



2026

TrailLink Unlimited 

Guides



Hampton Spur Bike Trail

Georgia



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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.



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Hampton Spur Bike Trail

Georgia

States: Georgia

Counties: Glynn

Length: 10.3miles

Trail end points: Butler Lake Dr. to Frederica Rd.

Trail surfaces: Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair Accessible

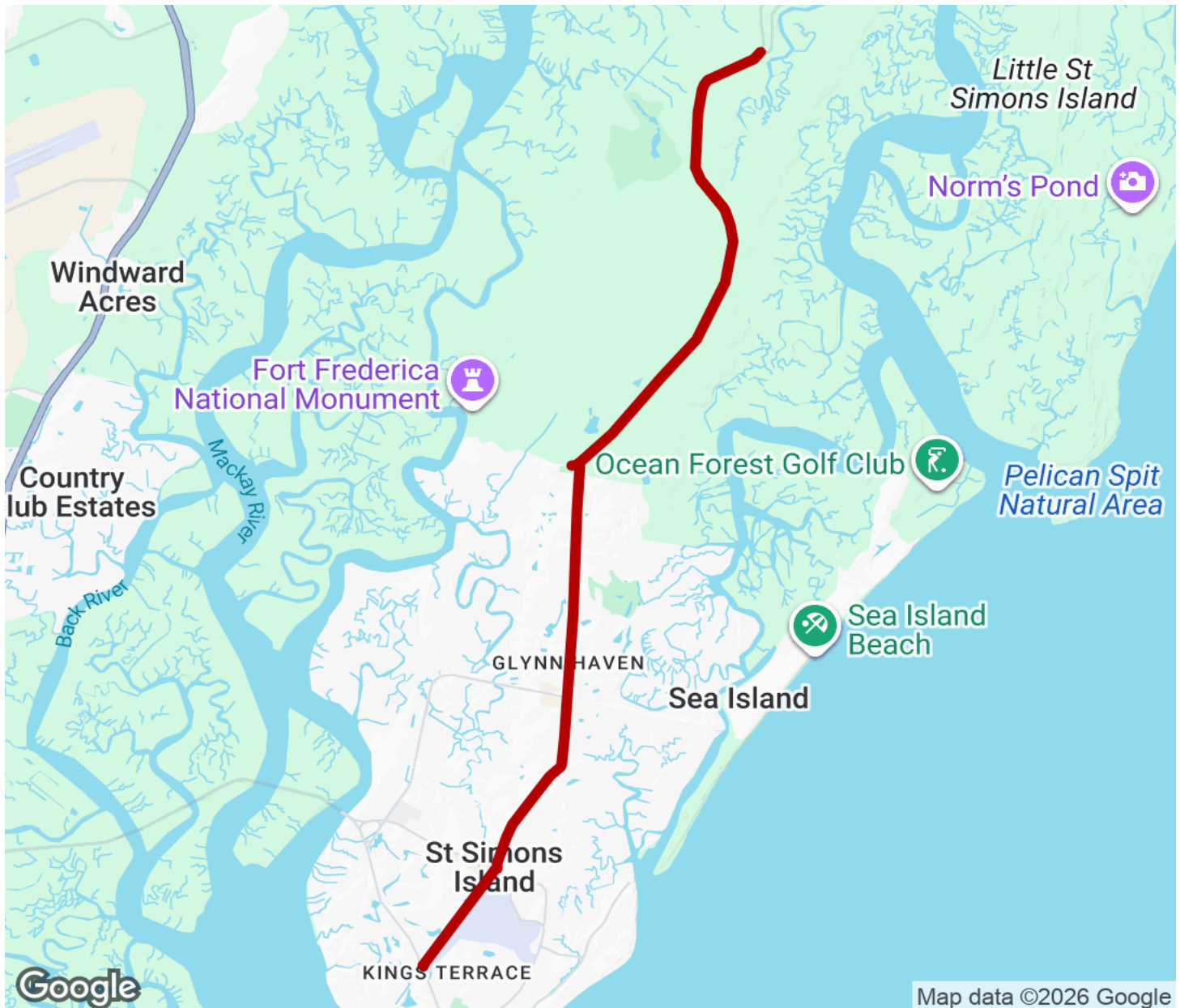
Parking & Trail Access

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.



Hampton Spur Bike Trail

Georgia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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