

BE PART OF THE ADVENTURE.
MISSION: JEEP 4X4
GEOCACHING CHALLENGE.



This year's adventure features more challenges, gear giveaways and the chance to win an all new 2007 Jeep Compass. Freedom in a whole new dimension.

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GPS ROUTES TO FITNESS

Run, ride or hike your way around the U.S. with these comprehensive destination features, complete with GPS waypoints for easy navigation.

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activities

BIKE: ATLANTA



By Gina DeMillo Wagner

WHY HERE, WHY NOW:

Because minutes from Atlanta's busiest freeway you'll find recreation paradise with quiet trails, ponds, wildlife, and a scenic river.

DIRT:

This 4.8-mile ride starts in the quieter **Sope Creek of Chattahoochee River National Recreation Area**. Take the main trail past Sibley Pond and deep into the forest trail system. Occasional water bars, short, steep hills and rocky outcrops and ledges make the otherwise gentle ride fun and challenging. The trail is well-marked(?), but pay attention to the signs that indicate where bikes aren't allowed. The midpoint of the ride is a fast loop around the gravel Fitness Trail in the Cochran Shoals side of the park. You'll get the best views of the river here, and there's a bathroom and water fountain that make for a nice pit stop.

MORE INFO:

<http://www.nps.gov/chat>

TRAILHEAD:

From I-75 N, take exit 260 for Windy Hill Rd. Stay right onto Windy Hill Rd. Turn left onto Powers Ferry Rd. After about a mile, turn right onto Terrell Mill Rd., and follow it to the right when the road forks. After another mile, turn right onto Paper Mill Rd. Sope Creek Unit is on the right, past Sope Creek Elementary School.

TRAIL DETAILS

Mile	Description	GPS (latitude and longitude)
0	Pay the park fee and follow the main trail	33.93787N, -84.44342W
.1	Stay straight at the 4-way and continue to the pond	33.93732N, -84.44168W
.3	Go right at the 4-way	33.93647N, -84.43951W
.6	Technical section with climbs and descent with waterbars and rock ledges	33.93328N, -84.44225W
1.0	Stay straight on the main trail uphill	33.92838N, -84.44303W
1.5	Stay straight again	33.92183N, -84.44645W
1.9	After steep descent, intersection with gravel Fitness Trail; go right and stay on the main trail	33.91640N, -84.44660W
2.5	Stay left as the trail curves around to follow the river	33.91039N, -84.44863W
2.6	Bathroom and water fountain	33.91215N, -84.44781W
2.7	Turn left on smaller bike trail to loop back early, or extend your ride by going straight along the river and finishing the Fitness Trail Loop	33.91257N, -84.44714W
2.8	Go right at the T, and then shortly after, turn left up the hill and backtrack to your car	33.91465N, -84.44852W

SHOPS

Closest to the trail you'll find **Atlanta Cycling** (4335 Cobb Parkway; 770/952-7731; atlantacycling.com), which exudes southern hospitality and high-end gear. In Buckhead, try **Free-Flite** (3165 Peachtree Rd.; 404/816-6226; www.freeflite.com) for gear and repairs. **REI Atlanta** (1800 N.E. Expressway; 404/633-6508; rei.com) offers bikes and other outdoor goodies.

GRIIR

Bicycling

NAVIGATE

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On April 6th, the LR3 navigated a plane from Nice to Corsica



THE VEHICLE



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Just a few miles south on I-75 is the exit for West Paces Ferry Rd. in Buckhead, Atlanta's premier spot for gourmet food and nightlife. For a casual lunch, stop by the **OK Café** (1284 W Paces Ferry Rd; 404/233-2888; okcafe.com), a trendy diner with some of the best down-home soul food you'll ever taste. Sitting right on the banks of the Chattahoochee is **Canoe** (4199 Paces Ferry Rd; 770/432-2663; canoe-atl.com), an upscale, breezy, garden-style restaurant with a diverse menu and indoor/outdoor seating. Don't miss the seasonal seafood, game dishes, and local vegetables.

CRASH

Just off of Windy Hill Rd. near I-75 is the **Courtyard by Marriott** (2045 S Park Pl Se; 770/955-3838; marriott.com) with good service and rooms starting around \$80 per night. For a more colorful experience, check into the **Hello B&B** (1865 Windemere Dr.; 404/892-8111; www.members.aol.com/hellobnb), a guesthouse in the Morningside neighborhood near bustling Midtown and Buckhead. Rooms start at \$105 per night and include breakfast. From the B&B, you're within biking distance from many of Atlanta's best shopping and landmarks.

[HIKE OR RUN ATLANTA](#)

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