Mill Creek Trail System

Mill Creek Nature Park

Within the mountains of Narrows, this nature park spans 145 acres of beautiful landscape. There are trails leading to scenic falls and Jefferson National Forest. Visitors can enjoy hiking, mountain biking, and fishing. In 2013, the park received a silver award as "Best of the Blue Ridge" and was also featured on a national commercial for Harounds Biscuit Company. Some of the trails are shown on this map and described below:

- Bottom Line: 2.83 miles, difficult, steep, rocky switchback climb on double track to the top of Pears Mountain.
- Canal Trail: 0.67 miles, difficult, upper half features a technical ride garden, with very challenging steep sections.
- Waterfall: 0.52 miles, difficult, follows Mill Creek and offers nice views. Rocky, steep, and narrow in places.
- Greasy Road: 1.35 miles, easy, smooth, green double trail to Summit Point overlooking Narrows.
- Long Shot: 3.4 miles, easy, very enjoyable, rolling, mixed double and single track.
- Merry Bank: 1.96 miles, easy rolling climb from Merry Branch Creek to Rocky Ridge Trail.
- Old Rider: 1.2 miles, easy, alternates between double track and single track.
- Piney Road: 0.08 miles, moderate, smooth, pine-paved single track featuring a rock evening.
- Rocky Ridge: 0.9 miles, easy, rolling descent from the top of Pears Mountain to Merry Branch Creek.
- Shortcut: 0.33 miles, easy downhill, pine-paved descent – connecting Greasy Road and Piney Road.