



2026

TrailLink Unlimited 

Guides



**Cochran
Shoals Trail**
Georgia



Cochran Shoals Trail

Georgia

Cochran Shoals Trail, on the northwestern outskirts of Atlanta, follows the western bank of the Chattahoochee River for over two



about fishing in the river. Rafting, canoeing, and kayaking are also permitted in the park.

Cochran Shoals Trail, on the northwestern outskirts of Atlanta, follows the western bank of the Chattahoochee River for over two miles, forming a popular fitness loop for exercise and recreation. The unpaved pathway travels through Chattahoochee River National Recreation Area and is tree-lined and scenic. Due to its tranquil beauty, expect crowds on the weekends. The southern end of the trail marks the beginning of the paved [Akers Mill Trail](#), which enables you to extend your journey west and connect to various other trails in Cumberland and Smyrna.

To Native Americans, "Chattahoochee" is thought to mean "River of Painted Rocks." Fishing is permitted in its waters, where anglers will find trout. Contact the Georgia Department of Natural Resources for more information



Cochran Shoals Trail

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States: Georgia

Counties: Cobb

Length: 2.6miles

Trail end points: Columns Dr. to Interstate
North Pkwy.

Trail surfaces: Crushed Stone

Trail category: Greenway/Non-RT

Trail activities: Bike, Fishing, Walking

Parking & Trail Access

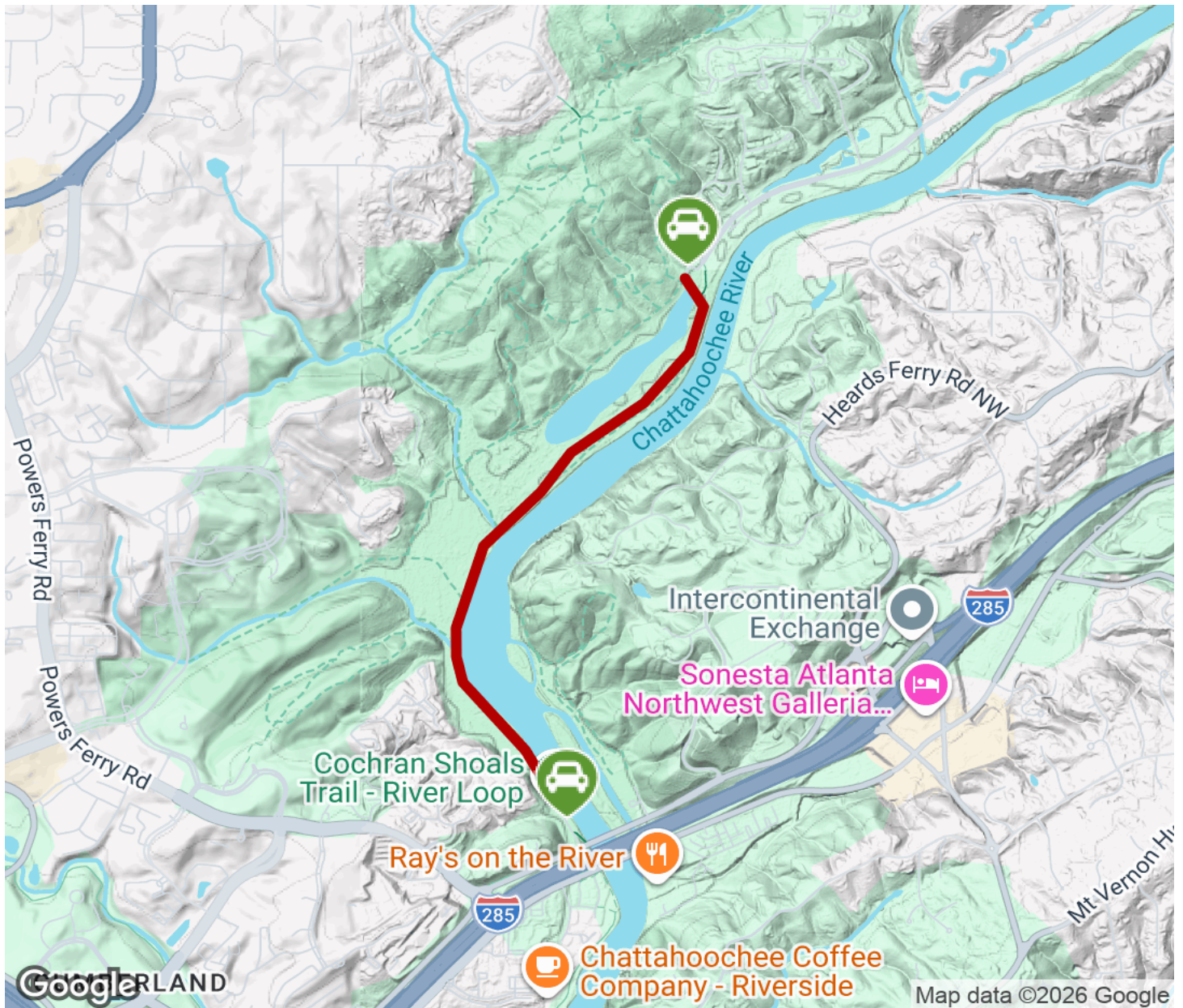
A large parking lot is available at the north end of the trail at 152 Columns Drive, with accessible restrooms and drinking fountains.

Parking is also available at the trail's southern end. From I-285, take exit 22; get onto New Northside Drive, then Interstate North Parkway. The lot will appear less than a mile after crossing the Chattahoochee River. This entrance also features accessible restrooms and drinking fountains.



Cochran Shoals Trail

Georgia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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