

Routes: Where can I walk or run in Columbia?

There are many locations in Columbia suitable for walking or running. These locations are dog-friendly (with the exception of the University of South Carolina Track), but please keep your dog on a leash and make sure to clean up after your pet. Are you interested in creating your own route? Be sure to tune in to WACH FOX Good Day on Wednesday, November 11 at 7:50 a.m. or 8:50 a.m. for tips on how to create your own route. If you miss the segment, watch the video at www.midlandsconnect.com/virtual5K.

Congaree National Forest - <http://www.nps.gov/cong/index.htm>

The gates close at 5 p.m., but you can park in the lot outside of the gates after 5 p.m. Visit <http://www.nps.gov/cong/planyourvisit/walks-and-talks.htm> for information on a variety of guided walks.

Directions from I-77, Exit 5

At Exit 5, turn onto SC Highway 48 East (Bluff Road), and head away from Columbia. Follow the brown and white directional signs to Congaree National Park. Travel southeast approximately 14 miles on SC Highway 48 East (Bluff Road) toward Gadsden. Turn right onto Mt. View Road. Follow Mt. View Road for 0.8 miles. Turn right onto Old Bluff Road and travel 0.6 miles. At the large park entrance sign, turn left and drive one mile to the Harry Hampton Visitor's Center. Parking lots will be on the right.

University of South Carolina Track -

<http://www.sc.edu/visitorcenter/jsp/Public/directions/track.jsp>

The track is open on weekdays from 6 a.m. – 8 a.m. and 6 p.m. – 8 p.m. The track facility is located on the southern edge of campus on South Marion Street, next to Beckham Field.

Directions from Assembly Street

Turn east on Whaley Street, then right on South Marion Street. The facility is located on the right.

Directions from Rosewood Drive

Turn north on South Marion Street; the facility is located on the left.

Harbison Forest - <http://www.state.sc.us/forest/refhartg.htm>

At Harbison Forest, located at 5500 Broad River Road, you will find walking, running, and biking trails varying in length from 0.4 miles to 5.8 miles.

Directions from Harbison Blvd.

Turn right onto Broad River Road. Harbison Forest will be located on your left. After you turn, the parking area will be on your left. Make sure you take parking pass from the box in the parking area and display it in your vehicle while using the trails.

Three Rivers Greenway - <http://www.riveralliance.org/>

Directions to the West Columbia Riverwalk

From West Columbia/Lexington: Drive down Meeting Street (Highway #1) toward the downtown Columbia. Turn right onto Alexander Road, before the Gervais Street Bridge. You will see the amphitheater and parking lot on your left before reaching New Orleans Restaurant. There is additional parking in the gravel lot on your right.

From Columbia: Drive down Gervais Street toward West Columbia. Drive across the Gervais Street Bridge. Make an immediate left onto Alexander Road. You will see the amphitheater and parking lot on your left before reaching New Orleans Restaurant. There is additional parking in the gravel lot on your right.

Directions to the Columbia Canal/Riverfront Park

From Huger Street heading toward I-126: Turn left onto Laurel Street at the last stoplight before I-126, just past AT&T. Drive to the end of the road and turn left before the guard stand into the paved parking lot. The entrance is on the far end of the lot on the right.

From Huger Street coming from I-126: Turn right onto Laurel Street at the first stoplight, just before AT&T. Drive to the end of the road and turn left before the guard stand into the paved parking lot. The entrance is on the far end of the lot on the right.

Laura Holt

Health Directions