



2025

TrailLink Unlimited 

Guides



**MKT/SP Rails
to Trails
(Heights Hike
and Bike
Trail)**

Texas



MKT/SP Rails to Trails (Heights Hike and Bike Trail) Texas

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The MKT/SP Rails to Trails forms a dogleg through urban Houston, with one leg running north–south between W 26th Street and W 7th Street and the east–west leg running between Shepherd Drive and Hogan Street (just east of I-45). From the I-45 end, the trail continues along the Heritage Corridor Bayou Trail, which carries on toward downtown, the University of Houston and other bikeways. The trail bridge over the White Oak Bayou re-opened in summer 2022.

The MKT/SP Rails to Trails is named for the old Missouri, Kansas, Texas Southern Pacific Railroad, and the trail follows part of the abandoned rail bed. You'll also find links to city parks, historical neighborhoods, the White Oak Bayou, and city attractions such as art galleries and museums.



MKT/SP Rails to Trails (Heights Hike and Bike Trail)

Texas

States: Texas

Counties: Harris

Length: 4.6miles

Trail end points: W 26th St to W 7th St to N
Shepherd Dr to Hogan St

Trail surfaces: Concrete

Trail category: Rail-Trail

Trail activities: Bike,Inline

Skating,Wheelchair Accessible,Walking

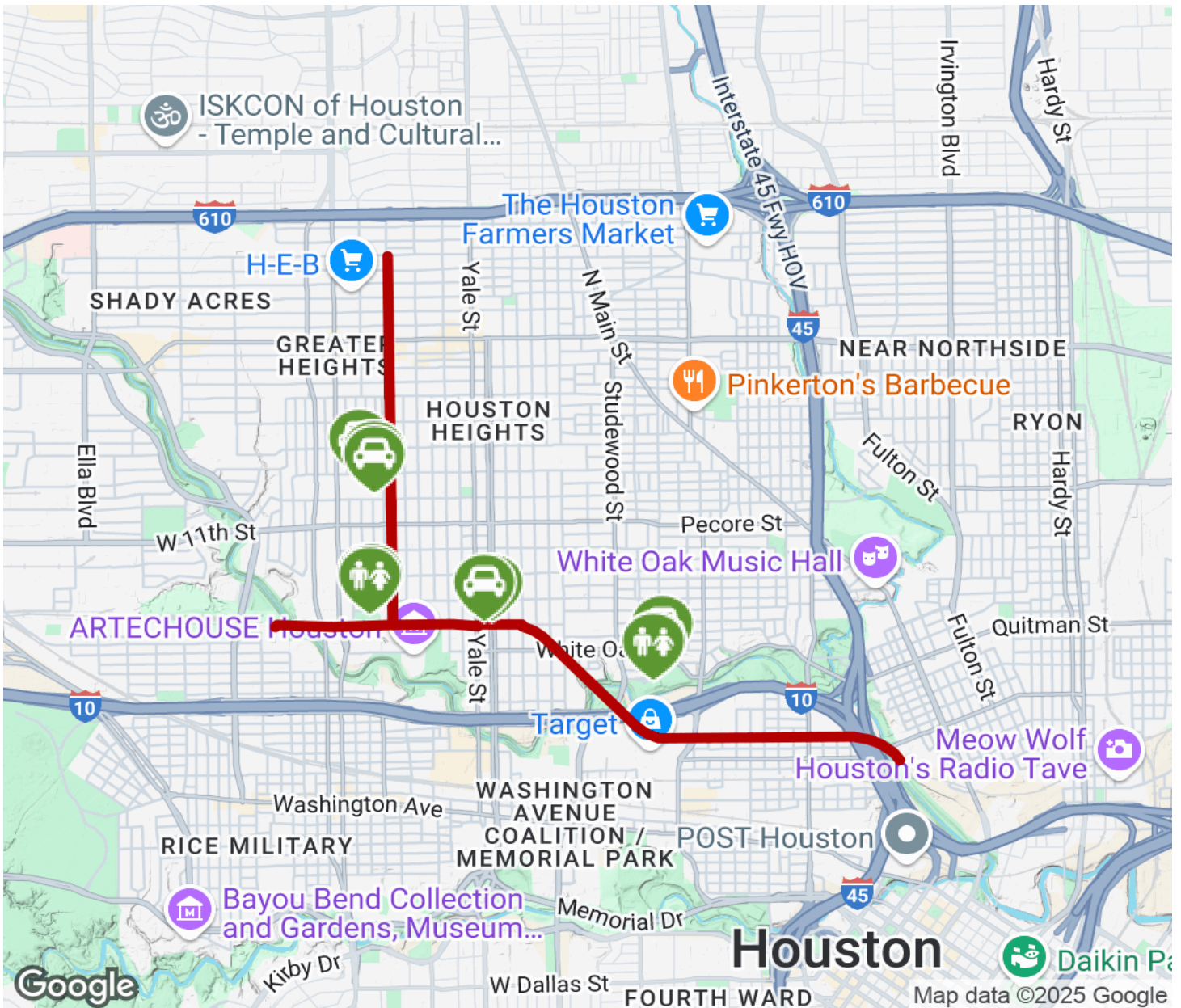
Parking & Trail Access

Park at Lawrence Park (the elbow of the trail) at 7th and
Lawrence Streets. On-street parking and access is available
along the route.



MKT/SP Rails to Trails (Heights Hike and Bike Trail)

Texas



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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