

Cougar Mountain Turkey Trot Course

There will be no road closures, detours, or flaggers monitoring course. Participants are expected to stay on sidewalks and follow all pedestrian laws.

Start at Red Town Trail Head

Left on Quarry Trail

Left on Coal Creek Falls Trail

Left on Cave Hole Trail

Right on Red Town Creek Trail

Right on Military Road Trail

Turn around at intersection of Military Road Trail and Little Creek Trail

Take Military Road Trail back to parking lot and run through parking lot back to Red Town Trail Head.

Very scenic run. Great for kids and families and anyone wanting to hike rather than run. It's a relatively wide trail. Can easily social distance or step to the side to let others pass. It narrows in some spots but there's always room for at least two people to fit across the trail.