



2026

TrailLink Unlimited 

Guides



Hampton Spur Bike Trail

Georgia



Hampton Spur Bike Trail

Georgia

The Hampton Spur Bike Trail, located in the community of St. Simon Island on Georgia's southeast coast, is a relaxing ride that



The Hampton Spur Bike Trail, located in the community of St. Simon Island on Georgia's southeast coast, is a relaxing ride that provides scenery of trees as well as the rivers and ocean surrounding the small island. The paved trail parallels Lawrence Road, separated from the roadway by a wide, grassy median, and travels to the northern portion of the area, passing Frederica Park along the way. Historic markers can also be found as well as stopping points for snacks and breaks.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Hampton Spur Bike Trail

Georgia

States: Georgia

Counties: Glynn

Length: 10.3miles

Trail end points: Frederica Rd/Kings Way to
Hampton Point Dr/Butler Lake Dr

Trail surfaces: Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair
Accessible

Parking & Trail Access

Designated parking is available just near the beginning of the trail at Lawrence Road near the Frederica roundabout. Oglethorpe Point Elementary School is also near the trail on Frederica Road.



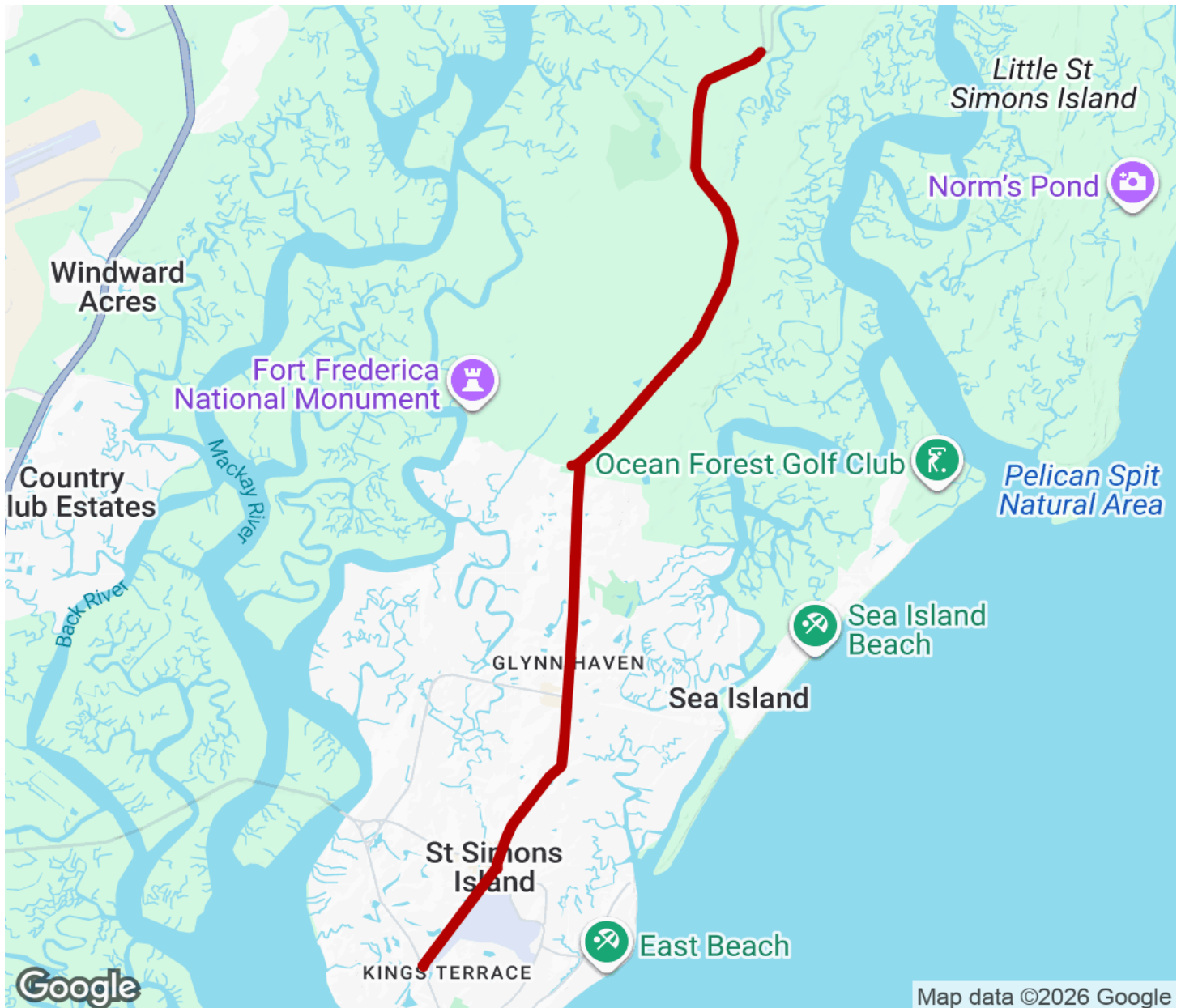
TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Hampton Spur Bike Trail

Georgia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com