

The walk starts from the Cabells Mill Complex parking lot in Ellanor C. Lawrence Park.

1. From the parking lot turn right and follow the service road away from Walney Road. The service road will turn to the left.
2. Turn right onto the intersecting gravel trail. A trail sign and map will appear shortly on the right.
3. A trail intersects from the right. Continue straight on the present trail.
4. An asphalt trail intersects from the right next to a bench. Continue on the present trail.
5. The trail turns away from Rocky Run and intersects with an asphalt trail. Turn left onto that trail and cross a bridge after a short distance.
6. The trail enters an open area with houses. Turn left to walk a short distance to a street crossing.
CAUTION It appears that the correct route would be to the right but that will take you away from Rocky Run.
Pick up the trail at the end of the cul-de-sac next to a driveway. This is the only street crossing for the western section of this trail.
7. A trail intersects from the right. Continue on the present trail.
8. At the next asphalt trail intersection turn to the left.
9. The trail passes an asphalt trail to the left and a natural surface trail to the right. Continue straight on the present trail. The trail to the right leads to Poplar Tree School.
10. An asphalt trail intersects from the right. There is a nice play area here with a picnic table in the shade. Continue straight on the present trail following the stream.
11. The trail meets Stringfellow Road. This is the end of this walk section. You may return by the same route or continue on the eastern section of the Rocky Run trail.

There is no crosswalk on Springfellow Road so be careful when crossing to the other side as traffic is heavy. On the other side turn left on the asphalt trail. It will cross Rocky Run on a bridge. After making the crossing take the asphalt trail to the right. It will shortly take a sharp turn to the right to follow Rocky Run. A map of the trail on the eastern side of Stringfellow Road is planned for the future.

