



2026

TrailLink Unlimited



Guides



**Rose M.Z.
Gowen M.D.
Trail**
Texas



Rose M.Z. Gowen M.D. Trail

Texas

Running through the city of Brownsville, the Rose M.Z. Gowen M.D. Trail follows a former Union Pacific rail corridor and provides an



Boulevard to the city's western neighborhoods and ends just north of 77 Flea Market—a shopping and dining plaza. The trail passes schools, local businesses, residences, city parks, lakes, and fields of mooing cows in the rural northern sections of the trail. Parrots and other subtropical birds can be heard along the trail.

There are crossing lights at the major roads, including at Ruben Torres Blvd and Alton Gloor Blvd. Take appropriate caution when crossing streets.

Running through the city of Brownsville, the Rose M.Z. Gowen M.D. Trail follows a former Union Pacific rail corridor and provides an essential link in the city's connected trail loop. It parallels another rail-trail—the [Historic Battlefield Trail](#). Both trails are part of the 428-mile [Caracara Trails](#) network, a Rails-to-Trails Conservancy TrailNation project.

The trail was renamed in 2025 to honor Rose Gowen, a former RTC board member and leader in the expansion of the Brownsville Rail-Trail network. She was also a physician for over 20 years, and the trail name reflects both her service to Brownsville and her work as a medical professional.

The paved rail-trail spans 6.6 miles north from Palm



Rose M.Z. Gowen M.D. Trail

Texas

States: Texas

Counties: Cameron

Length: 6.6miles

Trail end points: Frontage Rd. (Brownsville) to
33 Palm Blvd. (Brownsville)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

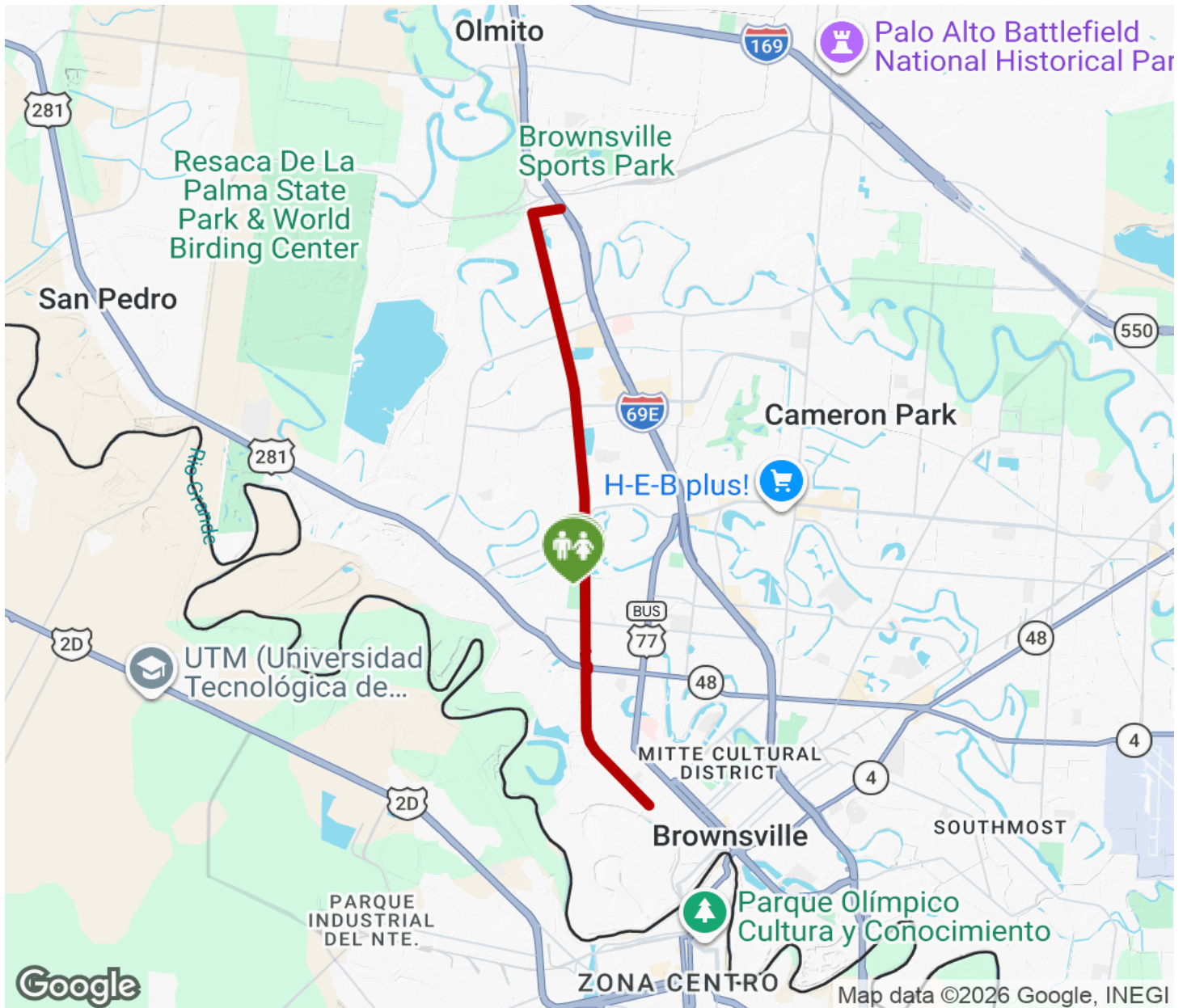
The Brownsville public transit system provides easy access to the trail. Visit the [Brownsville Metro Rider Guide](#) to plan your visit.

For those driving, parking is available at Prax Orive (Sunrise) Park (1245 Palm Blvd). The parking lot is on West First St off West Van Buren St (north of Palm Blvd). Additional parking can be found at Southern Pacific Linear Park in front of the courthouse on East 6th St and at the Northside Transfer Center's parking lot off of Habana St.



Rose M.Z. Gowen M.D. Trail

Texas



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com