



UPSTATE PATHFINDERS

A VOLKSMARCH CLUB

EST. 2011



Welcome to the **Swamp Rabbit Trail** Year Round Walk
5 Km. to 50 Km., Rating 1A SN: 114952 – 2020 / Y2531

Special Programs

Little Free Libraries, Rockin' Around the Clock, Walking the USA A – Z

The UpState PathFinders Volksmarch Club of Greenville, SC., the only South Carolina member of the American Volkssport Association: America's Walking Club, welcomes you to the Swamp Rabbit Trail Year Round Walk. This event is rated 1A, and by nature of the Swamp Rabbit Trail, your walk can be of any length starting from any of a number of available access points yielding many different and varied opportunities for walking.

Walk Registration

Registration takes place online using the AVA Online Start Box (OLSB), found on my.ava.org. Follow the instructions provided to create a user account if you do not already have one. You'll have to sign the AVA waiver (one time) when opening a new account. Instructions for payment are also included. Download the directions and print as needed. (Example walks are in a columnar format so they can be read easily from your cellphone if you desire.) The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit

Once you have physically completed the walk, please login to your Online Start Box account. Click on the "My Start Box" tab, then the "Finish Table" tab, 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.

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What is the Swamp Rabbit Trail?

The Prisma Health Swamp Rabbit Trail, better known as the Swamp Rabbit Trail, is a 19.9 mile (32.0 Km) long multi-use, paved rail trail in Greenville County, South Carolina. The trail largely follows the bed of the former Greenville and Northern Railroad. South to north, the current trail begins just south of Greenville Technical College, crosses the City of Greenville proceeding through Cleveland and Falls Parks, continues north passing near the main campus of Furman University, ending about a mile north of the Travelers Rest city limits.

There is another unconnected section of the Swamp Rabbit Trail (not part of this volksmarch) in Lake Conestee Nature Preserve, south of Interstate 85 in Greenville. Portions of that section of the Swamp Rabbit Trail can be walked in our [Greenville, Lake Conestee Nature Preserve Year-round event](#).

The Greenville and Northern Railroad, nicknamed after the swamp rabbit (hence the name of the trail), operated until February 1998 and was abandoned in 2005. For a time, there had been some thought of using the railbed for commuter light-rail, but that idea was quickly abandoned.

Interactive map of the Swamp Rabbit Trail

An excellent Interactive Map of the Swamp Rabbit Trail will be found at the link below:

[Swamp Rabbit Trail Interactive Map](#)

The map shows the route of the trail, the many parking locations, water availability, and even some places to have a meal or a snack.

Some Highlights along the Swamp Rabbit Trail

Cleveland Park: Cleveland Park is the largest park in Greenville. Much of the park is Greenway along Richland Creek and the Reedy River. The Greenville Zoo is located here and you may also see a re-enactment group practicing medieval sword play.

The Greenville Zoo: The fourteen acre Greenville Zoo is home to wildlife from all over the world and is worth the admission charge to visit.

Cancer Survivors Park: The 6.8 acre Cancer Survivors Park has a unique blend of gathering spaces and natural walkways. There is also a boardwalk that memorializes cancer survivors.

Falls Park and Liberty Bridge: Falls Park is located in the center of downtown Greenville. The twenty-acre park features scenic overlooks and landscaped gardens, The centerpiece of Falls Park is the Liberty Bridge, an award-winning curved suspension bridge spanning 345 feet over the falls of Reedy Creek.

Main Street in downtown Greenville: Main Street has many restaurants and the famous Mice on Main.

Unity Park: The future Unity Park will be located on the west side of downtown in the broad open areas on the south side of the Swamp Rabbit Trail.

Swamp Rabbit Café and Grocery: A once abandoned building along the Trail that is now a thriving food community. Parking is available here but may be difficult. However, there is a parking area across the bridge from the grocery.

The old railcar (at Sulphur Springs Road): Leftover when the railroad right-of-way was purchased, this car, originally built in 1947 for the Southern railway, was left over from a car interchange between the Greenville and Northern with the Norfolk Southern Railway.

Furman University: The trail passes by the Main Campus of Furman University.

Travelers Rest: A town with unique specialty and antique shops, the Swamp Rabbit Trail passes through the center of town. North of town is the current northern terminus of the Swamp Rabbit Trail. Located next to the trail near the center of town is a small sculpture of a Swamp Rabbit

Suggested Walks

Listed on the next three pages are suggested walks along the Swamp Rabbit Trail. We suggest you look at the interactive map for other ideas. Groups can do point-to-point walks also using two cars – why not walk the entire trail in a series of walks?



These walk directions can only be used in conjunction with a signed American Volkssport Association Athletic waiver. All other uses are prohibited.



In case of Emergency dial 911
Event related assistance:
Robert McDaniel (864) 505-5051

Option One: A walk centered on the Swamp Rabbit Café. (6 – 11 Km.)

This out-and-back route will visit the railroad car and of course the Swamp Rabbit Café. Parking is available at the Café, but may be difficult at times due to its popularity. There is a large parking area across the bridge along Cedar Lane Road. See Parking map. (The Swamp Rabbit Café is located at 205 Cedar Lane Road.)

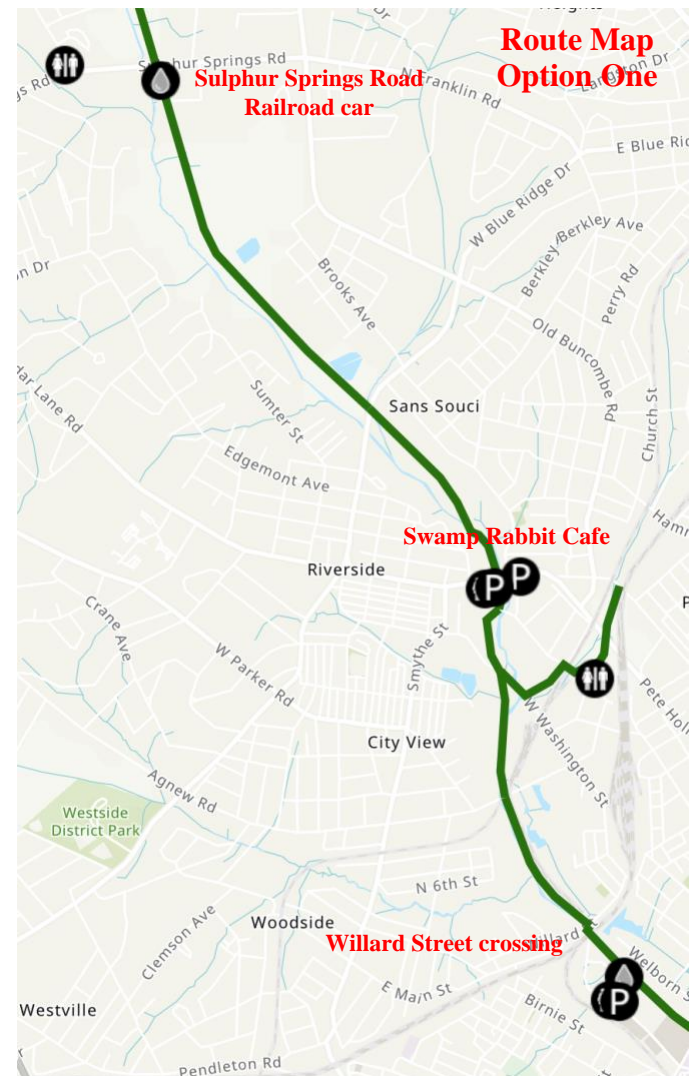
1. From the Café, turn left on the **Swamp Rabbit Trail (SRT)**.
2. Pass under Cedar Ln. Rd. continuing north to **West Blue Ridge Dr.** (approx. 1.19 Km.)
3. Cross **West Blue Ridge Dr.** (pay attention to signals and watch for traffic) continuing north to the rail car display near Sulphur Springs Rd. (approx. 3.27 Km.)
4. **All walkers, 6 or 10 Km.,** turnaround at Sulphur Spring road and retrace your steps back to the Swamp rabbit Café. (approx. 6.48K).

*6K Walkers end their walk here at the Café.
10K Walkers continue south along the trail*

5. Continue along the **SRT** keeping the Swamp Rabbit Café on your right, crossing **Hampton Avenue Extension** (approx. 6.6 Km.).
6. Continuing south, cross **West Washington Street.** (approx. 6.7 Km.)
7. Further along, cross **East Bramlett Road** and active railroad tracks. Pay attention to signs and

marking, especially if a train is in the vicinity. (approx. 7.6 Km.).

8. Continuing along, there will be active railroad tracks on your left. You will also notice an old railbed and trestle coming in from the right.
9. Continue along the **SRT** to Willard St./City of Greenville Welcome sign. (approx. 8.41 Km.)
10. 10K Walkers turnaround and follow the SRT back to the Swamp Rabbit Café – Start Finish – (approx. 10.34 Km.)



Option Two: An out-and-back walk starting at the Railroad Car (10 Km)

This option starts at the railroad car located at the junction of the Swamp Rabbit Trail and Sulphur Springs Road. Park on the side road paralleling the Swamp Rabbit Trail next to the small park.

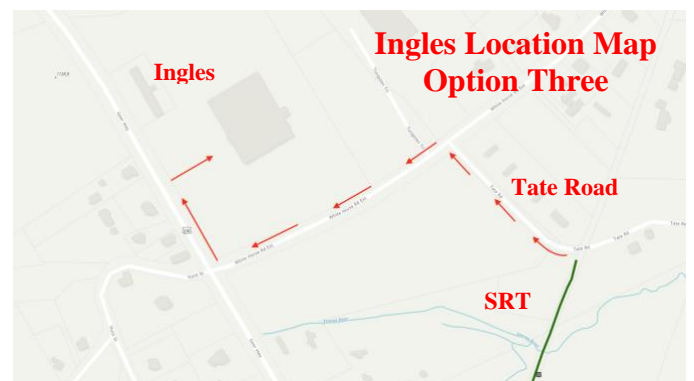
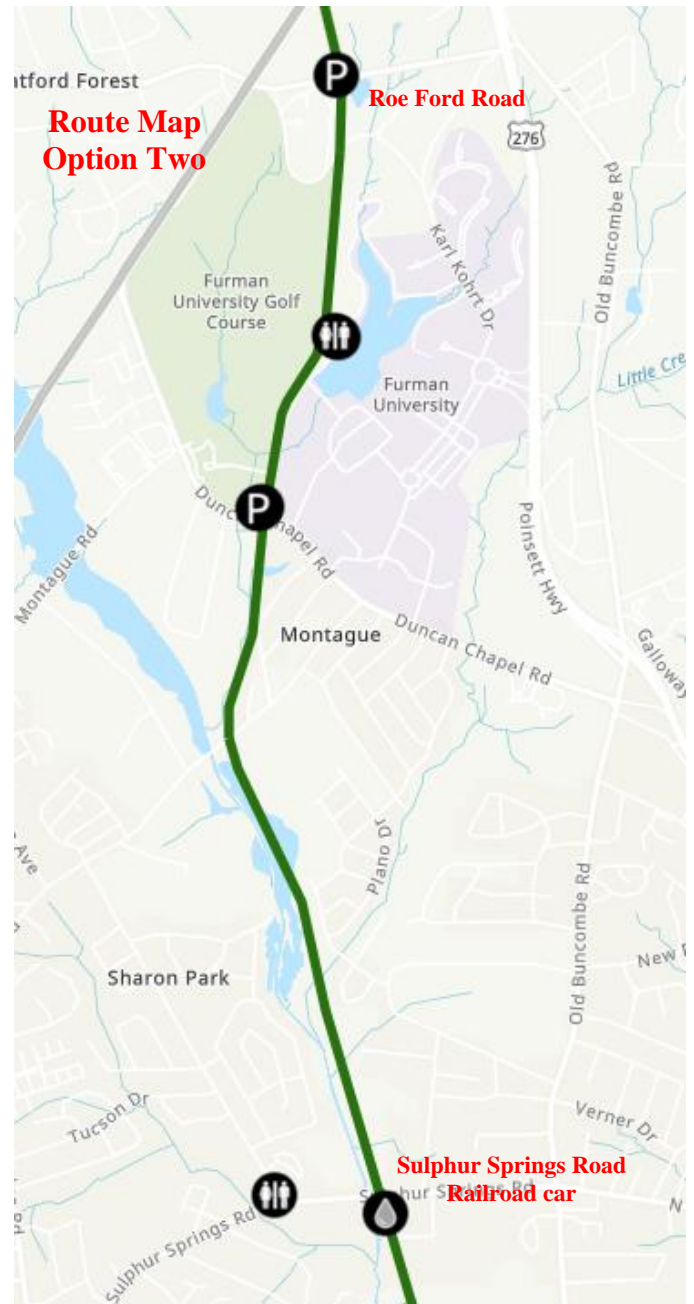
1. From the railroad car, continue north on the Swamp Rabbit Trail crossing **Sulphur Springs Road**.
2. Cross **Watkins Bridge Road**. (approx. 2.12 Km.)
3. Cross **Duncan Chapel Road**. (approx. 3.08 Km.) There is a parking lot and a water fountain here. (The water fountain may or may not be on.) The Swamp Rabbit Trail continues north with Furman University Campus on the right.
4. Cross Carl Kohrt Drive. (approx. 4.72 Km.)
5. Reach **Roe Ford Road**. (approx. 5.05 Km.) There is space to park a few cars here. Turn around and **return to railroad car at Sulphur Springs Road**. (approx. 10.4 Km. round trip.)

Option Three: This option can be combined with Option Two above making for a long (24 Km.), out-and-back walk or a point-to-point walk (13 Km.), using two cars.

If attempting the point-to-point hike, parking for one car is the same as for option two, parking for the second car will be at Ingles in Travelers Rest located at 1500 Geer Highway (U.S. Route 276).

6. From Step 5, Option Two above, continuing north on the Swamp Rabbit Trail, soon pass under Route 25.
7. Cross **Old Buncombe Road**. (approx. 6.28 Km.)
8. Paralleling South Main Street, cross **Roe Road**.
9. Enter **Travelers Rest** with its restaurants and shops, soon reaching a traffic light at the intersection of **McElhaney Road/Main Street/Center Street**. (approx. 8.56 Km.)
10. Cross to the opposite corner of the intersection to continue on the **Swamp Rabbit Trail**.
11. The Swamp Rabbit Trail continues north paralleling North Main Street/Geer Highway on the left.
12. The Trail veers away from Geer Highway and crosses **Rock Quarry Road**. (approx. 11.7 Km.)
13. Reach the northern end of the Swamp Rabbit Trail at **Tate Road**. (approx. 12.2 Km.) Those doing the **24 Km.** walk turnaround at this point and head back to the railroad car on Sulphur

Springs Road. **For Ingles**, turn left on Tate Road then left on White Horse Road Extension to reach Ingles on the right. See Ingles map. (approx. 13 Km.)



Option Four: The Swamp Rabbit Trail on this walk (10 Km.) tours Falls Park and Cleveland Park in downtown Greenville. The walk is out-and-back, but there many interesting landmarks along the way to add variety to the walk.

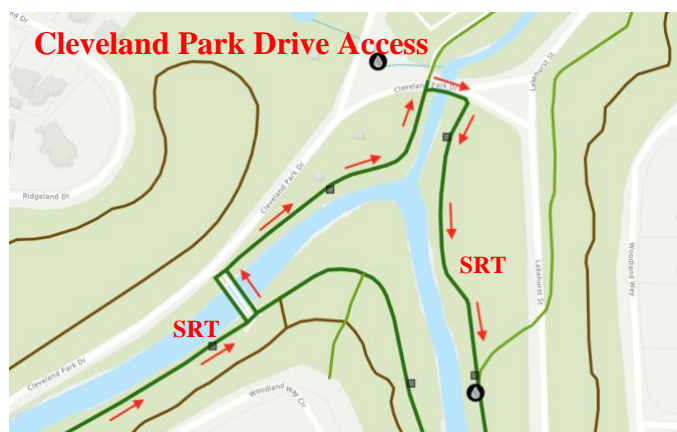
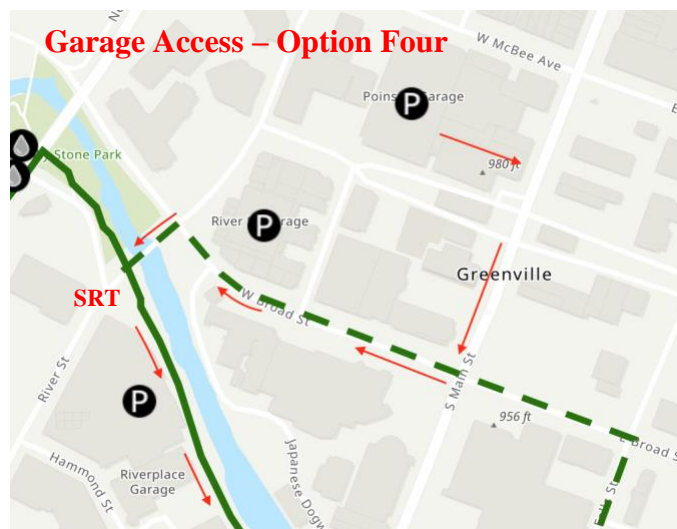
Parking is in the Poinsett Garage in downtown Greenville on West McBee Avenue, about a half block west of Main Street. This garage may charge a fee. A free parking garage is located about two blocks north on Richardson Street .

1. Exiting the garage, pass thru the **Westin Hotel** emerging on **Main Street**. Turn **right** passing thru the brick courtyard in front of the hotel.
2. Cross **West Broad Street** at the first light, turn **right** on the sidewalk. The Peace Center is located on this corner.
3. Follow West Broad Street downhill to the light on **River Street**. **Left** on River Street crossing the bridge.
4. **Left** on the first sidewalk after crossing the bridge very quickly joining the **Swamp Rabbit Trail** coming up from under the bridge. (0.5 Km.)
5. The Swamp Rabbit Trail parallels Reedy Creek passing hotels, restaurants, a children’s splash pad, and some small art stores. Pass under the arch of **South Main Street** bearing **left** continuing along Reedy Creek.
6. The Swamp Rabbit Trail descends past the **Falls of Reedy Creek** passing under the **Liberty Bridge**.
7. Turn **left** crossing a stone bridge. (1.0 Km.)
8. **Left** at Furman College Way, a paved road, downhill (no-sign).
9. Continue under bridge following the **Swamp Rabbit Trail** entering Cancer Survivor Park.
10. The Trail crosses Reedy Creek and passes under Cleveland Street.
11. **Right** turn at the green footbridge next to **Major Anderson’s jet**. (1.9 Km.)
12. **Left** at the end of the bridge and soon pass under McDaniel Avenue.
13. **Left** after crossing a small stone footbridge. There is a picnic pavilion on the right.
14. Cross one of the two footbridges then turn **right**.
15. After passing by a war memorial, reach Cleveland Park Drive. (The **Greenville Zoo** is in the park straight ahead.) Turn **right** crossing the bridge then **right** again continuing along the Swamp Rabbit Trail. (See map on right for detail.)

16. Continue along passing some interesting outdoor exercise apparatus. At the end of the park rise up a short hill and cross **Woodland Way**. (3.4 Km.)
17. Go right at split crossing creek. (3.9 Km.)
18. At the next two splits in the trail, go straight at each split.
19. Reach **East Faris Road**. (4.8 Km.). There is parking just to the right. Turn around at this point (**10 Km. option**) and head back downtown retracing your route. Feel free to explore all of the sights along the trail on your return.

Option Four can be made into a 14 Km. walk by following the SRT to its south end:

20. Turn right on **East Faris Road** and follow uphill.
21. Turn left onto **Cleveland Street** at the traffic light on top of the hill (5.0 Km.)
22. Cross a bridge over **Reedy Creek**. (5.5 Km.)
23. The **AMC Star Lanes Bowling Alley** is located to the left on **Winterberry Court** – possible restrooms/water here. (6.6 Km.)
24. On top of the hill is the southern end of the SRT at **South Pleasantburg Drive**. (6.8 KM)



Driving Directions.

All directions are from **Interstate 85**. You may also use any popular mapping program to get directions for each location.

Option One: Swamp Rabbit Cafe

The address of the **Swamp Rabbit Café and Grocery** is:
205 Cedar Lane Road, Greenville, SC.

1. From **Interstate 85**, coming from either the north or south, merge onto **Interstate 385** North (Exit 51C) towards Greenville/downtown.
2. Interstate 385 ends becoming South Carolina Route 183, East North Street. Pass **Bon Secours Wellness Arena** on the right and pass under a pedestrian bridge.
3. Staying straight on S. C. Route 183, the name will change a number of times (East North Street., Beattie Place, College Street, Buncombe Street, Pete Hollis Blvd., and finally Cedar Lane Road). Stay to the left to avoid a right-hand turn north onto Route 25 and 276.
4. Cross bridge over railroad tracks and yards.
5. Pass the **Mount Calvary Baptist Church** on the left and cross a short bridge. The Swamp Rabbit Café and Grocery is on the left just after the bridge. (Approx. 2.3 miles - 3.7 Km. - after passing the Arena.)

The only public **Restrooms** available for **Option One** are at the Swamp Rabbit Café.

Option Two: Railroad Car

The Railroad Car is located where the Swamp Rabbit Trail crosses **Sulphur Springs Road**, at the corner of **Pinsley Circle**.

From Charlotte: (travelling I-85 southbound from points north)

1. Follow directions to the **Swamp Rabbit Café and Grocery** as above, but continue straight on Cedar Lane Road another 2.2 miles (3.5 Km.) to **Hunts Bridge Road**. There is a bank on the corner. Turn right on **Hunts Bridge Road**.

2. Follow Hunts Bridge Road one block to **Sulphur Springs Road**.
3. Turn right on **Sulphur Springs Road**. The Swamp Rabbit Trail crosses Sulphur Springs Road in a little less than 1.2 miles (2.0 Km.). As soon as you cross the trail, the Railroad Car and Pinsley Circle are to the right.

From Georgia: (travelling I-85 northbound from points south)

1. From **Interstate 85**, merge onto **Interstate 185** north, (Exit 42), towards downtown Greenville.
2. After only a short time on Interstate 185, exit to **Route 25** North towards Travelers Rest (Exit 15).
3. Turn left at the bottom of the ramp and follow **Route 25** north for 4.0 miles (6.5 Km.) to **West Blue Ridge Street**. This is a major intersection with a number of fast-food locations here.
4. Turn right on **West Blue Ridge Street** and follow it for 2.9 miles (4.7 Km.) to **Old Buncombe Road**.
5. Turn left on Old Buncombe Road and follow for 1.0 mile (1.6 Km.) to **Sulphur Springs Road**
6. Turn left on **Sulphur Springs Road** and the **Railroad Car** at **Pinsley Circle** will be on the left after a little less than a half mile (0.6 Km.).

Public **Restrooms** for **Option Two** are located near the lake at Furman University or at various sites in Travelers Rest.

Option Four: Poinsett Garage

The Poinsett Garage is located at **17 W. McBee Avenue** in downtown Greenville, SC.

1. Follow directions from **Interstate 85** shown in **Option One** passing **Bon Secours Wellness Arena**.
2. Turn left on **Richardson Street** about 0.40 miles (0.6 Km.) after passing the Arena.
3. Follow **Richardson Street** three blocks south to **McBee Street** (about a third of a mile – 0.5 Km.)
4. Turn left onto **McBee Street**, the garage is on the right past the church.

Restrooms for **Option Four** are available in the Westin Hotel or near the Greenville Zoo.



UpState Pathfinders – Listing of other Year Round Events.

For more information on each of these walks, please access the following links

- | | |
|---|--|
| Clemson – Botanical Gardens | Greenville - Lake Conestee Nature Preserve |
| Historic Georgetown | Greenville - Paris Mountain State Park |
| Greenville – Alta Vista (Seasonal) | Historic Greer |
| Greenville – City Parks | Travelers Rest |
| Greenville - Furman University Campus | Greenville Historic |

Other Links of Interest

- [American Volkssport Association](#)
- [Upstate Pathfinders, A Volksmarch Club](#)
- [Swamp Rabbit Trail](#)
- [Greenville and Northern Railway](#) or [this link](#)
- [City of Greenville Recreation](#)
- [City of Greenville Events](#)

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