

Pocahontas State Park General Directions

Please park in the main part of the park by the boat ramp or if it is crowded by the pool. Please keep in mind that Pocahontas State Park charges an admission fee and you will need to pay upon entering or have a state park pass. Pocahontas does not allow night running except for a few hours in the evening in the summer. Pocahontas has separate trails for mountain biking and running/hiking. Please obey these rules. Please note that the running course starts by the parking lot by the boat ramp and you cross over the footbridge across the lake at the start. 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.

Running Trail Directions

Start your time when you leave the parking lot heading toward the footbridge. This first loop is 5 miles long.

Turn right after the bridge on the fire road.

Go 100 yards and turn right on the Co-op Trail.

Stay to the right at each of the connector trails with the lake to your right.

On your return on the Coop Trail stay to the right at each of the connector trails. (Note the Forest Exploration Trail will merge with the Coop Trail)

Just before doubling back on the trail make a right turn on the Forest Exploration Trail toward the Hawkins Forest Trail.

Make a right turn on the Hawkins Forest Trail which is a gravel fire road.

Go up a pretty continuous hill on the Hawkins Forest Trail.

Make a left turn at a major trail junction on the Forest Exploration Trail. Note you will cross over a mountain bike trail.

Continue on the Forest Exploration Trail as you cross another fire road and mountain bike trail.

You will see the lake again on your right.

Cross the footbridge to the right to go back to the parking lot where you started.

You are now starting the second loop by crossing directly across the parking lot to go across the flat grass field toward the volleyball courts.

Take the trail up to the right that goes to the left of the swimming pool.

Past the swimming pool take a left on the Powhatan Trail.

You will cross a wooden bridge and go up a steep hill then make a right turn on the fire road--Powhatan Trail.

Cross the main park road and go right on the Old Mill Trail.

Go right across the low wooden bridge over the creek and stay left on the Beaver Lake Trail.

Stay left to go down to the edge of the lake on the Beaver Lake Trail.

Go right after the wild bee habitat area toward the CCC Museum.

Go left at the next intersection by the well on the fire road--Croctic Forest Trail.

Make a right turn on the Big Poplar Trail.

After 50 yards continue straight at intersection.

After another 50 yards the loop starts. Go to the right.

After $\frac{3}{4}$ of a mile you finished the Big Poplar Trail Loop. Stay to the right.

Turn right on the fire road—Croctic Forest Trail.

Turn left in $\frac{1}{3}$ mile on the Ground Pine Trail.

After 50 yards turn left on the Ground Pine Trail.

Go $\frac{1}{3}$ mile and turn right on the Ground Pine Trail.

At the bottom of the hill turn right on the Beaver Lake Trail.

Stay to the left on the Beaver Lake Trail around the lake.

Go to the right at the bottom of the hill by the dam as you rejoin the Old Mill Trail.

Now you are going back the way you started this loop.

Go up the hill on the Old Mill Trail and take the first left across the road onto the Fire Road which is the Powhatan Trail.

Stay straight on this up the big hill before turning left onto the Powhatan Trail back toward the wooden bridge.

In $\frac{1}{4}$ mile turn right on the trail that goes to the right of the pool.

At the bottom of the hill go left to the volleyball courts and finish at the parking lot by your car.