



**The Southeast Region
One of Ten in the USA
Presents the Greenville /Travelers Rest Swamp Rabbit Trail
6K - 26K Walks, Y2067@2023
Jeanne Stokes, Regional Director**

The Southeast Region Director sponsors 7 walks in America’s Walking Club. We welcome you to our fantastic Greenville/Travelers Rest Swamp Rabbit Trail Year-Round Event (YRE). We thank you for taking interest in this walk. You do not have to be a member a of the America’s Walking Club. There are 4 start points along this 50-kilometer trail from Greenville north to Travelers Rest. Routes instructions range from 6K to 26K and are suitable for all.

Walk Registration

You must have an account and registration takes place online using that AVA Online Start Box on my.ava.org. Follow the instructions provided to create a user account, sign the AVA waiver (one time), and fund your account. You have access to over 1000 walks in the USA.

1. **For AVA Book Participants: Register as credit.** Your account deducts \$4 (\$2 for AWC when directions downloaded and another \$2 when you complete the Finish Tab.
2. **No IVV/AVA record books: Register as NC (No Credit).** Your account deducts \$2 for AWC for directions when downloaded.
3. **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.

Questions: mlanpher@me.com/407.304.6394

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Swamp Rabbit Trail History

The Swamp Rabbit Trail is a 50km multi-use (walking and bicycling) greenway that traverses along the Reedy River, an old railroad corridor and City parks to connect Travelers Rest with the City of Greenville. Click [here](#) for the interactive map. This event has 4 options and can be walked in combination. One option starts at the neat Swamp Rabbit Trail Café and Grocery, a second starts at the spacious Unity Park and goes downtown and beyond, a third at the Travelers Rest Historical Society on to Travelers Rest, and the fourth at Hammonds Park passing Greenville Airport. All walks on the SRT are out & back.

	Start Points	See Details
Option 1 - 6 & 10K	Swamp Rabbit Cafe & Grocery. 205 Cedar Lane Rd., Gr	Page 3-4
Option 2 - 6, 10, 15K	Unity Park. 320 S Hudson St, Greenville	Page 5-6
Option 3 - 6, 8, 12, 14K	Travelers Rest Historical Society 3 Edwards St. Greenville	Page 7-9
Option 4 - 6-10K	Hammonds Park. 813 Laurens Rd. Greenville	10-11

AVA Special Programs

Option 1	Walking the Wild Side IVV-Americas Rails-to-Trails Par for the Course Walking the USA A – Z	Find Wild Things as you walk Any Walk SRT Unity Park Greenville” G”
Option 2/2A	Walking the Wild Side IVV-Americas Rails-to-Trails Par for the Course Walking with America’s Veterans Walking the USA A – Z	Find Wild Things as you walk Any Walk SRT Cleveland & Unity Park Anderson Memorial/Vietnam Memorial Greenville “G”
Option 3	Walking the Wild Side IVV-Americas Rails-to-Trails Par for the Course Walking the USA A – Z	Find Wild Things as you walk Any Walk SRT Spring Park Golf Range, Main St. Travelers Rest “T”
Option 3	Rails-to-Trails Par for the Course Walking the USA A – Z IVV-Americas	SRT Spring Park Golf Range, Main St. Greenville “G” Any Walk

Nearby Year-Round Events

Mauldin 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/Travelers Rest Swamp Rabbit Trail 5K-26K YRE (OSB) https://my.ava.org/event-view.php?y=2531
<i>AMERICA’S WALKING CLUB has 2000 permanent walks annually with over 1100 online to walk for very reasonable fees, \$2 or \$4 (with record books).</i>
Join America’s Walking Club – www.ava.org

Option 1 Swamp Rabbit Café and Grocery

Start Point: Swamp Rabbit Cafe & Grocery, 205 Cedar Lane Rd., Greenville

Café/Grocery Hours: *Mon - Fri: 7:30 AM - 7 PM; Sat: 9 AM - 5 PM; Sun: 10 AM - 5 PM. The trail is open dawn to dusk. Walk in Daylight.*

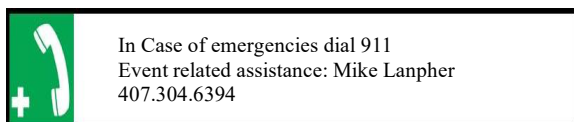
Restrooms available at the start, off route at Lil' Cricket, & Unity Park.

Driving Directions:

From **Greenville SC** at I-85 and Laurens Rd./US 276W

1. From North or South I-85 use Exit 48B.
2. Drive on US-276W /Laurens Rd. for 4 mi.
3. Cross Main St. continuing straight onto W Stone Ave. Move to left lane.
4. Cross Rutherford St. (do not turn when US 276 does).
5. Turn right onto SC-183/Pete Hollis Blvd.
6. Drive for 1 mile and the start is on the left at the Swamp Rabbit Cafe & Grocery. Parking for non customers available at the Baptist Church on the other side of the Reedy River.

Walk Instructions 6-10K



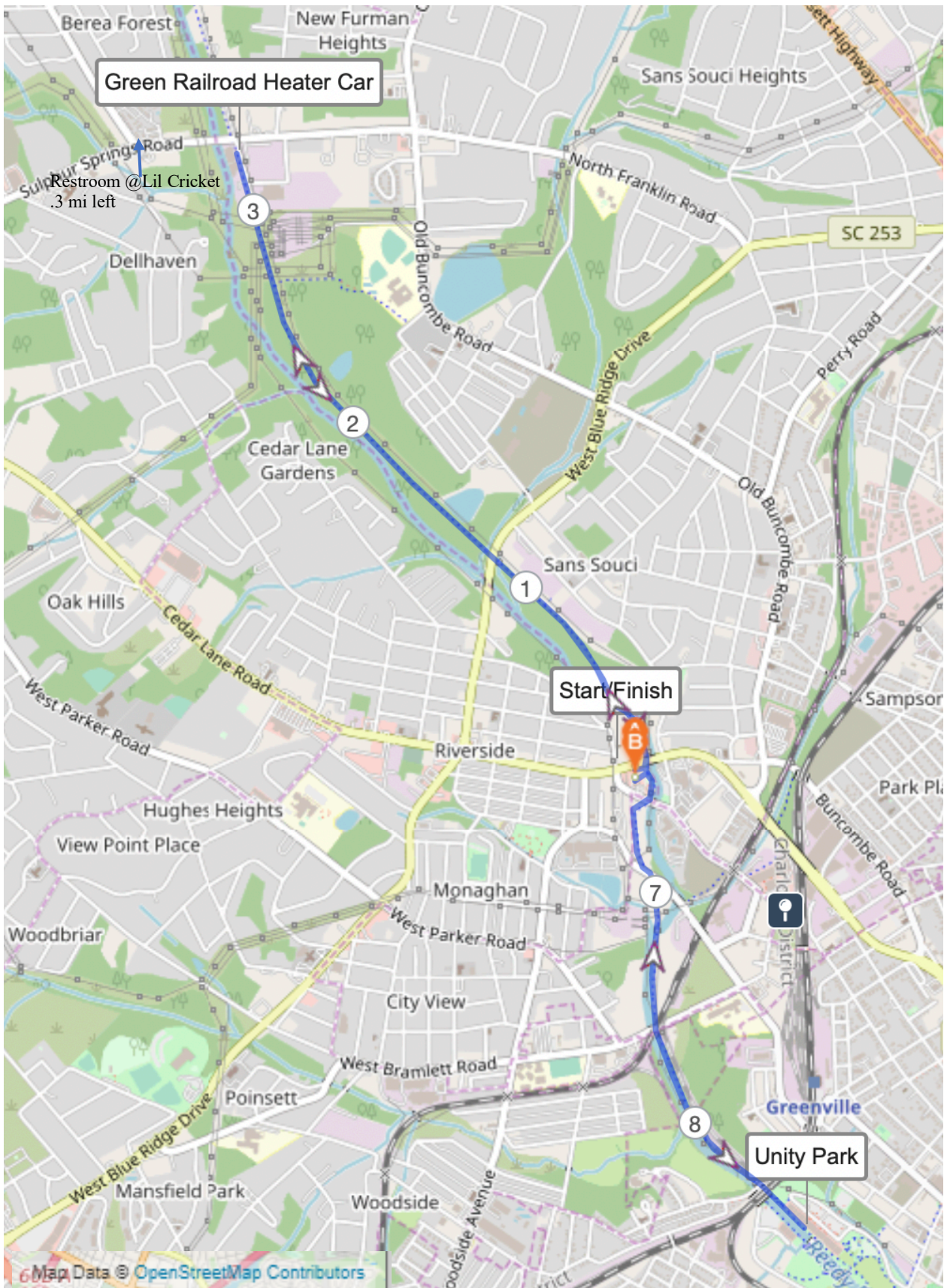
These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

1. **Left** at the **SRT**.
2. Continue under Cedar Ln. Rd. overhead on **SRT** until you reach W. Blue Ridge Dr.
3. Cross W. Blue Ridge Dr. continue to green steamer train car display near Sulphur Springs Rd. *Restroom at Lil' Cricket .3 mi left on Sulphur Springs.*
4. **6-10K Walkers** Turnaround and follow **SRT** back to the Swamp Rabbit Café.

6K finished; 10K Walkers continue w/step #5

5. **10K Walkers:** Continue along the **SRT** keeping the Swamp Rabbit Café on your right to Hampton Ave. Extension.
6. Continue along the **SRT** to W. Washington St.
7. Continue along the **SRT** to E. Bramlett Rd./railroad track.
8. **Cross** Bramlett Rd.
9. **Cross Willard St.** on **SRT**. and enter Unity Park passing **RUSTY, the SWAMP RABBIT. Photo Op.**
10. Continue along the **SRT** to The Commons where there are restrooms and refreshments.
11. Walkers turnaround and follow the **SRT** back to the Swamp Rabbit Café. *Thank you for your interest in our walk. Please contact us at mlanpher@me.com and tell us about our walk or to find out information on Simpsonville and Mauldin walks*

Option 1 Swamp Rabbit Trail at Swamp Rabbit Cafe
SRT Café 6K & 10K Map



Option 2 Unity Park to Cleveland Park

Start Point: Unity Park, 320 S Hudson St, Greenville. POI on page 12.

Hours: Commons - *M-Th 7am–9pm; F-Sa 7am–10pm; Su 7am–8pm. Walk in Daylight. The trail is open dawn to dusk.*

Restrooms Available at the start, River Place (before the falls) (*9am–9pm*), Falls Park (elevator to 2d level) (*9am–9pm*), and the Greenville Zoo (*slightly off trail, 9am–5pm*); Bowlero (*Sun-Wed 12 PM – 11PM; Thu-Closed; Fri-Sat-12 PM - 1 AM*).

Driving Directions:

From the **North on I-85**

1. From North I-85 use Exit 48B, Laurens Rd./US 276W
2. Drive on US-276 N toward downtown Greenville
3. Pass by Car dealers, Woodruff Rd (SC 146).
4. Turn left at 8mi. onto E Washington St. Willy Tacos on the right; Sphinx Gas on the left.
5. Bear right to stay on E Washington St. in 0.6 mi.
6. Turn left onto S Hudson St. in 1 mi.
7. Destination will be on the right, 0.3 mi.
8. Right at Wellborn into Unity Park before sign, pass playground and park close to The Commons, ¾ way toward the end of the building.
9. Walk thru the Commons to the SRT.

From the **South on I-85**

1. Take Exit 42 onto I-185 north toward Greenville.
2. When I-185 ends, continue on Mills Road.
3. Left on Augusta Road. (Taco Bell is on the corner.) 0.6 mi.
4. Left at traffic signal River St. (4 way, cross Main St.)
5. Continue on River St. crossing Reedy River to Washington St.
6. Turn left on Washington St.
7. Turn left on S. Hudson St. Destination will be on you left.
8. Turn right on Wellborn S. t. to parking lot and park close to The Commons. Walk thru the Commons to the SRT.

Option 2 Walk Instructions 6&10K

Option 2A 15K



In Case of emergencies dial 911
Event related assistance: 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

1. Proceed to the SRT on the river side of The Commons.
2. **Left** on SRT. Pass 2 bridges w/river on the right. and cross the 3d bridge to S. Hudson St.
3. **Left crossing Hudson &** continue along the SRT to & cross Westfield St.
4. **Continue** along the SRT under the overpass. Note Children's Park on left
5. **Right** on the SRT to River St.
6. **Stay left & go under** River St. (Hotel, restroom, and businesses on the right). *Enter Falls Park, POI on page 9.*
7. **Bear Left** on pathway downhill and past the Liberty Bridge (*Photo Op*).
8. **Left** to the stone footbridge.
9. **Left** at Furman College Way downhill (no-sign). *Photo Ops of the tree roots to the right and Reedy River Falls under the Liberty Bridge (POI on page 9)*

10. **Continue** downhill & under bridge and follow SRT passing the Cancer Survivor Center on the left.
11. **Right** at green footbridge after Major Anderson Memorial. *See POI page 9.*
12. **Left** at end of footbridge.
13. **Continue** along SRT under bridge.
14. **Left** after crossing small stone footbridge. (*6K turnaround at footbridge and retrace the route back to Unity Park*).
15. **Left** at 2d of the 2 twin green footbridges. Pass Vietnam Memorial.
16. **Right** at road/Cleveland Park Drive. *See POI page 9.*
17. **Right** after crossing bridge & follow SRT down into park.
18. **Continue** along the SRT to opposite end of park up small hill to road.
19. **Cross road**, Woodland Way.
20. **Continue** along the SRT/Hincapie Path
21. **Right** at split then cross Reedy River bridge. (*10K turnaround at bridge and retrace the route back to Unity Park*).

Option 2A - 15K to Bowlero at Pleasantburg Dr

22. **Continue** straight at next split.
23. Straight at next split.
24. **Right** at E. Faris Rd uphill. No sign.
25. **Left** at traffic light/Cleveland St.
26. **Continue** 1.6km along the SRT past Winterberry Ct. and **Left** at Bowlero Lanes (Restrooms/water available).

Turnaround at Bowlero Lanes and retrace the route back to the Unity Park

Unity Park – Falls Park - Cleveland Park -Unity Park 6K &10K



Cleveland Park- SRT End (5K more, 15K total)



Option 3 Travelers Rest Historical Society 26K

Start Point: Travelers Rest Historical Society, 3 Edwards St. FYI Hours Sa 10-1pm; Su 1-4pm.

Hours: Walk in Daylight. The trail is open dawn to dusk.

Restrooms Available at the start at gas station (9am-10pm); North at Sunrift Adventures M-F 10am-7pm; Sa 9am-6pm; Su 1-6pm; Ingles Grocery (M-Su 6am-11pm). South: at Furman University (6am-9pm); Lil Cricket off route right .03 mi

Driving Directions:

Travelers Rest SC from North I-85
1. Use Exit 51A merge onto I-385 to Greenville.
2. Take Exit 40A onto SC 291 for 1.5 miles.
3. Left just past Bob Jones University to stay on SC 291.
4. Continue on SC 291 for 3.2 mi.
5. Right on US 276 (Poinsett Hwy). Drive 5 mi.
6. Left onto Edwards St. at Gas station.
7. Destination will be on the right before SRT.

To Travelers Rest SC from South I-85
1. Use Exit 44 and left onto White Horse Road/US 25.
2. Follow US 25 13 mi. Cross SC 123 and SC 253.
3. Pass Furman University and stay left onto US 276.
4. Left onto Edwards St. at Gas station.
5. Destination is on the right before SRT.



Option 3 Walk Instructions

12-01-2025

Travelers Rest North 6K & 12K



In Case of emergencies dial 911
Event related assistance: 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.

1. From parking use the stairs to the SRT.
2. **Right** along the **SRT** thru Travelers Rest to the traffic light at McElhaney Rd./Main St./Center St.
3. **Right** at McElhaney Rd crossing Main St.
4. **Left** after crossing Main St. & continue on the SRT crossing Center St.
5. Continue along the **SRT** to Tolar Rd.
6. Continue along the **SRT** to Williams Rd.
Continue to 6K turnaround at Grandview Way opposite Spring Park at trailhead.. 12K walkers continue.
7. Continue along the **SRT** to Rock Quarry Rd.
8. Continue along the **SRT** to Tate Rd.
9. **Left** at Tate Rd.
10. **Left** at White Horse Rd Extension.
11. **Right** at Ingles Food Store (restrooms/water available) turnaround and retrace your steps back to the Historical Society.

Travelers Rest South to Sulphur Springs Rd./Green RR Car 8K & 14K

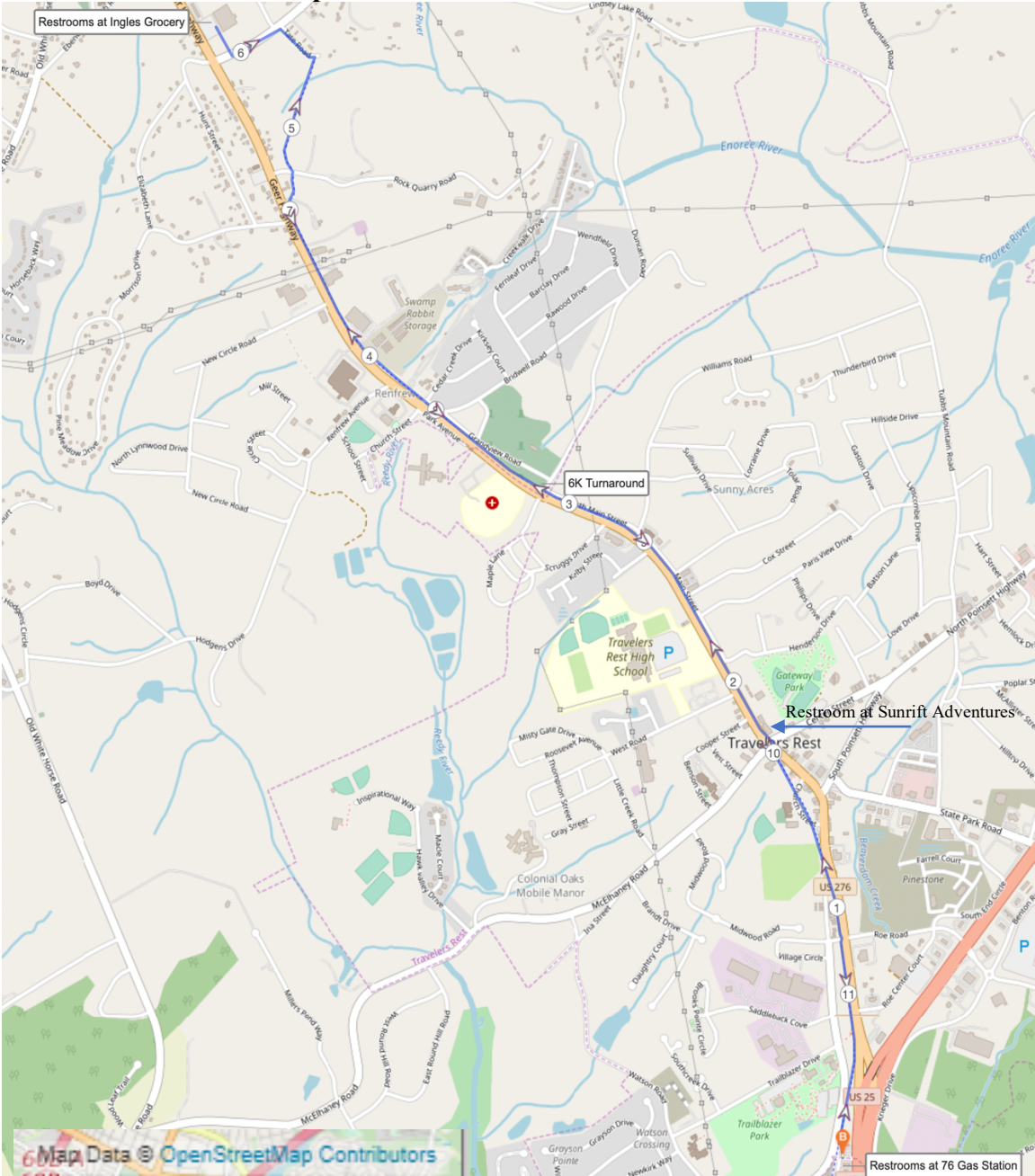
1. From parking use the stairs to the SRT.
2. **Left** along the SRT & continue along the **SRT** to Old Buncombe Rd.
3. Continue along the SRT to Roe Ford Rd.
4. Continue along the SRT to Carl Kohrt Dr. Pass Furman on the left; restroom thru the large stone gates on left before road into Furman.
5. Continue along the SRT to Duncan Chapel Rd. *8K turnaround at RR Car before Duncan Chapel.*
6. Continue along the SRT to Watkins Bridge Rd.
7. Cross Sulphur Springs Road to Green Railroad Heater Car.
8. Turnaround and retrace the walk to the Historical Society. *Restroom at Lil Cricket .03 mi left as you return to Sulphur Spgs Rd.*

Historical Society 26K Walk About

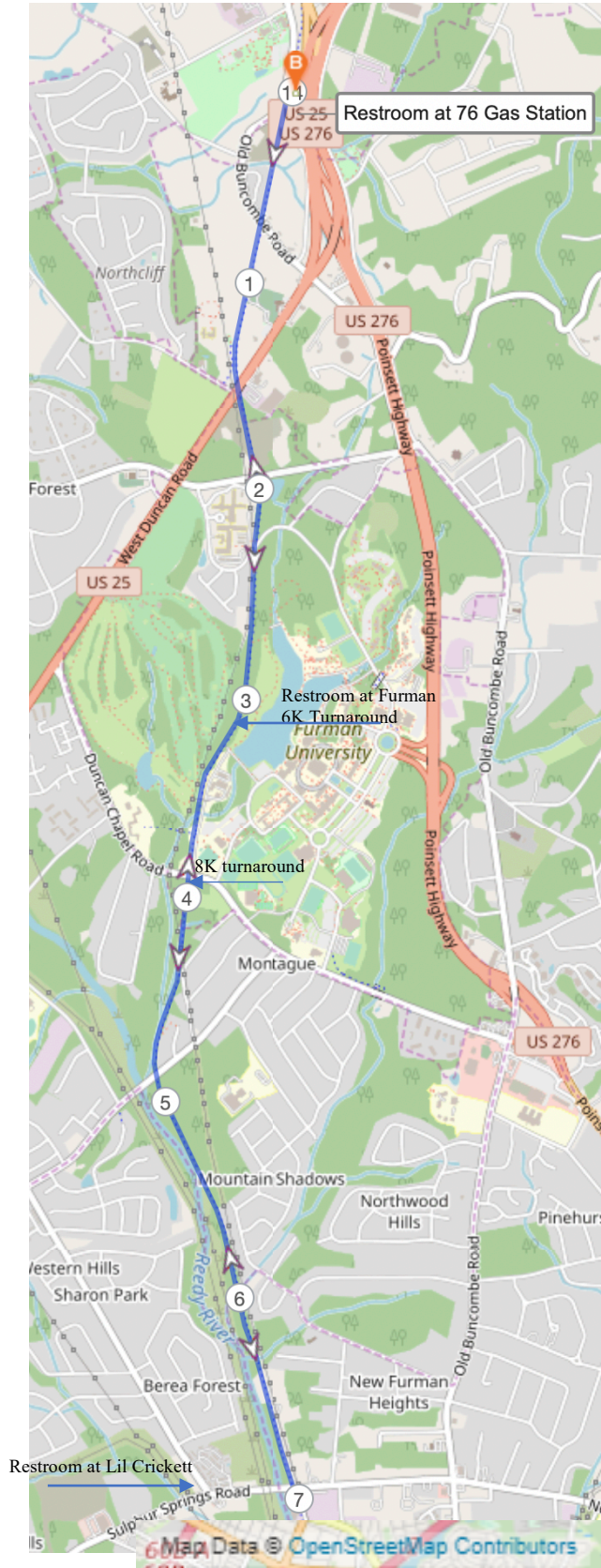
1. Carry water for the walk.
 2. From parking use the stairs to the SRT.
 3. Left along the SRT following the South Instructions.
 4. Upon return follow the North Instructions.
- Thanks for your participation in our walk. Please contact us at mlanpher@me.com and tell us about our walk or to find out information on our Mauldin and Simpsonville walks.*

Option 3 SRT Walk Instructions 6K, 12K; 8K, 14K; 26K
North - Travelers Rest Historical Society to Ingles// South - Sulphur Springs Rd.

Map to Travelers Rest North 6K & 12K



Map South to Travelers Rest South 6K, 8K & 14K



Option 4 Swamp Rabbit Trail Extension from Holland Park

Start Point: Holland Park, 813 Laurens Rd, Greenville, SC.

Hours: Walk in Daylight. The trail is open dawn to dusk.

Restrooms Available at the start at gas station (9am-10pm); North at Sunrft Adventures M-F 10am-7pm; Sa 9am-6pm; Su 1-6pm; Ingles Grocery (M-Su 6am-11pm). South: at Furman University (6am-9pm); Lil Cricket off route right .03 mi


Driving Directions:

Holland Park from North I-85
1. Take exit 51 I-385 to Greenville
2. Take Exit 2 US 276 (Laurens Rd).
3. LEFT for 0.8 Mi to HOME TEAM BBQ at Park on the left
Holland Park from South I-85
4. Use Exit 48B onto Laurens Rd.
5. Follow US 25 13 mi. Cross SC 123 and SC 253.
6. Drive 4.1 mi passing Verdae, Woodruff (SC 146), Pleasantburg (SC 291)
7. RIGHT at HOME TEAM BBQ at Park on the right.



Option 4 Walk Instructions

12-01-2025

- From the restrooms across the road from the brewery turn **Right** passed the Flying Rabbit office. Note 2 options:
- Bear left** downhill through at the picnic area to lower Parking lot then **Right** on asphalt trail towards & past the tower to the SRT.
 - Straight to stairs next to covered pavilion. Down the stairs and bear left to 2d stairs. Right to SRT,
- 
 - Right** on the trail and pass brewery "Cans" from Think Tank Brew Lab (open 12-9PM). Pass under Pleasantburg Dr.
- Cross** Airport Road with The Junction on your left. Pass airport on left

- The **5k turnaround** is at the middle of the Haywood bridge at Goodwill with a mural on the left.



- The **10k continues** along the SRT crossing the Haywood bridge.
- Cross the bridge over Woodruff Rd. with apartments on the left.
- The **10K turnaround is the next cross** street, Verdae Rd. identified by a green striped crosswalk with warning lights. The trail is closed across the street.



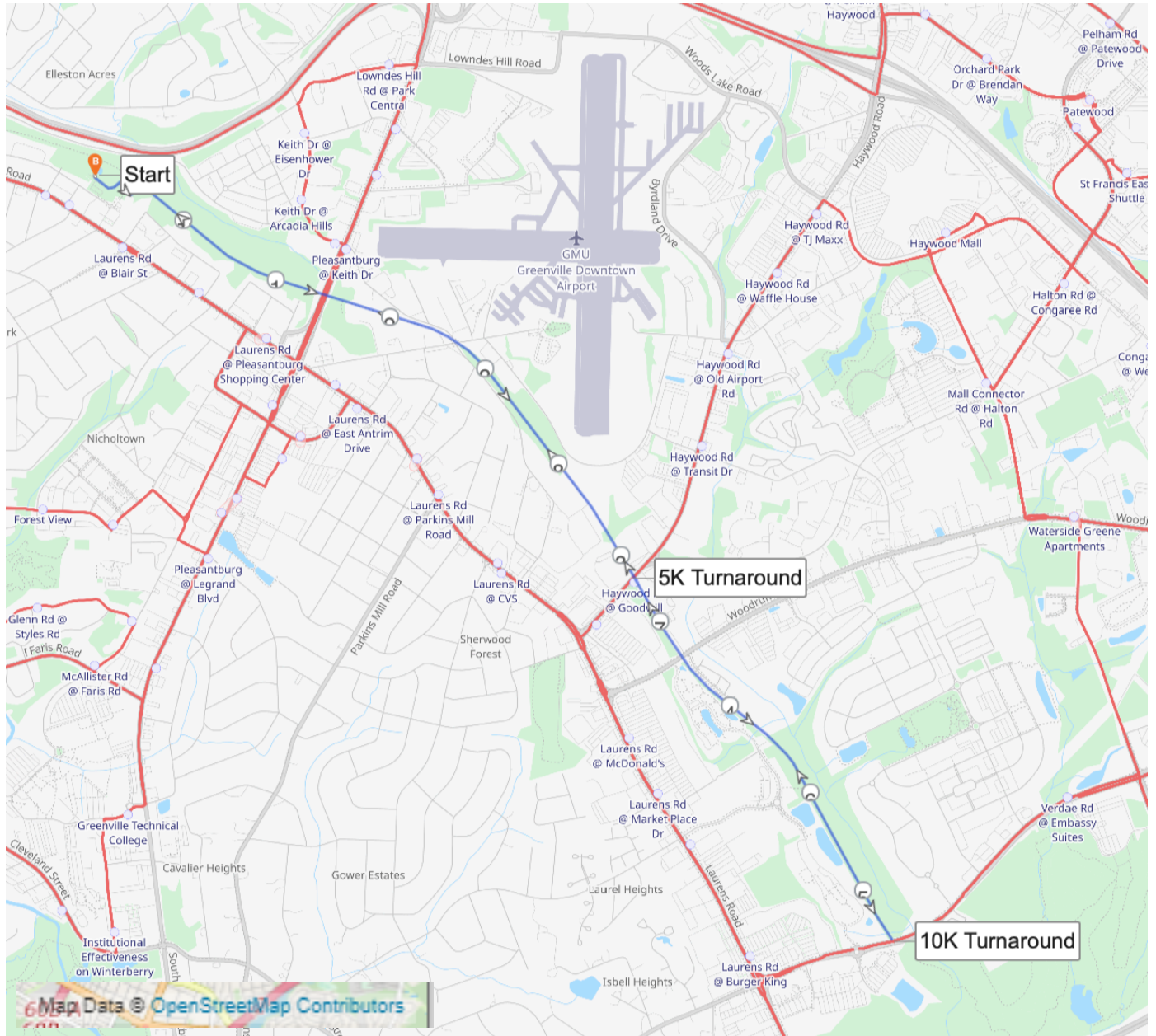
- Reverse** to the start.
Eat at Home Town BBQ, Greek walk up, or the Double Stamp Brewery.

Thanks for your participation in our walk. Please contact us at mlanpher@me.com and tell us about our walk or to find out information on our Mauldin and Simpsonville walks.

History of the SRT Trail Extension

The trail is a cooperative city-county project, with the city responsible for building The Cleveland Connector (also known as the Paperclip), Laurens Road Bridge, Haywood Road Bridge, and Verdae Blvd. Crossing. The county will pave the trail and continue to own and maintain this section. will run eventually from Cleveland Park to *Clemson University International Center for Automotive Research* on the east side of Laurens Road.

Option 4 Swamp Rabbit Trail Extension from Holland Park Map



Points of Interest

<p>Unity Park Opt 1 walk Opt 2 walk</p>	<p>In 1907, The Municipal League of Greenville commissioned nationally-known landscape architect Harlan Kelsey to design a plan to beautify the city. Kelsey's report envisioned three city parks stretching along the Reedy River like emeralds on a necklace.</p> <p>The first, Cleveland Park, opened in 1926. The second, Falls Park, was founded in 1967 and renovated in 2004. The third, now Unity Park, was called "Hudson Athletic Fields" by Harlan Kelsey, who described it as a children's playground and place for active sports.</p> <p>The 2002 Reedy River Master Plan called for the construction of a new park, along with the creation of a 20-mile trail stretching from downtown Greenville to Travelers Rest. When the Swamp Rabbit Trail it ran alongside industrial areas and abandoned warehouses. The Swamp Rabbit Trail opened in 2010, bringing hundreds of thousands of walkers, runners and cyclists through the area annually and introducing them to a part of town few previously knew existed. Unity Park opened in 2022.</p>
<p>Falls Park Opt 2 walk</p>	<p>A 32-acre (130,000 m2) park adjacent to downtown Greenville in the historic West End district. Considered the birthplace of Greenville, the park was founded in 1967 when the Carolina Foothills Garden Club reclaimed 26 acres of land that had been previously used by textile mills. Renovation accelerated in the late 1990s prompting the formation of the Falls Park Endowment, a private charity supporting ongoing development. Each summer the park is home to the Upstate Shakespeare Festival.</p> <p>The park's most striking feature is a unique pedestrian bridge that curves around a waterfall on the Reedy River. Named the Liberty Bridge at Falls Park on the Reedy, the 355-foot long suspension bridge is supported by cables on only one side, giving an unobstructed view of the falls. It was completed in the fall of 2004. It was awarded the Arthur G. Hayden medal for innovative design in 2005. Near the bridge, the Main Street entrance to the park is graced by Bryan Hunt's 16 ft. bronze sculpture Fall Lake Falls and contains a restaurant and other visitor amenities at the new Falls Park Center. The park also features a collection of public gardens and a wall from the original 1776 grist mill built on the site. (Courtesy Wikimedia)</p>
<p>Cleveland Park Opt 2 walk</p>	<p>Considered by many to be Greenville's "city park," this large and diverse space was created in 1922 when the Cleveland family donated 122 acres of land along the reedy river. The park features tennis courts, a volleyball court, a softball field, playground areas, a fitness trail equipped with workout stations, and both small-group and large-group picnic shelters. In addition, Cleveland Park is the site of the rock quarry garden, the Fernwood nature trail, the Vietnam Veterans memorial, and the Greenville zoo. A memorial to Air Force pilot Rudolf Anderson Jr. is in Cleveland Park.</p>
<p>Major Anderson Memorial Opt 2 walk</p>	<p>Major Anderson graduated with a Bachelor of Science degree in Textile Engineering from Clemson University. He joined the USAF in 1951 and flew missions in Korea in an RF-86. On October 27, 1962 Anderson lifted off on his sixth mission over Cuba in a U-2F from McCoy Air Force Base in Orlando, Florida. A few hours into his mission, he was shot down by one of two Soviet-supplied surface-to-air missiles that were fired at his aircraft high over Banes, Cuba. The memorial has detailed information on this period.</p>
<p>Travelers Rest Opt 3 north walk</p>	<p>Travelers Rest, the northernmost city in Greenville County, is located 10 miles north of Greenville and around 20 miles south of the North Carolina border. Furman University, a private liberal-arts university, was annexed into the city limits of Travelers Rest in April of 2018. In 1794, the South Carolina General Assembly appropriated \$2,000 to construct a wagon road from Greenville, SC, north into the Blue Ridge Mountains, through Asheville, North Carolina, ending in East Tennessee. This road, once fully completed in the mid-1850's, was full of wagon traffic. For those going north into the mountains from the coast through Greenville, Travelers Rest was the first well equipped stop to prepare for the several thousand-foot climb ahead of them. Travelers Rest was incorporated as a city in 1959.</p>

