



2026

TrailLink Unlimited 

Guides   



**Tammany
Trace**
Louisiana



Tammany Trace

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Situated to the north of New Orleans across Lake Pontchartrain, the Tammany Trace was Louisiana's first rail trail. The Trace, as it's known to locals, is so named because it traces across St. Tammany Parish, connecting the communities of Covington, Abita Springs, Mandeville, and Lacombe.

Along the paved pathway, trail users will experience the piney woods and moss-draped oaks that earned the area its Ozone Belt nickname. In the late 1800s, New Orleanians seeking respite from the oppressive heat of

the coastal plain chose this as a vacation spot. Today, the trail passes many of their stately retreats.

About the Route

Leaving off from the trail's western end in Covington, be sure to check out the H.J. Smith and Sons General Store and Museum for a glimpse into the town's past. The trailhead in Covington is also home to a museum and hosts the Covington Farmers Market every Wednesday during the growing season.

Seven miles to the east is the quaint town of Abita Springs, home to the famed Abita Brewpub, which serves a pleasant lunch at trailside seating (park at adjacent Abita Springs Park). The famous local beer and root beer are brewed nearby. For a quirky experience, check out the Abita Mystery House, a trailside attraction of unusual goods that will leave you with plenty of stories.

From Abita Springs, the trail heads south to Mandeville, where a renovated train station now serves as a community trailhead. Looking to get a glimpse into the famed jazz scene of Louisiana? If you're in town on the night when it is open for a performance, a visit to the Dew Drop Jazz and Social Hall is an absolute must. If you're out during the weekend, stop by the Saturday morning market at the Mandeville trailhead to browse handmade items and sample a variety of local foods.

Beyond Mandeville, the trail leads southeast through a wetlands landscape. This is the Louisiana of Deep South lore. The trail comes within several blocks of Lake Pontchartrain before angling inland toward the bayou. A worthwhile side trip here is the 2,800-acre Fontainebleau State Park, where the brick ruins of a sugar mill built in 1829 remain. This park is a bird-watcher's dream, and the professionals at the nature center can give you tips on how to spot some of the region's finest feathered friends.



Tammany Trace

Louisiana

States: Louisiana

Counties: St. Tammany

Length: 28.2miles

Trail end points: N. Theard Street (Covington)
to Gause Blvd W (Slidell)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Horseback
Riding, Inline Skating, Walking, Wheelchair
Accessible

Parking & Trail Access

The Tammany Trace runs between N. Theard Street (Covington), where parking is available, and Gause Blvd W.

Parking is also available at:

- 22044 Main St. (Abita Springs)
- 675 Lafitte St. (Mandeville)
- 28452 Balehi Rd. (Lacombe)

Please see [TrailLink Map](#) for all parking options and detailed directions.



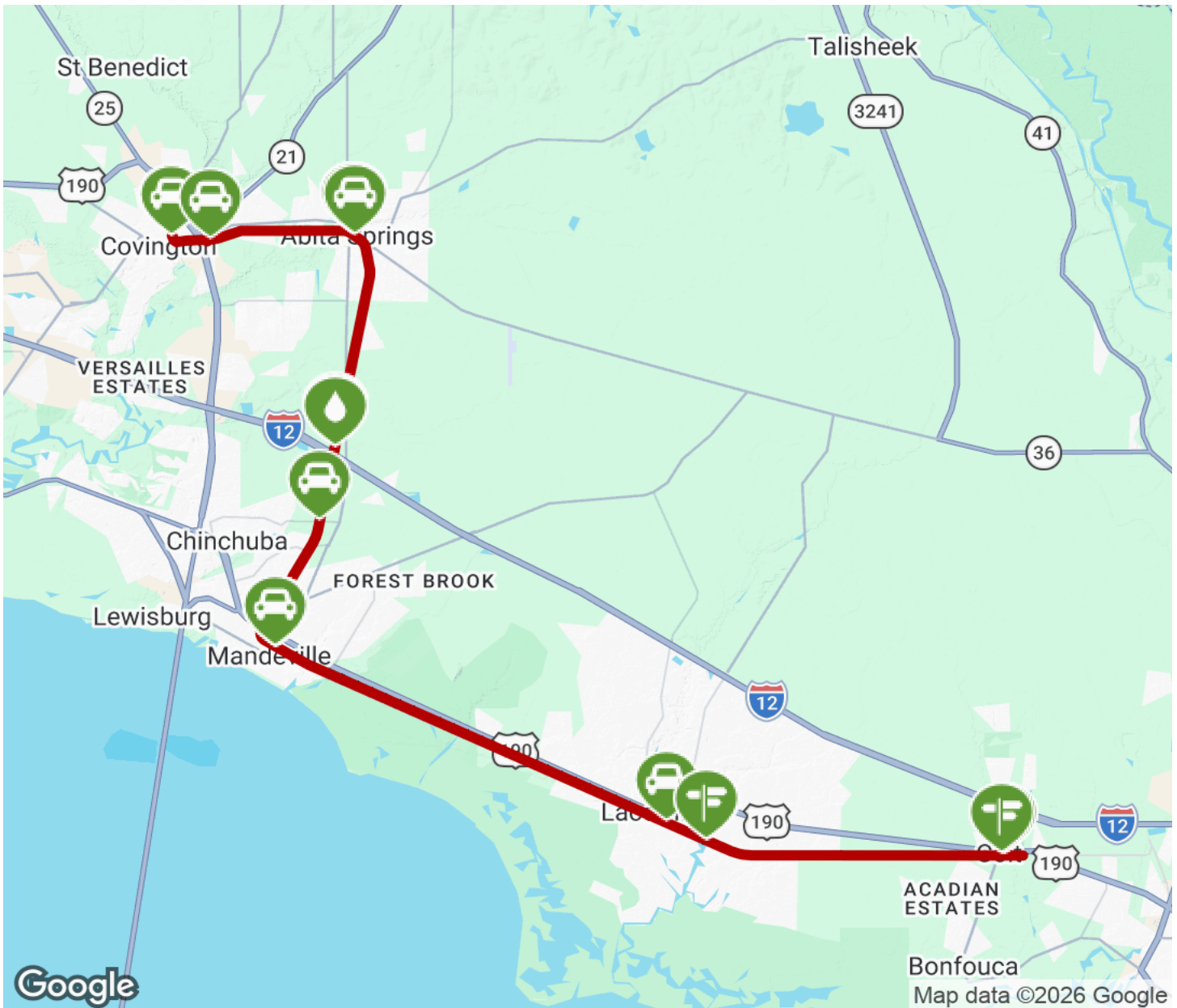
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Tammany Trace

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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