



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 2025 Special Programs

<u>Special Program</u>	<u>Location</u>
Walking With the Wild Things	Find as you Walk
Walking With Americas Veterans	Korean War Memorial
Par for the Course	At Start
Walking the USA A – Z	M (Mauldin)

The Upstate Pathfinders Year-Round Events

Historic Greenville - 5/10K YRE https://my.ava.org/event-view.php?y=Y2062	Historic Anderson - 5/10K YRE (OSB) https://my.ava.org/event-view.php?y=Y2919
Greenville City Parks - 5/10k YRE https://my.ava.org/event-view.php?y=Y0232	Clemson Botanical Garden - 5/10K YRE (OSB) https://my.ava.org/event-view.php?y=Y2067
Greenville-Alta Vista - 5/10K YRE https://my.ava.org/event-view.php?y=Y2529	Historic Greer - 6/10K YRE (OSB) https://my.ava.org/event-view.php?y=Y2530
Greenville’s Conestee Nature Preserve - 5/10K YRE (OSB) https://my.ava.org/event-view.php?y=Y2342	Historic Simpsonville - 5/10K YRE OSB https://my.ava.org/event-view.php?y=Y2920
Greenville’s Furman University - 5/10k YRE https://my.ava.org/event-view.php?y=Y0688	Greenville/Travelers Rest Swamp Rabbit Trail 5K-50K YRE (OSB) https://my.ava.org/event-view.php?y=2531
Travelers Rest - 5/10K YRE https://my.ava.org/event-view.php?y=Y0578	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)

*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 <https://my.ava.org/find-an-event.php>*



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>
Emergency-911; Injury notification 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.	
NOTE. The Preserve requests a \$3 donation that can be placed in the metal container to the right just past the Merch Store.	
1.	Walk begins on sidewalk facing the parking lot near restrooms. Wooden signs have route names. Blazes are on posts/trees on routes.
2.	Left on sidewalk to flags.
3.	Left on the sidewalk after passing Korean War Memorial. Continue on paved path passing the playground & open field on left.
4.	Left 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.	Pass Cayote Cut thru (sign) to East Bay Observation deck.
6.	Left on Raccoon Run (purple blaze) uphill past picnic area to dirt road.
7.	Left and bear left on path. You are walking towards ball fields.
8.	Exit to and LEFT on paved path keeping ball parks on the right. Left at ball parks on the right

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



Upstate Pathfinders Volkssport Club

Conestee Nature Preserve 5K Map

numbers are keyed to walk instructions


Map Data © OpenStreetMap Contributors



Upstate Pathfinders Volkssport Club

Conestee Nature Preserve 10K Walk

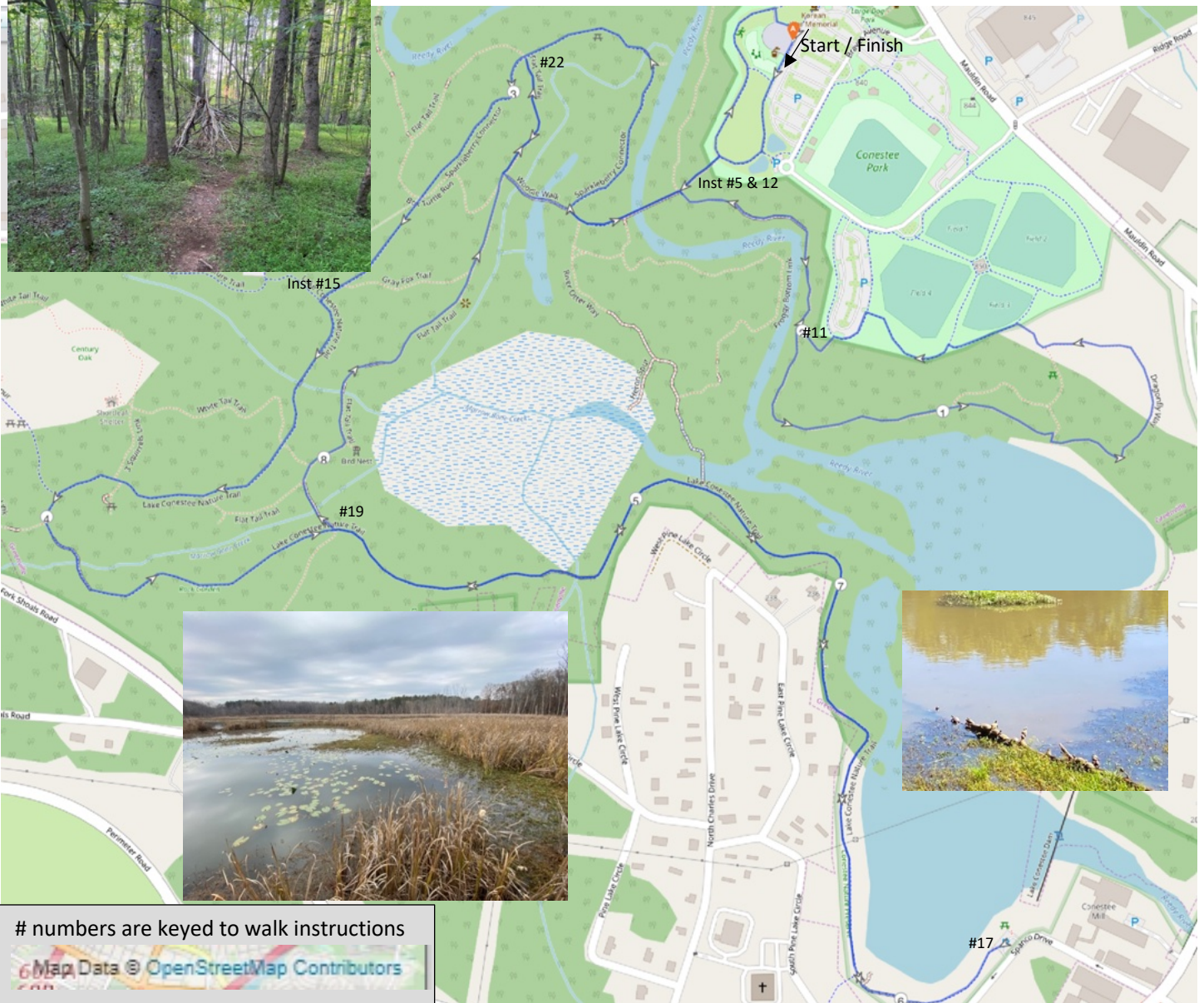
03-07-24

Info	Restrooms: <u>at start.</u>
AVA	AVA Spec Programs: <i>Amphitheater, Veterans Memorial.</i>
 Emergency-911; Injury notification Questions: Mike Lanpher, 407.304.6394	
<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>NOTE. <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.	Walk begins on sidewalk facing the parking lot near restrooms. Wooden signs have route names. Blazes are on posts/trees on routes.
2.	Right on sidewalk. Open field on right.
3.	Curve Right to CNP/Reedy River Bridge entrance arch/stone columns. CNP merch shop on left.
4.	Left before bridge at Raccoon Run footpath w/purple blazes; continue onto boardwalk, go downhill. Pass 2 lefts, bench, sign 1:8, & observation stand on left.
5.	Pass Coyote Cut thru (sign) and East Bay Observation dock.
6.	At amphitheater curve uphill and follow path, Dragonfly Tr. Stay left passing picnic area.
7.	Exit to and LEFT on paved path keeping ball parks on the right. Left at 'T' ball parks on the right
8.	Exit to parking at Community Garden.
9.	Left on sidewalk to and thru CNR arch downhill past observation tower.
10.	Right at 'T' on Raccoon Run returning to main trail by bridge.

11.	Left on paved pathway crossing Reedy River w/yellow blazes
12.	This is the main Pathway; 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.	Left 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, reverse back onto the trail.
18.	Follow the route 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.	Right on the green blaze Flat Tail Trail crossing the wooden walkway.
20.	Bear Right passing the Observation tower (have a climb up there).
21.	Follow the trail and continue past Woodie Walk Bridge onto the red blaze trail.
22.	Right 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.	Right on the sidewalk passing Korean War Memorial to finish at the Pavilion.
<p>THANKS for walking this Upstate Pathfinders YRE</p>	

Upstate Pathfinders Volkssport Club

Conestee Nature Preserve 10K Map



numbers are keyed to walk instructions

Map Data © OpenStreetMap Contributors

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



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.