



2026

TrailLink Unlimited 

Guides



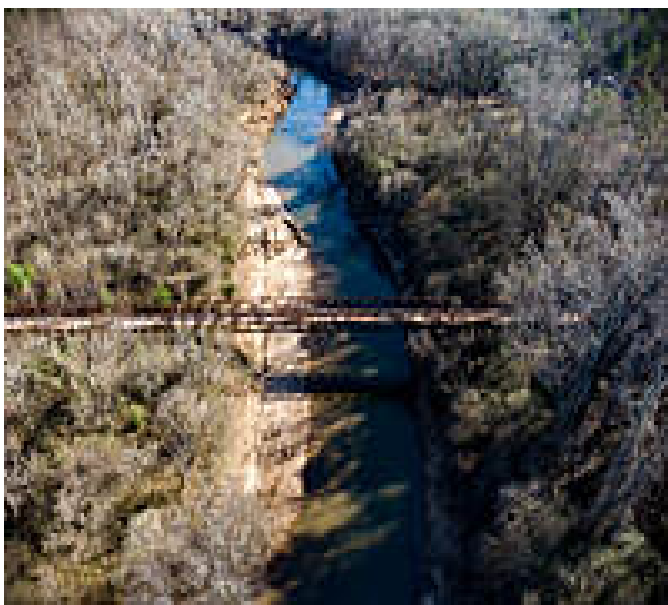
**Rockdale
River Trail**
Georgia



Rockdale River Trail

Georgia

Although located in the Atlanta suburbs only a short drive from the city, the Rockdale River Trail and other connected trails in Panola



Although located in the Atlanta suburbs only a short drive from the city, the Rockdale River Trail and other connected trails in Panola Mountain State Park and the broader Arabia Mountain National Heritage Area feel a world away. Steep hills and dense woods might make trail users imagine that they're deep in the Appalachians.

The Rockdale River Trail roughly follows the drainage of the South River for 9.5 miles. It also connects to a larger network of more than 30 miles of paved trails in the Arabia Mountain PATH system that meander throughout the isolated granite mountains, wetlands, and pine and oak forests in the National Heritage Area.

About the Route

The Rockdale River Trail starts where it meets the Arabia Mountain PATH on a bridge spanning the South River at the northern border of the 1,635-acre Panola Mountain State Park.

Heading southeast for 0.6 miles, the trail reaches a junction with the Panola Mountain Greenway. Trail users pass a 100-acre granite outcrop along the way, which is accessible only on ranger-led hikes. The greenway also accesses the 1.3-mile Lake Loop Trail, which overlooks the southern shore of Upper Alexander Lake, one of two fishing lakes in the state park.

Throughout the park, the route is a hilly one, with turnouts for mountain biking labeled for beginner, intermediate, and advanced riders. The only restroom and drinking water are located at the trailhead for Alexander Lake and the Parker House.

The Rockdale River Trail leaves the park about 1.7 miles past the lake and crosses Union Church Road. The trail then goes forward for 350 feet and turns left (unsigned) onto Daniels Bridge Road. This begins a section of on-and-off-road travel for about a mile alongside the South River.

The southernmost 5.5 miles of trail reflect the hilly, wooded, remote terrain found in the state park. The difference is that there are more trailheads, restrooms, drinking fountains, and recreational facilities along this segment, boosting accessibility for visitors.

After passing through South Rockdale Community Park and Lorraine Park, the trail crosses Scott Highway/GA 212 on a covered pedestrian bridge before arriving at the serene grounds of the Monastery of the Holy Spirit. Trappist monks moved to the site in 1944 and built the monastery, which opened in the 1950s. Today it doubles as a place of worship and a popular tourist attraction.

Connections



Rockdale River Trail

Georgia

States: Georgia

Counties: Rockdale

Length: 9.5miles

Trail end points: 2654-2694 Stockbridge Hwy
155 (Stockbridge) to 2625 GA-212 (Conyers)

Trail surfaces: Concrete

Trail category: Greenway/Non-RT

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

Parking & Trail Access

The Rockdale River Trail runs between 2654-2694 Stockbridge Hwy 155 (Stockbridge) and 2625 GA-212 (Conyers), with parking at either end.

Parking is also available at:

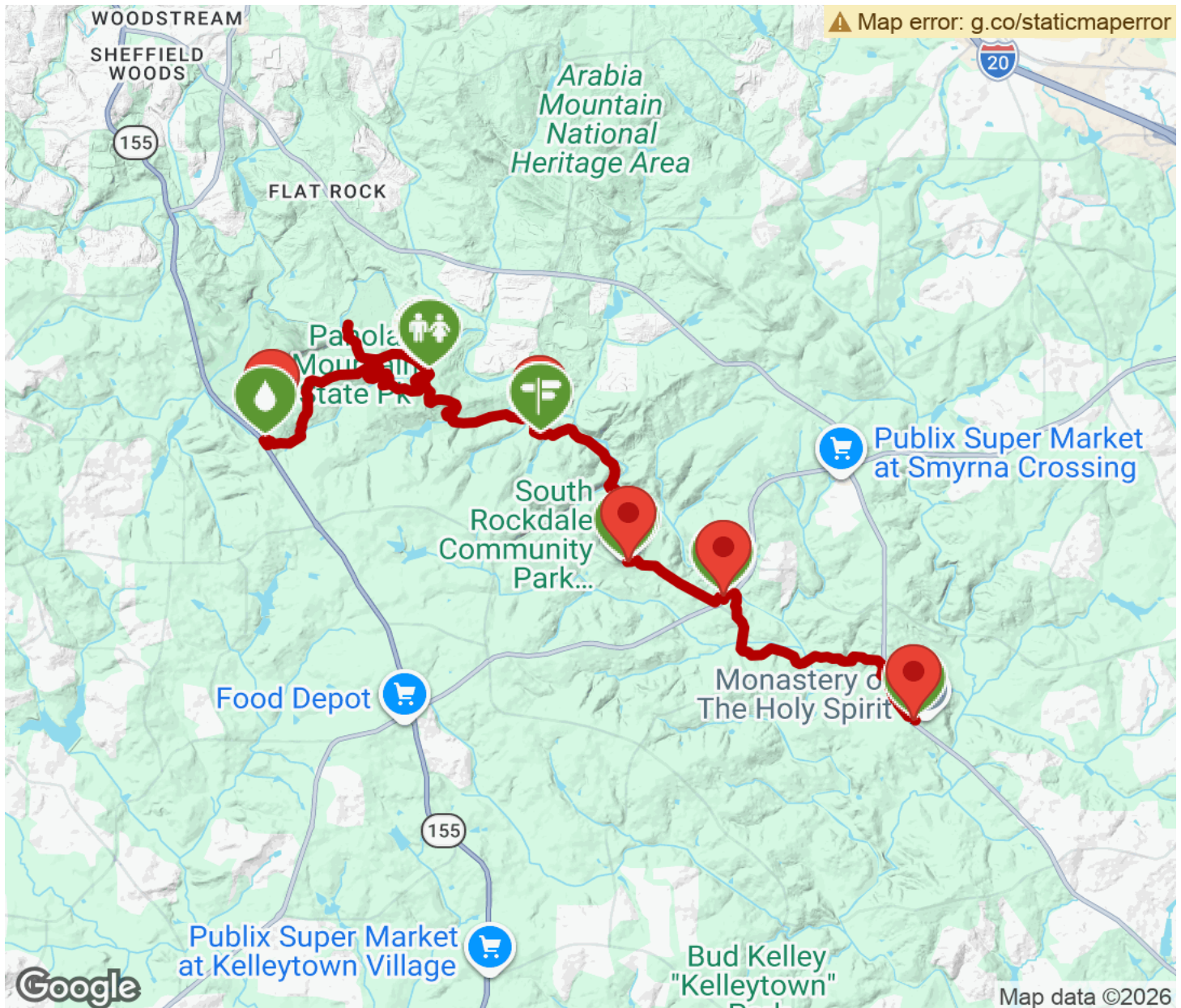
- 5089 Flat Bridge Rd SW (Stockbridge)
- 3909 E Fairview Rd SW (Stockbridge)
- Lorraine Park, 3465 GA-138 (Stockbridge)

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



Rockdale River Trail

Georgia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com