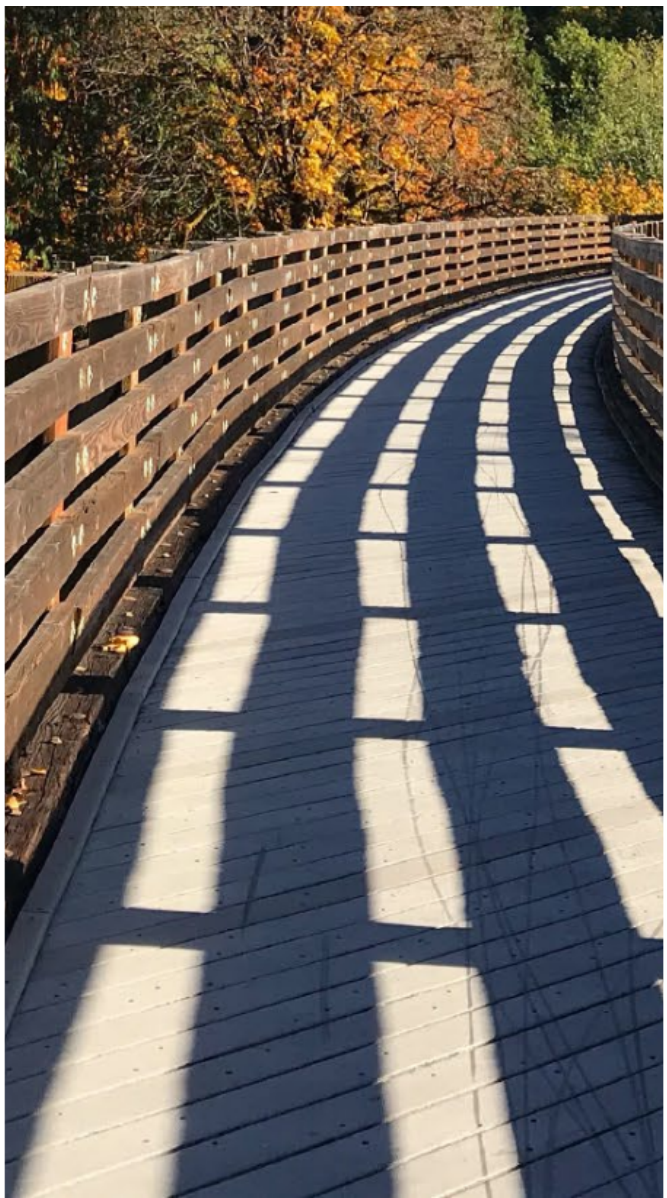
TrailLink
by Rails-to-Trails Conservancy

2025

TrailLink Unlimited

Guides



Foothills Trail (CO)

Colorado

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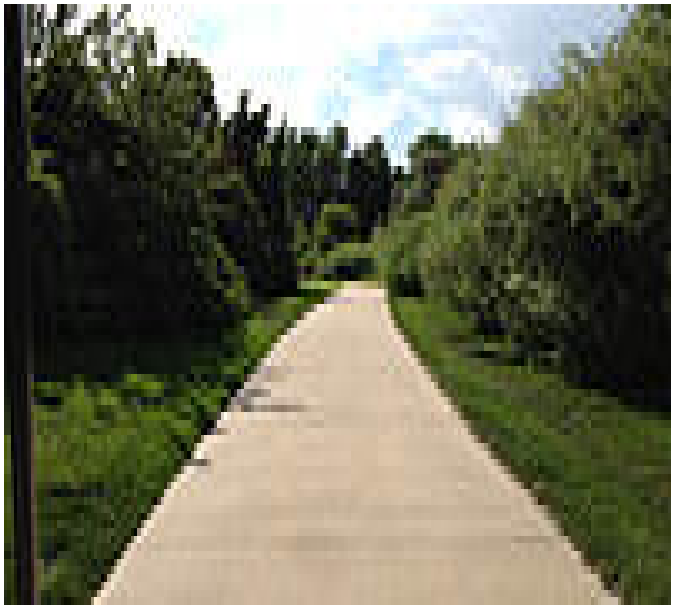

The Foothills Trail runs along Colorado Springs' western border at the base of the majestic Rocky Mountains. You'll begin near Oak Valley Ranch Park and travel south along an irrigation channel, Flying W Ranch Road and N. 30th Street through residential neighborhoods. After a short distance, you'll come to Garden of the Gods Road. If you turn east along this road, you can connect to the Sinton Trail, which will take you 3 miles southeast into the city.

As you continue along N. 30th Street, you'll see more open vistas and the scenic rolling terrain of the foothills. Soon you'll come to the Glen Eyrie Reservoir area. In the vicinity is the Glen Eyrie Castle, a sprawling Tudor-style estate built in 1904 by railroad tycoon General William Palmer, the city's founder. For a fee and with an advance reservation, you can tour the castle and its landscaped grounds nestled among beautiful rock formations and pine trees. The trail crosses N. 30th Street just after the turn-off to the castle grounds.

Shortly after this crossing, an opportunity will arise to hop on the Dakota Trail, a rugged hiking path that leads to the Kissing Camels rock formation. The Dakota Trail also meets the Palmer Trail if you're feeling adventurous and want to explore the Garden of the Gods. If you continue along N. 30th Street, you'll come to Gateway Road, across from the Garden of the Gods Visitor Center, where you can learn about the area's towering red cliffs.

The southern half of the trail runs through a residential area and ends at W. Colorado Avenue, along which you can find a number of restaurants.

Foothills Trail (CO)

Colorado

States: Colorado
Counties: El Paso
Length: 6.6miles
Trail end points: Sweet Water Ct. and Aspen Glen Ln. to W. Colorado Ave. and S. 31st St.
Trail surfaces: Asphalt,Concrete,Crushed Stone
Trail category: Greenway/Non-RT
Trail activities: Bike,Inline Skating,Wheelchair Accessible,Horseback Riding,Walking

Parking & Trail Access

Parking can be found at Mountain Shadows Park at the intersection of Flying W Ranch Road and Champagne Drive. Near the trail's southern end, parking is available at the Garden of the Gods Visitor Center (1805 N. 30th Street).

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Trailhead Restroom Parking Water Fountain Tunnel

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