

Whole Foods 6.5, 9, 11.5 and 14.5 Miler

Whole Foods > Lake Woodlands East (towards Market Street) > Grogans Mill South > Right on to North Millbend to pipeline line trail down into the golf course > cross the golf cart bridge on Sawdust > continue south on the golf course just past the 12 hole tees, exit the course to Grogans Point Park for water and bathrooms. For the extra 5K loop, take a right out of the park, right on tranquil path, left on Red Sable , right on Grogans Point, back to the park. Retrace the golf course path and North MillBend to the entrance to the Nature Trail, take the Nature Trail to Glen Lock, take the path to the West of McCullough JR HS, path under Woodlands Parkway, grab water at the park, then taking the path and then the streets make your way to East Panther, right on Lake Woodlands> Whole Foods. PLEASE be careful crossing streets.

- ~6.5 out and back to Sawdust Bridge
- ~9.0 out and back to Grogans Point Park
- 11.5 without Grogans Point Park loop (old 5K)
- Can add Millbend loop for 3.3 more miles for almost 18 total
- Could make it a ~7 miler by taking the Nature trail after mile 2



