ¼ mile loop will bring you right back to the same spot. Only take this Ridges and Valleys loop once and continue on the trail. Just follow the signs and direction arrows. When you are finally done (you will have seen the 9 mile mark on a tree) there will be a sign pointing down a gravel road to take you back to the parking lot. Stop your time when you get back to the parking lot by your car.

This trail is a surprisingly sweet trail for running. While no real views, you will enjoy this park for its beautiful, challenging and well designed trails.