



Dr. Edmund A. Babler Memorial State Park

Ridge Elem. starting point

Ellisville

Pierside to Old State return

loop more Ridge to St. Paul adds hills and 5 miles as option from same starting pt.

Wildwood

return old Manchester

Castlewood

Sherman

x old Manchester

Melrose down long hill back to Rockwood

thru Rockwood Reservation

paved path to Merrimec

proceed again thru Rockwoods Greensfelder Park

A



28.32

2:38:06

0

DISTANCE (MI)

DURATION

CALORIES



Fureka