

Triple Trail Challenge – Sample Schedule for 1 Day Hike

**6 a.m.**

Start the Leakes Mill Trail Loop with expected finish time of 4:30 hours for hiking.

**10:30 a.m.**

Finish the Leakes Mill Trail Loop

**12 p.m.**

Begin Pocahontas running/walking loop with expected finish time of 5 1/2 hours for hiking the trail loop

**5:30 p.m.**

Finish the Pocahontas loop and drive to James River Park

**6:30 p.m.**

Begin the Challenge at Forest Hill Park with expected finish time of 5:00 hours for hiking the James River/Forest Hill Loop.

**11:30 p.m.**

Finish James River/Forest Hill Loop!