

Urban Assault Hard Packed Course

Start on Tredegar Street by 7th Street heading east. Make a right turn over the bridge on 10th street. Bear to the left. Just before the Powerplant, make a left toward the canal walk and go down a couple of stairs. Make a right to continue on the canal walk. At the end of the canal walk go straight through the large opening of floodwall. This is 12th Street. Stay to the right side of the road. As the road turns left it turns into Virginia Street and you cross the canal. Make a right turn onto the sidewalk and follow the sidewalk to the handicap ramp down to the turning basin of the canal. Do a u-turn at the bottom of the ramp and continue east on the canal walk. Stay next to the canal and eventually go through the openings in the floodwall and go onto the Virginia Capital Trail. Follow the Virginia Capital Trail until Great Shipyard Park. Turn around and go back the way you came. After going back through the floodwall go left the way you came. But, at the fork in the trail, stay to the right and go over the footbridge to the southside of the canal. Take the handicap ramp to the canal walk. Turn right under the bridge you just crossed and take an immediate right up the maintenance access ramp. Go 20 yards and make a right turn toward 14th street on the paved road. Make a left turn when you get to 14th Street and stay on the sidewalk.

After crossing to the southside of the river make a left turn and go through a parking lot next to the Southern States grain silos and lots of street art including the witch on the corner of a building. Follow the gravel road as it loops around and under railroad tracks. You will come to Branders Road and make a left turn and go under I-95. Stay on the left side of Branders Road until you make a left into Anacarrows Landing. Stay left and follow a gravel path next to the river that goes upstream eventually leads west to the slave trail. Follow this trail back to the Branders Road under I-95. Make a right turn up the gravel road on the right that goes up the hill to the top of the floodwall. Follow this trail back to 14th Street. Make a right on 14th Street and then right onto the floodwall paved trail just after the driveway.

At the end of the floodwall go to the right up to the bridge back over the railroad tracks. Go over the bridge and make a right turn on the sidewalk and come out on the Railroad Avenue behind SunTrust. Go up this road until it joins the on ramp for the Lee Bridge. (Don't go on the bridge) Turn right and stay on the shoulder. Make a right onto a trail just before the Riverside Drive exit ramp. Go under it and make a left up a steep rocky trail to come out next to Riverside Drive. Make a right and go down the sidewalk to the 22nd Street Stairs. Go down the stairs. Make a left and u-turn onto the gravel road heading upstream to the Visitors Center. Just past the visitors Center make a left to the Reedy Creek Parking lot. Make a left after crossing over Riverside Drive and an immediate right onto the gravel road leading into Forest Hill Park. Stay on the gravel road until the paved trail at the lake. Make a right turn and then make the next right turn on the paved road heading up the hill. At the top of the hill make a left turn on a paved road. Make a left at the next paved road and the next left turn (it says do not enter) will lead you towards the

maintenance area. Make a right on the paved road by the maintenance shed. Continue on the paved road until get to the bottom of the steep hill. Make a right turn over the bridge. Go straight and get onto the paved trail next to the lake.

Stay on the paved road back to the gravel road where you first came into Forest Hill Park. Cross back over Riverside Drive, through the Reedy Creek Parking lot and make a right back on the gravel road. Stay on the gravel road to the 22nd street stairs and go left down along the concrete trail by the river and make a right up to the Emergency Access Bridge. Go over the bridge. At the split in the gravel road go left and proceed around the base of Belle Isle. At the split in the road go right passed the visitors center. Make a left toward the bike skills course. Go left on the trail under the Lee Bridge. Go onto the footbridge under the Lee Bridge. Make a hard left turn off the bridge and go along Tredegar Street to a left into the Belle Isle Parking lot to the finish.