

# TUSCARORA CREEK PARK



## **Directions to the run:**

When heading on Route 7 Bypass toward Route 7 East, turn right onto Sycolin Road. Left onto Battlefield Parkway (which used to be marked as Lawson Road). Go past Cool Spring Elementary School on the right. Left when the road comes to a tee will take you to the parking lot for Tuscarora Creek Park. [Note: Battlefield Parkway will be under construction for awhile, so we hope to keep these directions up-to-date].

## **Description of run:**

A nice run combining pavement, gravel roads, and the W&OD trail. Great for beginning runners – a flat trail-only option is available.

**Hill Rating:** 2 (gentle rolling hills)

**Surface:** M (mix of pavement and gravel roads/trails)

**Route:** 6.36 miles

Starting at the Tuscarora Park parking lot head to Battlefield Parkway/Lawson Road and make a right and follow it to Tavistock Drive.

Make a left onto Tavistock Drive and follow it to Sycolin Road.

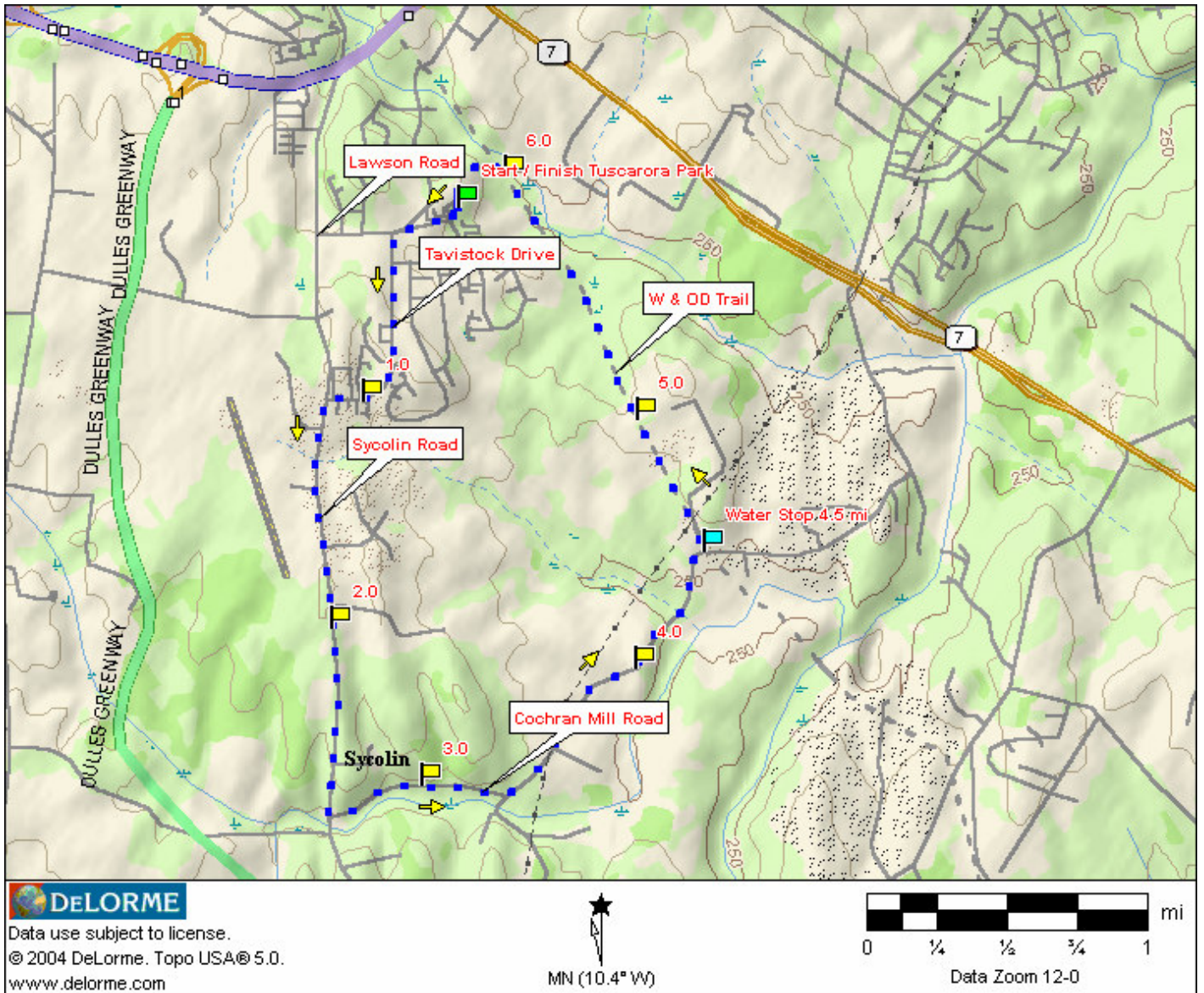
Make a left onto Sycolin Road and follow it to Cochran Mill Road.

Make a left onto Cochran Mill Road and follow it to the W & OD Trail.

Make a left onto the W & OD Trail and follow it to the path on the left just past mile marker 32 leading uphill back to Tuscarora Park.

**(see map on next page)**

### Map of run:



### Elevation:

