

BEST RUNNING ADVENTURES

presented by

BEST



Climb the Ravenel Bridge and Boat Back (Downtown

Charleston): With its 575 feet of elevation gain, the Ravenel Bridge is the closest thing to running up a mountain in the Lowcountry. The annual Cooper River Bridge Run is among the nation's premiere races, but runners can enjoy the wide pedestrian lane all year long. Extend your run by hanging a right at the base of the Mt. Pleasant side and continuing to Patriots Point, where a water taxi will take you back downtown.

Directions from Charleston: If you plan on taking the water taxi back then park at the Charleston Maritime Center off Calhoun St. at 10 Wharfside St. Park on the street or the parking garage on Calhoun St. between Washington and Concord St.

Run the West Ashley Greenway (West Ashley): Paralleling Highway 17 but far enough away to escape the noise, this 10.5 mile hard-packed dirt path begins at the Ashley River and continues to the Stono River. You'll pass through neighborhoods and parks as the route grows increasingly rural before opening up onto the marsh and the Stono.

Directions from Charleston: Take Hwy 17 S to left on Folly Rd. and park behind EarthFare grocery store on your right. The trail passes behind the shopping center. To have closer access to the marsh, keep in mind the trail is usually only a few blocks off Hwy 17 so consider parking on Farmfield Ave. or McLeod Rd.

Navigate the Trails at James Island County Park (James

Island): This 640 acre public gem five minutes from downtown includes 5 miles of paved trails for running and biking. They wind around a lake, through woodlands, and along the banks of the Stono River and salt marsh.

Directions from Charleston: Take Hwy 17 S and bear left toward Folly Beach. Pass EarthFare on your right, cross another bridge, and take a right onto Maybank Highway/SC 700. When you see the golf course on either side, take a left on Riverland Dr. at the stop light. The park is about 2 miles ahead on your right.

Escape into the Woods (Francis Marion National Forest): Drive twenty minutes north of Charleston and there's a seemingly endless selection of sandy logging roads to explore through the pine forests of the Francis Marion. To really get out there, head up into the Hellhole Bay Wilderness.

Directions from Charleston: Take Hwy 17 N to Hwy 41. Five miles after the town of Huger, take a right on Yellowjacket Rd. This takes you to the Hellhole Bay area, and any sandy road you pass along the way provides a distant escape to run through the woods.

Related Resources

Guided Running Tours: City Running Tours / 877-415-0058 / www.cityrunningtours.com

West Ashley Greenway Info & Map: www.westashleygreenway.org

James Island County Park: 843-795-7275 www.ccprc.com/jicp.htm

Francis Marion National Forest, McClellanville: 843-887-3257 / www.fs.fed.us/r8/fms



Step back in time while running and taking in historical landmarks, run over the nation's largest suspension bridge and the sight of the popular Cooper River Bridge Run 10K, catch a glimpse of dolphins rising above the waves as you run the bridge between two barrier islands...let City Running Tours take you there. City Running Tours allows runners to explore hidden parts of cities on foot with a knowledgeable running guide and offers set and customized tours to accommodate any runner's ability. **To purchase tickets visit** www.cityrunningtours.com or contact us at info@cityrunningtours.com / 877-415-0058