Blue Ridge Parkway: Good Trails for Running. Mile markers are southbound from Virginia

Milepost	Trail Name	Distance *(miles)*	Notes
68.0	Otter Creek Trail	3.5 miles	Parallels Parkway between Otter Creek campground & James River Visitor Center.
85.7	Abbott Lake Trail	1.0 mile loop	Loop around lake
85.9	Johnson Farm Trail	2.0 mile loop	Farm loop
121.4	Roanoke Valley Horse Trail	5.9 miles	Parallels road. Good for running!
154.4	Smart View Loop Trail	2.6 mile loop	Loop around the Smart View Picnic area is level and smooth through mature woods
213.0	High Meadow Trail	1.3 mile loop	Easy trail around meadow can be combined w/ moderate 2.2 mile Fisher Creek loop
238.5	Bluff Mountain Trail	7.5 miles	Parallels Parkway. Scenic vistas, level terrain, numerous access points
243.9	Grassy Gap Fire Road	6.6 miles	Wide gravel road from MP 244 downhill to State Route 1730. Hilly but good surface
294	Moses Cone Park Trails	25 miles of trails	25 miles of gently sloping carriage roads - best running option on BRP!!
296.7/ 297.1	Price Lake Trail	2.7 mile loop	This easy 2.7-mile loop circles the shoreline of 47-acre Price Lake
305.5	Tanawha Trail	13.5	Parallels Parkway. Most of it good for running, couple of tougher sections
382/384	Mountains to Sea Trail	2-4 miles	Section of MST Trail near NPS Asheville Visitor Center are decent for running