Top 5 Kid-Friendly Trails in Spartanburg

**Mary Black Foundation Rail Trail**
Located between South Pine St. and Union St., this trail has access points at East Henry St. and at Country Club Rd. and connects to the Duncan Park Trail. Future expansion will connect to the Trolley Car Trail along County Club Rd. The trail includes the Rail Tail Dog Park, Bike Park, Hot Spot Skate Park and more.

**Butterfly Branch Greenway**
Behind Northside harvest Park (near VCOM Carolinas) Greenway connects to a Butterfly Creek that cultivates a fun, positive space for individuals of all ages to enjoy. The surrounding area includes walking and biking trails, laboratory for children to lean about the variety of native flora growing there.

**River Birch Trail**
The trailhead starts off Sydnor Rd. behind McCracken. The trail has recently been expanded along the Whites Mill Dam and Heywood Ave. connecting to the Beaumont Mill Village Pathway and Drayton Mills Trails.

**Mary H. Wright Greenway**
The greenway includes a basketball court, two playgrounds, and a picnic shelter.

**DUNCAN PARK**
The trails main entrance is off Duncan Park Dr. The paved biking trails wind and weave through the woods of Duncan Park.

Sunshine and going outdoors boosts immune function.

Time outside has proven to soothe children, lowing their risk of hyperactivity and depression.

Kids who gets lot of fresh air are more lileky to have healthier hearts, stronger lungs, and more flexible joints.

KID FRIENDLY