



# UPSTATE PATHFINDERS

A VOLKSMARCH CLUB

EST. 2011



## Greenville SC

### Conestee Nature Preserve

### 5/10K Walk Y2342©2023

The UpState PathFinders Volksmarch Club of Greenville, SC, is the only South Carolina member of AVA: America's Walking Club. We welcome you to our Lake Conestee Nature Preserve 5/10K Year-Round Event (YRE) and thank you for taking interest in one of our walks. LCNP consists of 400 acres of beautiful natural habitat with both hardwood, evergreen forest, extensive wetlands, and a rich diversity of wildlife habitat. Deer, raccoon, beaver, fox, river otter, and various small mammals and over 200 bird species. The park has been designated as an Important Bird Area of Global Significance by the National Audubon Society.

#### Walk Registration

Registration takes place online using that AVA Online Start Box, on my.ava.org. You must have an account. Follow the instructions provided to create a user account and sign the AVA waiver (one time).

1. **For AVA Book Participants: Register as credit.** The bank deducts \$4 (\$2 for AVA when directions downloaded and \$2 for the local club when you complete the Finish Tab).
2. **No IVV/AVA record books: Register as NC (No Credit).** The bank deducts \$2 for AVA directions when downloaded; the club does not receive any fee regardless if the NC participants chooses to use or not use the Finish Tab. The POC does not provide event directions or accept alternate payment methods.

#### Walk Completion and Walk Credit for AVA Book Participants

Once you have physically completed the walk, please login to your Online Start Box account, click on the "My Start Box" tab, and then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out from the Insert Card tab.

#### Walk Completion for non-AVA Book Participants

Once you have physically completed the walk you are finished. Optionally, and appreciated, you may login to your Online Start Box account, click on the "My Start Box" tab, and then click on "Go to Finish Table" and donate to the club by selecting the Finish Table and use the Optional Non-IVV Participation Fee.

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## LAKE CONESTEE NATURE PRESERVE HISTORY

Conestee Nature Preserve, a not-for-profit organization, opened in 2006, is a 400-acre preserve along three miles of the [Reedy River](#) in [Conestee](#), with 13 miles (20.9 km) of trails, more than 6 miles (9.7 km) of them paved and 1 mile (1.6 km) of [boardwalk](#). The preserve contains both hardwood and evergreen forest, extensive wetlands, and a rich diversity of reptiles, mammals, and birds. At least 214 bird species have been reported, and the [National Audubon Society](#) has designated the park as an [Important Bird Area](#) of Global Significance. In 2016 the state of South Carolina made the privately owned facility a wildlife sanctuary. Lake Conestee was created when the Reedy River was dammed at the [Conestee Mill](#) in about 1892.

*Courtesy Wikipedia*

Conestee Nature Preserve is open to the public every day of the year from dawn to dusk. There is no gate admission fee, though a \$3 per visit donation is encouraged. CNP is owned and operated by a nonprofit, and donations go directly to maintaining the Preserve.



## Driving Directions

### From Anderson SC

To 840 Mauldin Rd., Greenville

1. Take I-85 N toward Spartanburg.
2. Take EXIT 46 to Exit 46C, Mauldin Rd.
3. Keep **right** to take the ramp toward Mauldin/Greenville/Greenville Tech Col.
4. Merge onto Mauldin Rd. for 2 mi.
5. Turn **right** onto Braves Ave. at light.
6. Curve around to parking near the pavilion.

### From Spartenburg SC

1. Take I-85 S toward Greenville.
2. Take EXIT 46 to Exit 46C, Mauldin Rd.
3. **Left** on Mauldin Rd. for 2 mi.
4. Turn **right** onto Braves Ave at light.
5. Curve around to parking near the pavilion.

### Restrooms

Public Restrooms are only available next to the Pavilion at Start/Finish

## The Upstate Pathfinders 2024 Special Programs

### Special Programs

Walking USA A-Z

Walking With Americas Veterans

### Location

G- Greenville

Korean War Memorial

## The Upstate Pathfinders Year-Round Events


Historic Greenville - 5/10K YRE <a href="https://my.ava.org/event-view.php?y=Y2062">https://my.ava.org/event-view.php?y=Y2062</a>	Historic Anderson - 5/10K YRE (OSB) <a href="https://my.ava.org/event-view.php?y=Y2919">https://my.ava.org/event-view.php?y=Y2919</a>
Greenville City Parks - 5/10k YRE <a href="https://my.ava.org/event-view.php?y=Y0232">https://my.ava.org/event-view.php?y=Y0232</a>	Clemson Botanical Garden - 5/10K YRE (OSB) <a href="https://my.ava.org/event-view.php?y=Y2067">https://my.ava.org/event-view.php?y=Y2067</a>
Greenville-Alta Vista - 5/10K YRE <a href="https://my.ava.org/event-view.php?y=Y2529">https://my.ava.org/event-view.php?y=Y2529</a>	Historic Greer - 6/10K YRE (OSB) <a href="https://my.ava.org/event-view.php?y=Y2530">https://my.ava.org/event-view.php?y=Y2530</a>
Greenville's Conestee Nature Preserve - 5/10K YRE (OSB) <a href="https://my.ava.org/event-view.php?y=Y2342">https://my.ava.org/event-view.php?y=Y2342</a>	Historic Simpsonville - 5/10K YRE OSB <a href="https://my.ava.org/event-view.php?y=Y2920">https://my.ava.org/event-view.php?y=Y2920</a>
Greenville's Furman University - 5/10k YRE <a href="https://my.ava.org/event-view.php?y=Y0688">https://my.ava.org/event-view.php?y=Y0688</a>	Greenville/Travelers Rest Swamp Rabbit Trail 5K-50K YRE (OSB) <a href="https://my.ava.org/event-view.php?y=2531">https://my.ava.org/event-view.php?y=2531</a>
Travelers Rest - 5/10K YRE <a href="https://my.ava.org/event-view.php?y=Y0578">https://my.ava.org/event-view.php?y=Y0578</a>	AMERICA'S WALKING CLUB has 2000 permanent walks annually with over 1100 on line to walk for very reasonable fees, \$2 (online) or \$4 (permanent sites)
<i>Thank you for your interest in our walk. For more information about other UpState PathFinders walks, select an event above. For walks in other parts of SC or the USA, go to <a href="https://my.ava.org/find-an-event.php">https://my.ava.org/find-an-event.php</a></i>	



## Upstate Pathfinders Volkssport Club

### Conestee Nature Preserve 5K Walk

10-21-24

Info	Restrooms: <i>at start.</i>
AVA	AVA Spec Programs: <i>Amphitheater, Rails to Trails, Veterans Memorial.</i>
 <b>Emergency-911; Injury notification</b> Questions: Mike Lanpher, 407.304.6394	
These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.	
<b>NOTE. The Preserve requests a \$3 donation that can be placed in the metal container to the right just past the Merch Store.</b>	
1.	<b>Walk begins on sidewalk facing the parking lot near restrooms. Wooden signs have route names. Blazes are on posts/trees on routes.</b>
2.	<b>Left</b> on sidewalk to flags.
3.	<b>Left</b> on the sidewalk after passing Korean War Memorial. Continue on paved path passing the playground & open field on left.
4.	<b>Left</b> before bridge at Raccoon Run footpath w/purple blazes; continue onto boardwalk going downhill. Pass 2 lefts, bench, sign 1:8, & observation stand on left.
5.	<b>Pass</b> Cayote Cut thru (sign) to East Bay Observation deck.
6.	<b>Left</b> on Raccoon Run (purple blaze) uphill past picnic area to dirt road.
7.	<b>Left and bear left</b> on path. You are walking towards ball fields.
8.	<b>Exit to and LEFT</b> on paved path keeping ball parks on the right. <b>Left</b> at ball parks on the right

9.	<b>Left</b> on sidewalk to and thru CNR arch downhill past observation tower. Wood and wire fence on the left.
10.	<b>Right</b> at 'T' on Raccoon Run returning to main trail by bridge.
11.	<b>Left</b> on paved pathway crossing Reedy River bridge w/yellow blazes. <b>This is the main Pathway; Note the walk continues 1.3 km to White Trail intersection. See Map</b>
12.	<b>Right</b> at Woodie Walk bridge staying on main path.
13.	<b>Pass</b> the swale with rocks and a gravel base, a picnic area, and a map billboard just before a 'T'.
14.	<b>Left</b> downhill staying on the paved path at SRT sign.
15.	Cross the boardwalk and continue to the intersection with the White trail with signs.
16.	<b>Left</b> on the White Trail.
17.	<b>Left</b> on the Flat Tail Trail (green blazes) to and past observation tower.
18.	Follow the trail and continue past Woodie Walk Bridge onto the red blaze trail.
19.	<b>Right</b> at the paved trail. Follow yellow blazes.
20.	Follow the paved trail back across the river past the Merch (stop to shop).
21.	<b>Right</b> after the CNR arch on the sidewalk w/open field on the left.
22.	<b>Stay on paved path</b> around open field back to pavilion Start/ Finish.
<b>THANKS for walking this Upstate Pathfinders YRE</b>	



## Upstate Pathfinders Volkssport Club

### Conestee Nature Preserve 5K Map

Map Courtesy of PlotaRoute  
# numbers are keyed to walk instructions






## Upstate Pathfinders Volkssport Club

### Conestee Nature Preserve 10K Walk

03-07-24

Info	Restrooms: <u>at start.</u>
AVA	AVA Spec Programs: <i>Amphitheater, Veterans Memorial.</i>
 <span style="border: 1px solid black; padding: 2px;">Emergency-911; Injury notification Questions: Mike Lanpher, 407.304.6394</span>	
<p>These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.</p>	
<p><b>NOTE.</b> <i>The Preserve requests a \$3 donation that can be placed in the metal container to the right just past the Merch Store.</i></p>	
1.	<b>Walk begins on sidewalk facing the parking lot near restrooms. Wooden signs have route names. Blazes are on posts/trees on routes.</b>
2.	<b>Right</b> on sidewalk. Open field on right.
3.	<b>Curve Right</b> to CNP/Reedy River Bridge entrance arch/stone columns. CNP merch shop on left.
4.	<b>Left before bridge</b> at Raccoon Run footpath w/purple blazes; continue onto boardwalk, go downhill. Pass 2 lefts, bench, sign 1:8, & observation stand on left.
5.	<b>Pass</b> Coyote Cut thru (sign) and East Bay Observation dock.
6.	At amphitheater <b>curve uphill</b> and follow path, Dragonfly Tr. Stay left passing picnic area.
7.	<b>Exit to and LEFT</b> on paved path keeping ball parks on the right. <b>Left</b> at 'T' ball parks on the right
8.	<b>Exit to</b> parking at Community Garden.
9.	<b>Left</b> on sidewalk to and thru CNR arch downhill past observation tower.
10.	<b>Right</b> at 'T' on Raccoon Run returning to main trail by bridge.

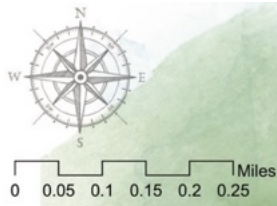
11.	<b>Left</b> on paved pathway crossing Reedy River w/yellow blazes
12.	<b>This is the main Pathway;</b> the walk continues 4km to the Conestee Mill Dam.
13.	Pass the swale with rocks and a gravel base, a picnic area, and a billboard just before a 'T'.
14.	<b>Left</b> downhill staying on the paved path at SRT sign.
15.	Cross the boardwalk and continue with the large water area on the left.
16.	Pass the bridge on the left and continue about 1km to the Conestee Mill and Dam.
17.	After observing the Mill and Dam just past the parking area, <b>reverse back</b> onto the trail.
18.	<b>Follow the route</b> past the bridge then another 0.5 km (.35 mi) to the White Tail Tr. on the left and Flat Tail Tr. on the right.
19.	<b>Right</b> on the green blaze Flat Tail Trail crossing the wooden walkway.
20.	<b>Bear Right</b> passing the Observation tower (have a climb up there).
21.	<b>Follow the trail</b> and continue past Woodie Walk Bridge onto the red blaze trail.
22.	<b>Right</b> at the paved trail. You have been here before. Follow yellow blazes.
23.	Follow the paved trail back past the Woodie Walk bridge, the Merch (stop to shop), and bear left after the arch on the sidewalk w/open field on the right.
24.	Pass the playground to the Flagpole.
25.	<b>Right</b> on the sidewalk passing Korean War Memorial to finish at the Pavilion.
<p><b>THANKS for walking this Upstate Pathfinders YRE</b></p>	

# Upstate Pathfinders Volkssport Club

## Conestee Nature Preserve 10K Map



# Upstate Pathfinders Volkssport Club



## Routes

- Yellow (2.2 miles)
- Red (0.5 miles)
- Green (1.5 miles)
- White (1.5 miles)
- Purple (1.1 mile, one way)
- Light Blue (1.25 miles, one way)
- Pink (0.7 miles)
- Orange (3 miles)
- Dark Blue (0.5 miles)
- Swamp Rabbit Trail
- Connector Trails

- Boardwalk
- Bridge
- Paved
- Unpaved

## Features

- 1 Reedy River Bridge
- 2 West Bay Observation Deck
- 3 Future Nature Playscape
- 4 East Bay Observation Deck
- 5 Lost Lake Amphitheatre
- 6 Bird's Nest Observation Deck
- 7 Henderson Meadow
- 8 Shortleaf Shelter
- 9 Piedmont Seeps
- 10 Marrow Bone Overlook
- 11 Lake Conestee Dam
- 12 South Bay Observation Deck
- 13 Crescent Slough Observation Deck
- 14 River Bluff Observation Deck
- 15 Broken Oak Observation Deck
- 16 Button Bush Observation Deck

## Trailheads

- A** River Entrance, 840 Mauldin Rd.
- B** Lake Entrance, 840 Mauldin Rd.
- C** Conestee Mill Entrance, 40-46 Spanco Dr.
- D** CNP Field Office, 601 Fork Shoals Rd.
- E** Brushy Creek Entrance, 415 Churchill Circle
- F** Future Native Plant Society Greenhouse Entrance, Henderson Ave.

## Try Our Mobile Guide

Enjoy an interactive map, as well as games, information, merch, and ways to engage with the Preserve!

[https://bit.ly/CNP\\_mobileguide](https://bit.ly/CNP_mobileguide)



## Discover a World Apart.

Conestee Nature Preserve is operated by a nonprofit and funded by charitable giving.

Scan to give:



All trails on our Brushy Creek Tract are open to mountain bikes

CNP Office: 480 Conestee Rd.