



Toftrees Trail Run

Sunset Park, 850 McKee St., State College PA 16803

Course	Out and back on Toftrees bike trail
Terrain	Predominantly flat
Surface	gravel / trail / pavement
Total distance	<4 miles (turn around sooner for a shorter version)
Total time	<40 min
Difficulty	

Run description:

We start from the Sunset Park parking lot, go down the bike path to the head of Toftrees trail. At yellow posts (head of the trail), turn right onto the trail and run # min out, turn around and come back the same way. It helps to have a watch to monitor how long you are going.

The trail is partially shaded and mostly flat (except the final climb to the Park). It is an enjoyable nature run for runners of any levels. Bikes can be used on trail.