

Golden Spoke Route Guide





Golden Spoke 2023

25-mile route

Start: Ogden Front Runner Station
2350 Wall Ave, Ogden, UT 84401

Finish: Farmington Regional Park
178 S 650 W, Farmington, UT

75-mile route

Start: River Side Park 1260
West 600 North, Provo, UT
84601

Murdock Canal Trail

Jordan River Trail

Legacy Parkway Trail

Denver & Rio Grande Western
Rail Trail

Finish: Farmington Regional Park
178 S 650 W, Farmington, UT

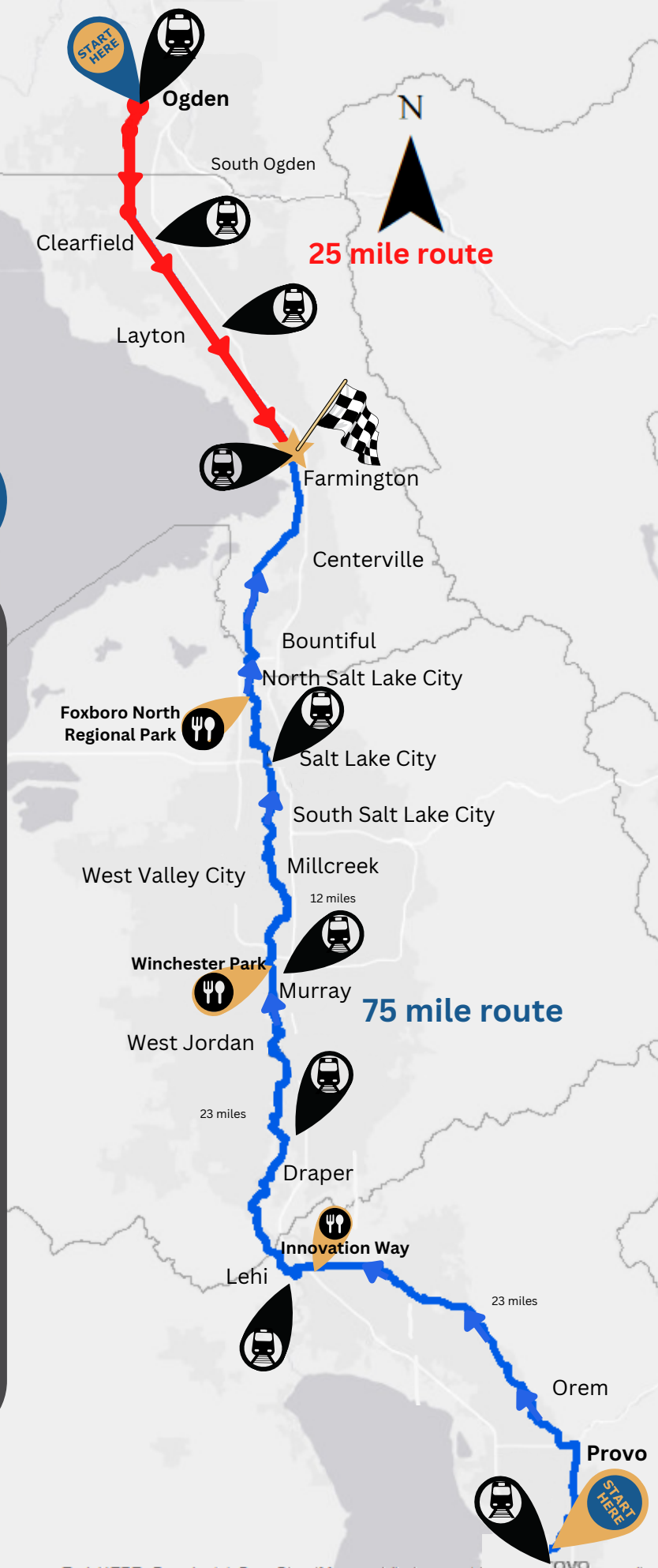


Food/Restroom



FrontRunner Station

0 5 10 20 Miles





All Ages Trail Ride

US-89
Start: Farmington Pond Park 750 N 100 E, Farmington, UT 84025

Finish: Farmington Regional Park 178 S 650 W, Farmington, UT 84025

Duration: 2.5 miles

Trail Type: Paved, with one box culvert and the State Street pedestrian bridge crossing.

Difficulty: Easy
Station Park

Farmington Pond Park

750 North 100 East

START
HERE

Lagoon
Amusement Park

Main Street

2.5 mile route

State Street

I-15

Legacy
Parkway

Farmington
Regional Park
178 South 650 West

Clark Lane

0 0.13 0.25 0.5 Miles

N

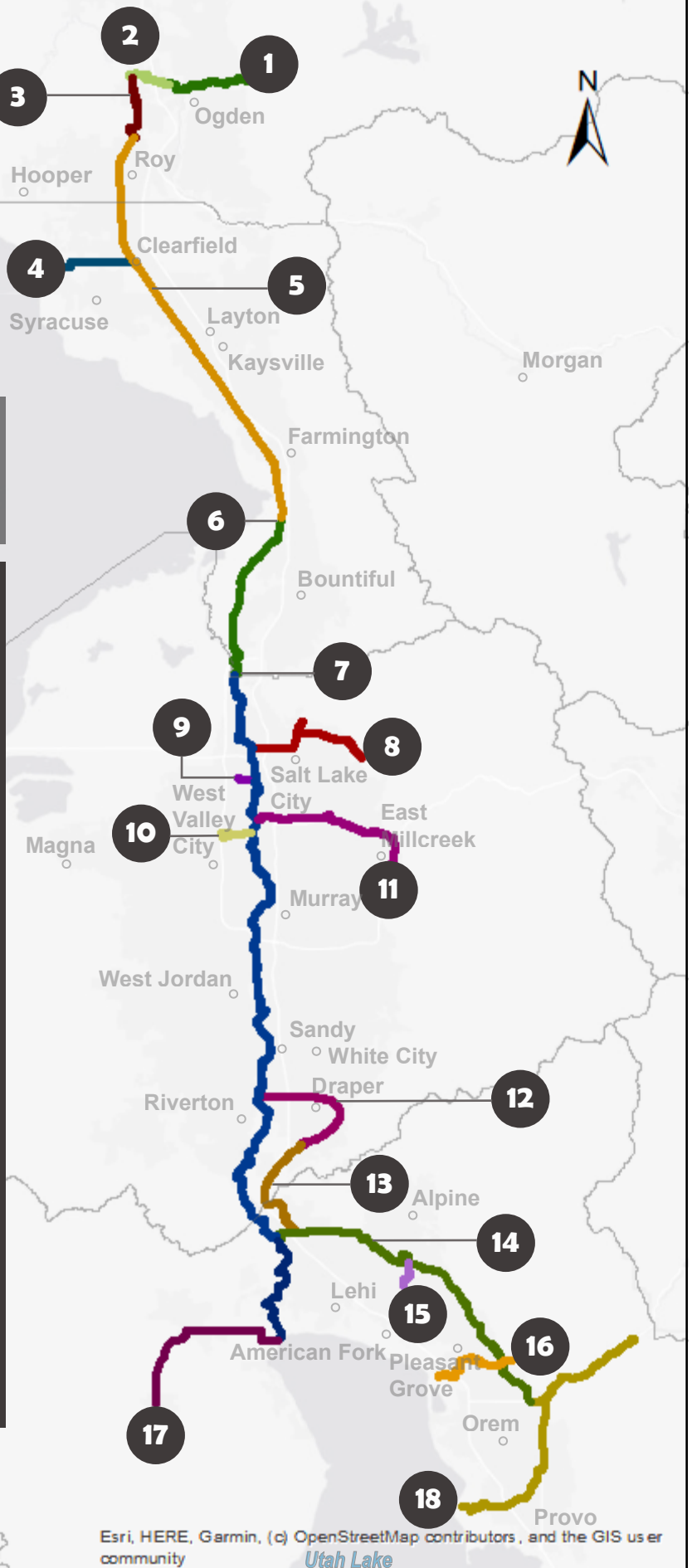
Great Salt Lake



Golden Spoke Trail Connections

1. Ogden River Parkway Trail
2. Weber River Parkway Trail
3. West Haven River Parkway Trail
4. SR- 193 Trail
5. Denver & Rio Grande Western Rail Trail
6. Legacy Parkway Trail
7. Jordan River Trail
8. Bonneville Shoreline Trail
9. Nine Line Trail
10. Decker Lake Trail
11. Parley's Trail
12. Porter Rockwell Trail
13. Historic Lehi Rail Trail
14. Murdock Canal Trail
15. Art Dye Park Trail
16. Lindon Heritage Trail
17. Pony Express Parkway Trail
18. Provo River Parkway Trail

0 5 10 20 Miles

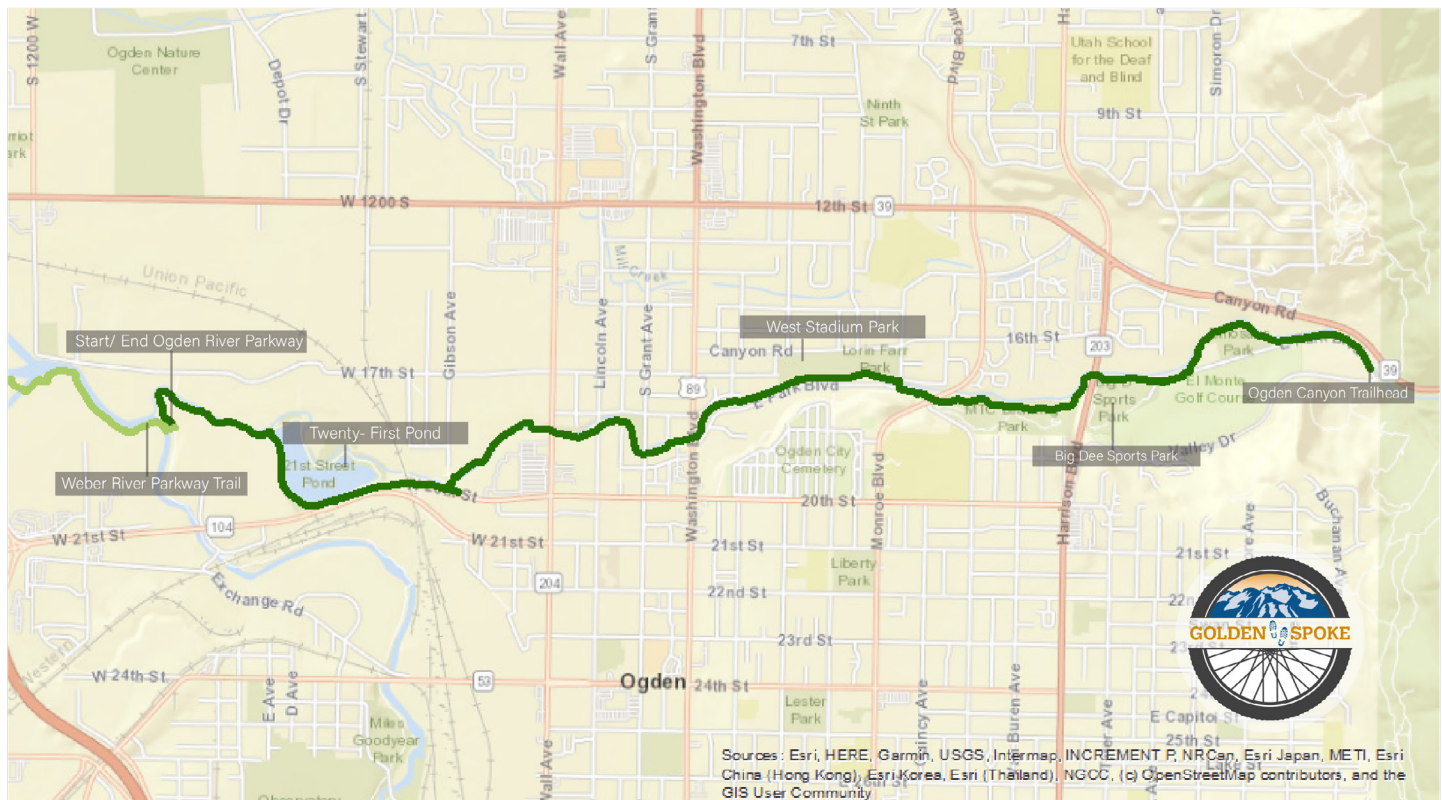


Esri, HERE, Garmin, (c) OpenStreetMap contributors, and the GIS user community

Utah Lake

Ogden River Parkway Trail

Weber County - Ogden



Distance: 17 miles

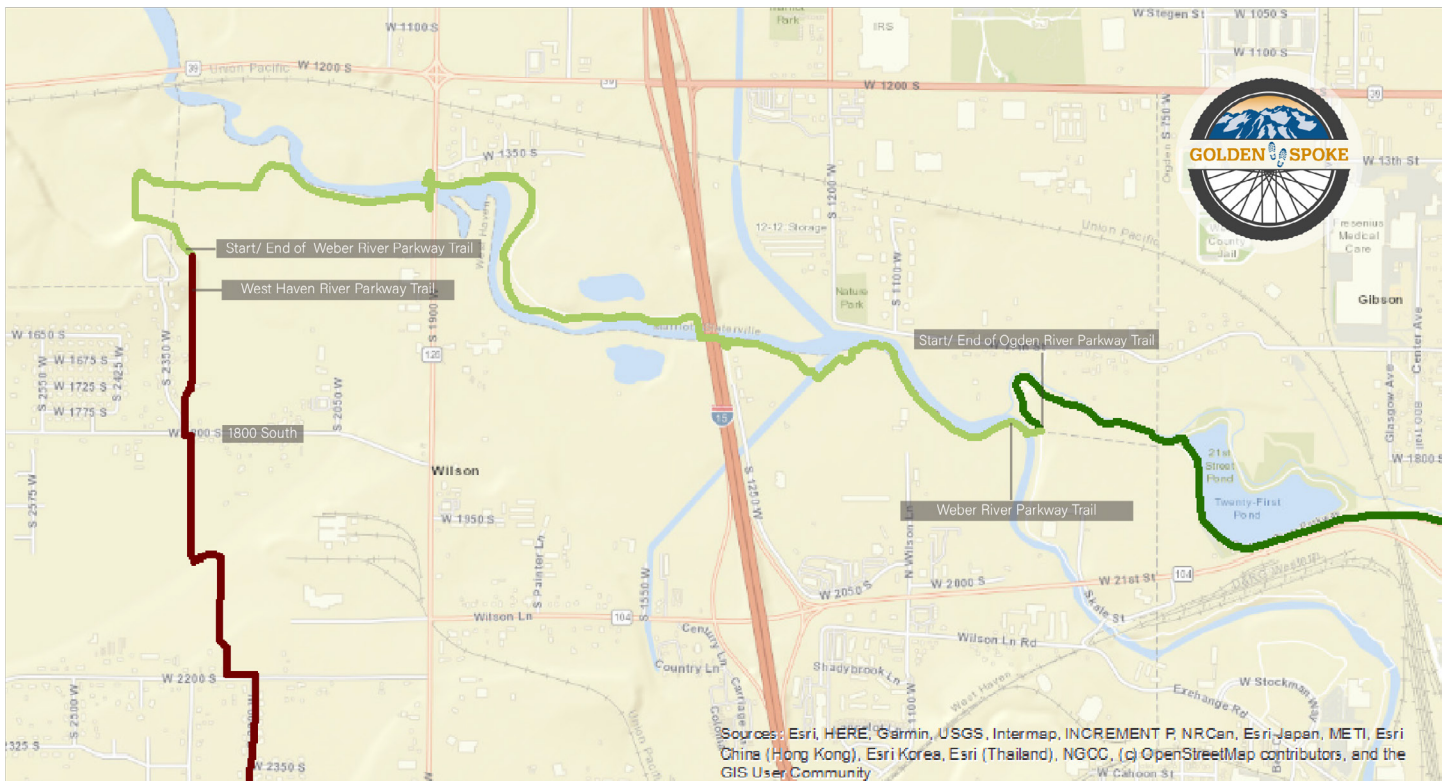
Trail Conditions: Paved Trail

Points of Interest:

Ogden Botanical Gardens, Big Dee Sports Park, High Adventure Park, Lorin Farr Park, West Stadium Park, Ogden Canyon Waterfall, Twenty-First Street Pond.

Link to a Detailed Map: [Click Here](#)

Weber County - Ogden to West Ogden



Distance: 3 miles

Trail Conditions: Paved and Gravel Trail

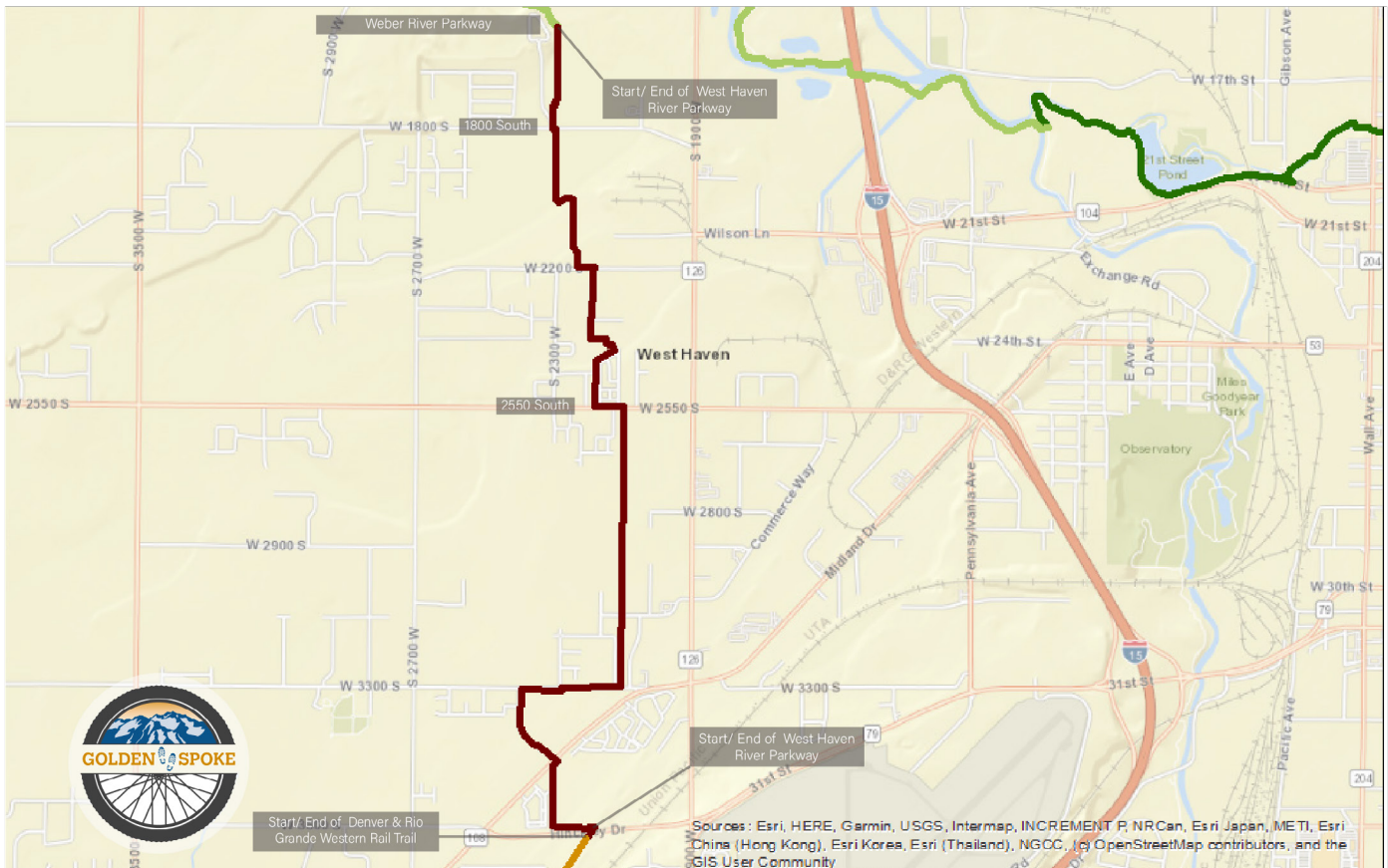
Points of Interest:

West Haven Parkway Trail, Ogden River Parkway, Ogden Trackline Bike Park.

Link to Detailed Map: [Click Here](#)

West Haven Parkway Trail

Weber County - West Haven



Distance: 3.5 miles

Trail Conditions: Paved Trail

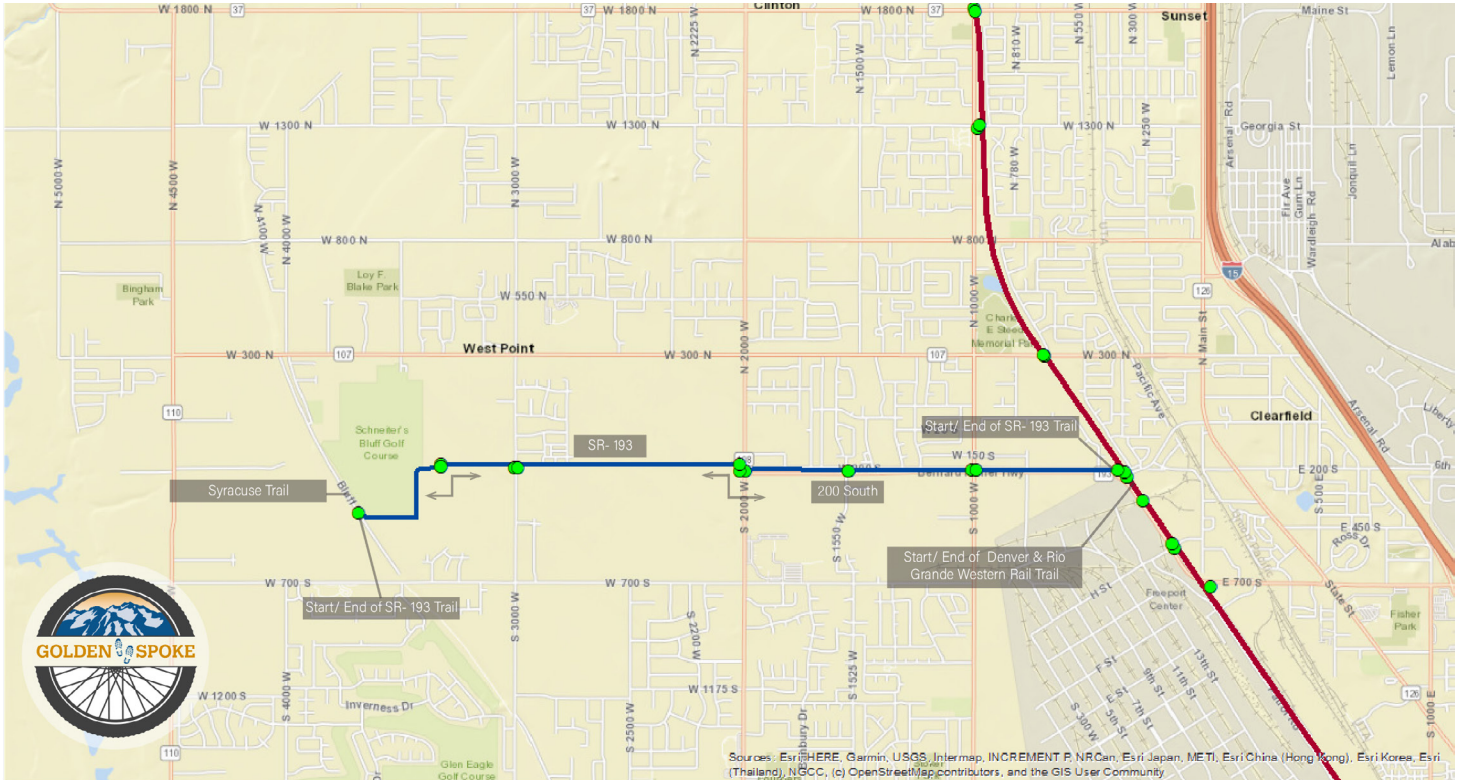
Points of Interest:

Weber River Parkway Trail.

Link to Detailed Map: [Click Here](#) (Zoom out to see additional sections of the trail.)

SR - 193 Trail (To Jordan River Trail)

Davis County - Syracuse to Clearfield



Distance: 3.8 miles

Trail Conditions: Paved Trail & On-Street

Points of Interest:

Rock Creek Park, Syracuse Trail, and Denver Rio Grande Western Rail Trail.

Denver & Rio Grande Western Rail Trail

Weber & Davis County - West Haven to Centerville



Distance: 23.5 miles

Trail Conditions: Paved Trail & On-Street

(Exercise caution at crossings and double gates.)

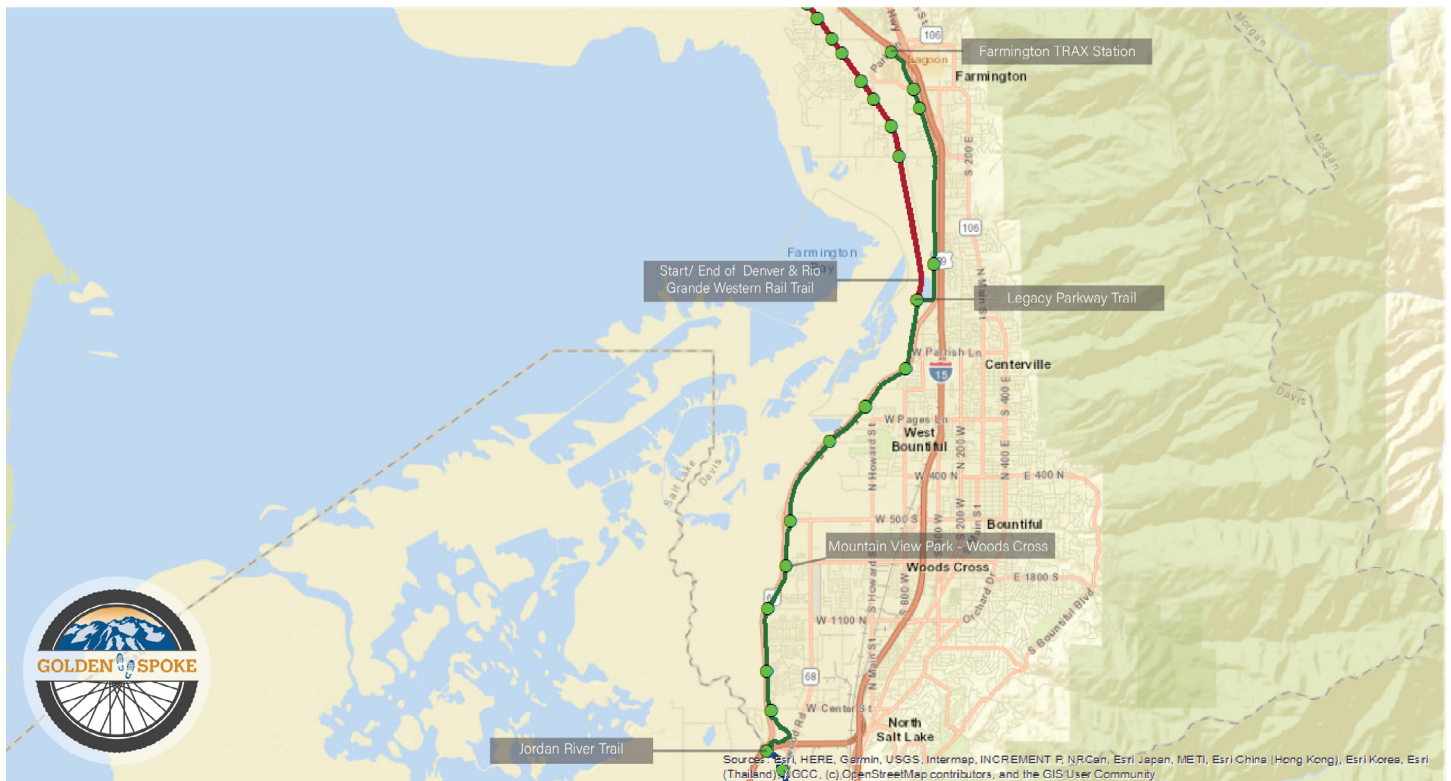
Points of Interest:

Ogden Hinckley Airport, Farmington Bay Waterfowl Management Area, Legacy Parkway Trail, Roy TRAX Station, SR-193 Trail, Clearfield TRAX Station, West Park, Ellison Park, Kays Creek Parkway, Barnes Park, Veterans' Park, Heritage Park, Legacy Events Center, Steed Park, Station Park.

Link to Detailed Map: [Click Here](#)

Legacy Parkway Trail

Davis County - Farmington to North Salt Lake



Distance: 14 miles

Trail Conditions: Paved Trail

Points of Interest:

Farmington TRAX Station, Farmington Creek Trail, Farmington Trailhead, Birnam Wood Trailhead, Pages Lane Trailhead, Mill Creek Trailhead, Mountain View Park - Woods Cross, Legacy Park, Center Street Trailhead, Jordan River Trail.

Link to Detailed Map: [Click Here](#)

Jordan River Trail (Northern Segment)

Salt Lake County - Salt Lake City to West Jordan



Distance: 45 miles (total trail)

Trail Conditions: Paved Trail

Points of Interest:

Jordan River Parkway, Rose Park Community Garden, Riverside Park, Dog Park, Cottonwood Park, Fairpark TRAX Station, 9th South River Park, 9 Line Trail, International Peace Gardens, Jordan Park, Modesto Park, 17th South River Park, Redwood Trailhead Park, Redwood Nature Area, James Madison Park, General Holm Park, WWII Memorial Park, Arrowhead Park, Kennecott Nature Center of Murray, Germania Park, Millrace Park, Walden Park, Cottonwood Grove, Willow Pond Park, Murray Parkway Golf Course, Winchester Park, Bingham Junction Park, Gardner Village.

Link to Detailed Map: [Click Here](#)

Jordan River Trail (Southern Segment)

Salt Lake/ Utah County - South Jordan to Saratoga Springs



Distance: 45 miles (total trail)

Trail Conditions: Paved Trail

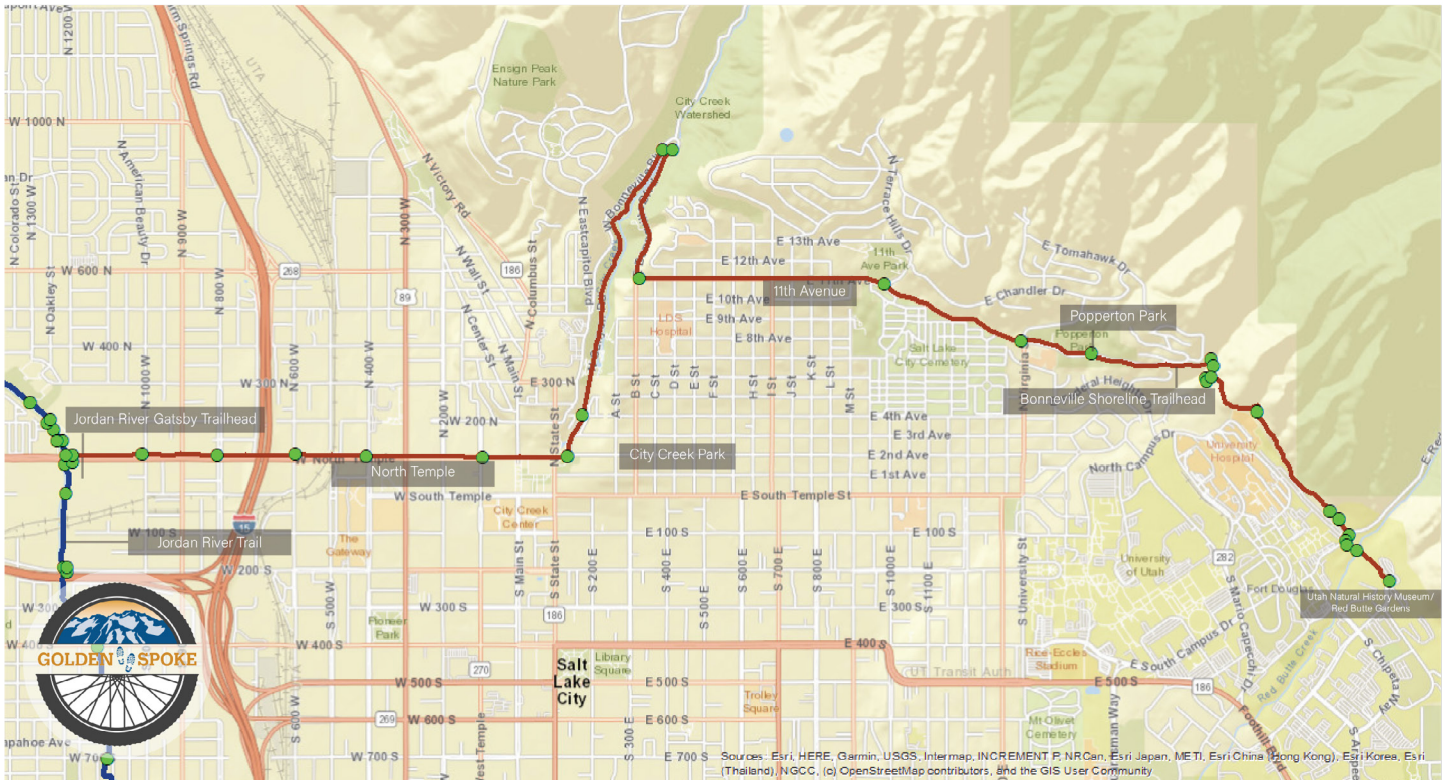
Points of Interest:

River Oaks Golf Course, East River Front Park, West River Front Park, Dr. O. Roi Hardy Park, Jordan River Rotary Park, South County Park, Galena Hills Park, Avery Hot Springs, Galena Soo'nkahni Preserve, Park Bench, Spring View Farms Trailhead, Parry Farms Park, Jordan Narrows Park, Thanksgiving Point, Museum of Natural Curiosity, Olympic Park, Willow Park, Jordan Willows Park, Inlet Park, Saratoga Hotsprings.

Link to Detailed Map: [Click Here](#)

Bonneville Shoreline Trail (To Jordan River Trail)

Salt Lake County - Salt Lake City



Distance: 8 miles

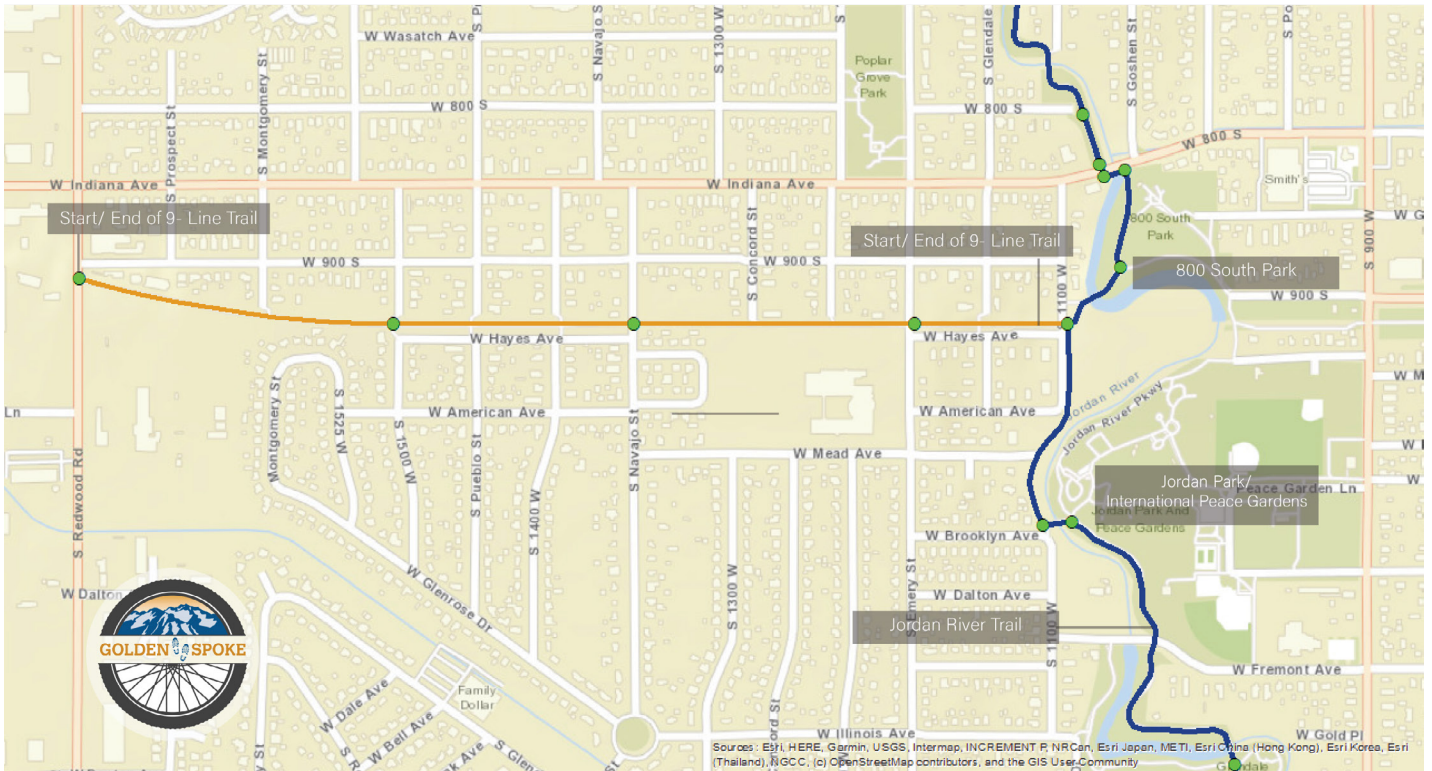
Trail Conditions: Paved and Dirt Trail & On-Street Bike Lanes

Points of Interest:

Jordan River Trail, Jordan River Parkway-Gatsby Trailhead, Fairpark TRAX Station, Jackson/ Euclid TRAX Station, North Temple Bridge/ Guadalupe TRAX Station, "Este Barrio No Se Vende" Mural, North Temple District murals, Temple Square, City Creek Park, City Creek Canyon Trailhead, 11th Avenue Park, Popperton Park, Red Butte Skyline Nature Trail, Dry Gulch Trailhead, University of Utah, Red Butte Gardens, Natural History Museum of Utah.

Link to Detailed Map: [Click Here](#)

Salt Lake County - Salt Lake City



Distance: 3.1 miles

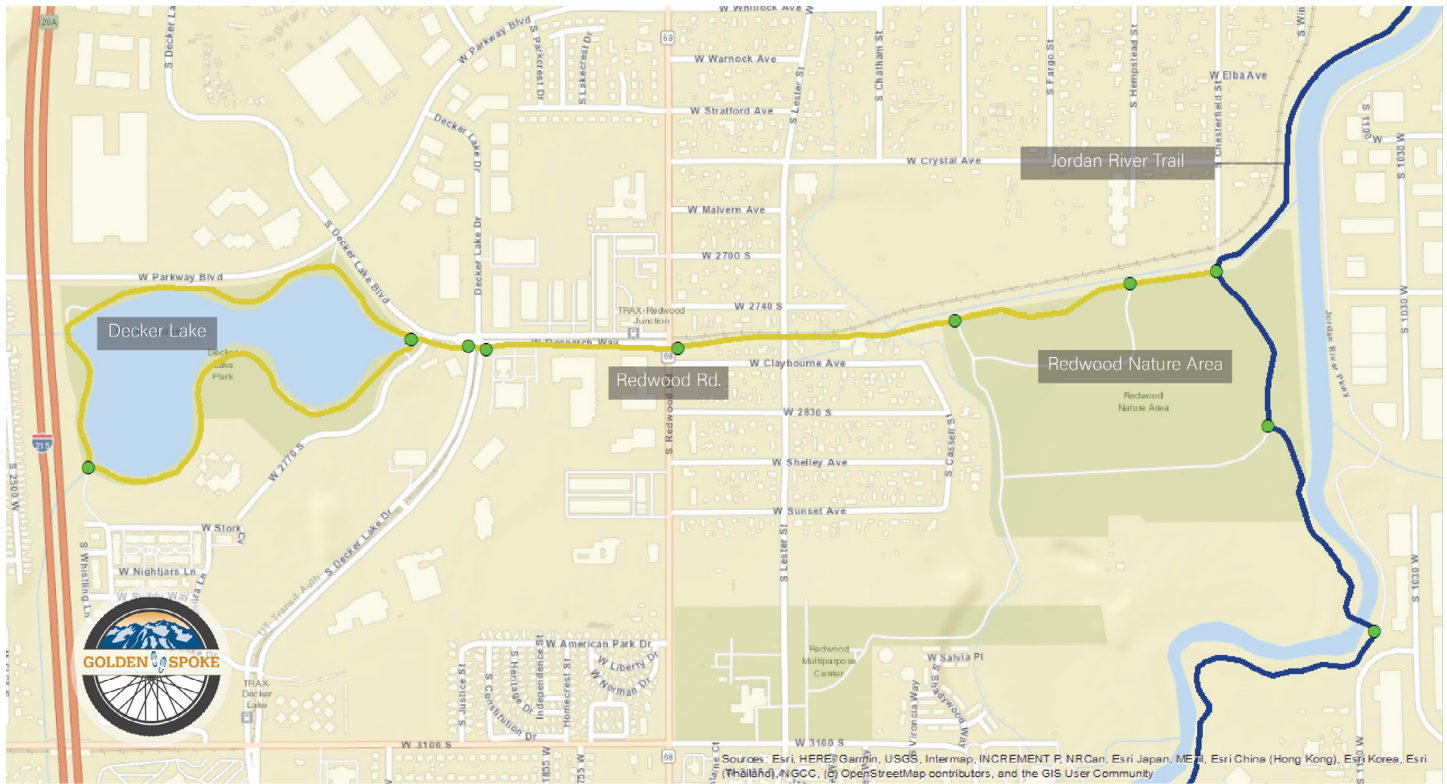
Trail Conditions: Paved and Gravel Trail

Points of Interest:

900 South TRAX Station, Historic Union Pacific Railroad (along the corridor), Oxbow Park, Fred & Ila Rose Fife Wetlands Preserve, International Peace Gardens, Jordan Park, 9th South River Park, 9 Line Community Garden, Jordan River Trail.

Link to Detailed Map: [Click Here](#)

Salt Lake County - West Valley City



Distance: 2.5 miles

Trail Conditions: Paved and Gravel Trail & On-Street

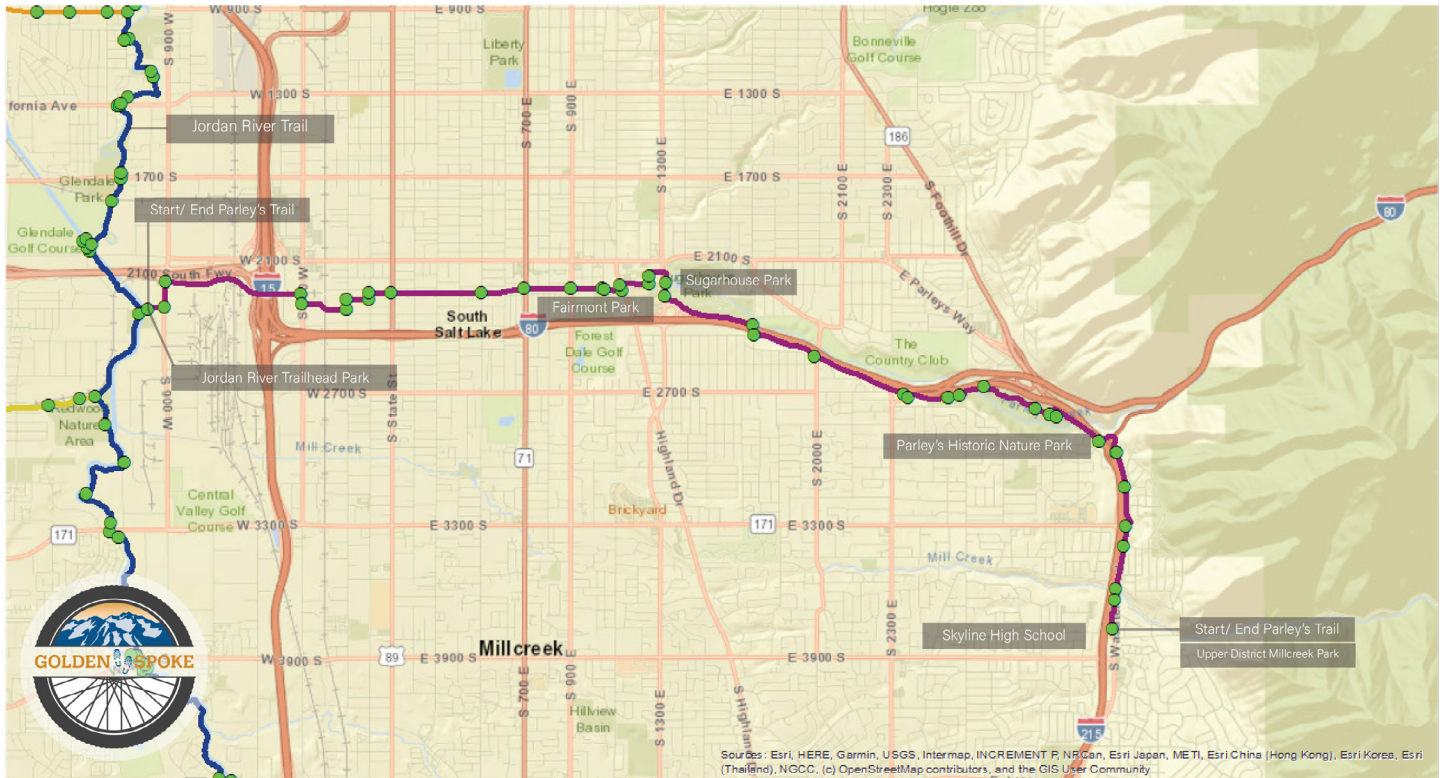
Points of Interest:

Decker Lake, Redwood Junction TRAX Station, and Jordan River Trail.

Link to Detailed Map: [Click Here](#)

Parley's Trail (To Jordan River Trail)

Salt Lake County - West Valley City to Millcreek



Distance: 9.5 miles

Trail Conditions: Paved Trail & On-Street Bike Lanes

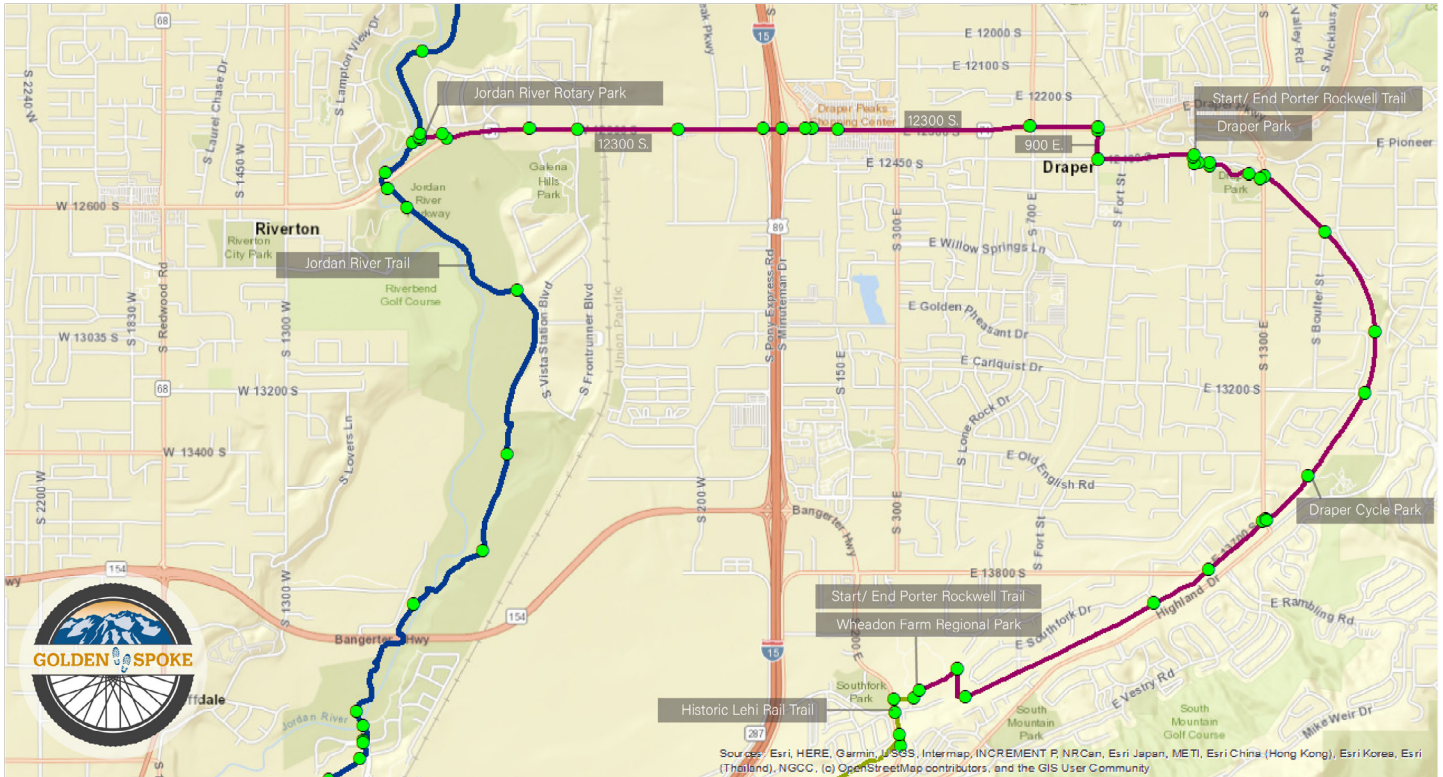
Points of Interest:

Upper District Millcreek Park, Bonneville Shoreline Trail, Grandeur Peak Trailhead, Parley's Historic Nature Park, Tanner Park, Hillcrest Park, Sugar House Park, Hidden Hollow, Commons at Sugar House, Fairmont Park, S Line Streetcar, Fairmont TRAX Station, Sugarmont TRAX Station, 700 East TRAX Station, 500 East TRAX Station, 300 East TRAX Station, South Salt Lake TRAX Station, Redwood Trailhead Park, Jordan River Trailhead Park, Jordan River Trail.

Link to Detailed Map: [Click Here](#)

Porter Rockwell Trail (To Jordan River Trail)

Salt Lake County - Draper



Distance: 7.7 miles

Trail Conditions: Paved and Dirt Trail & On-Street Bike Lanes

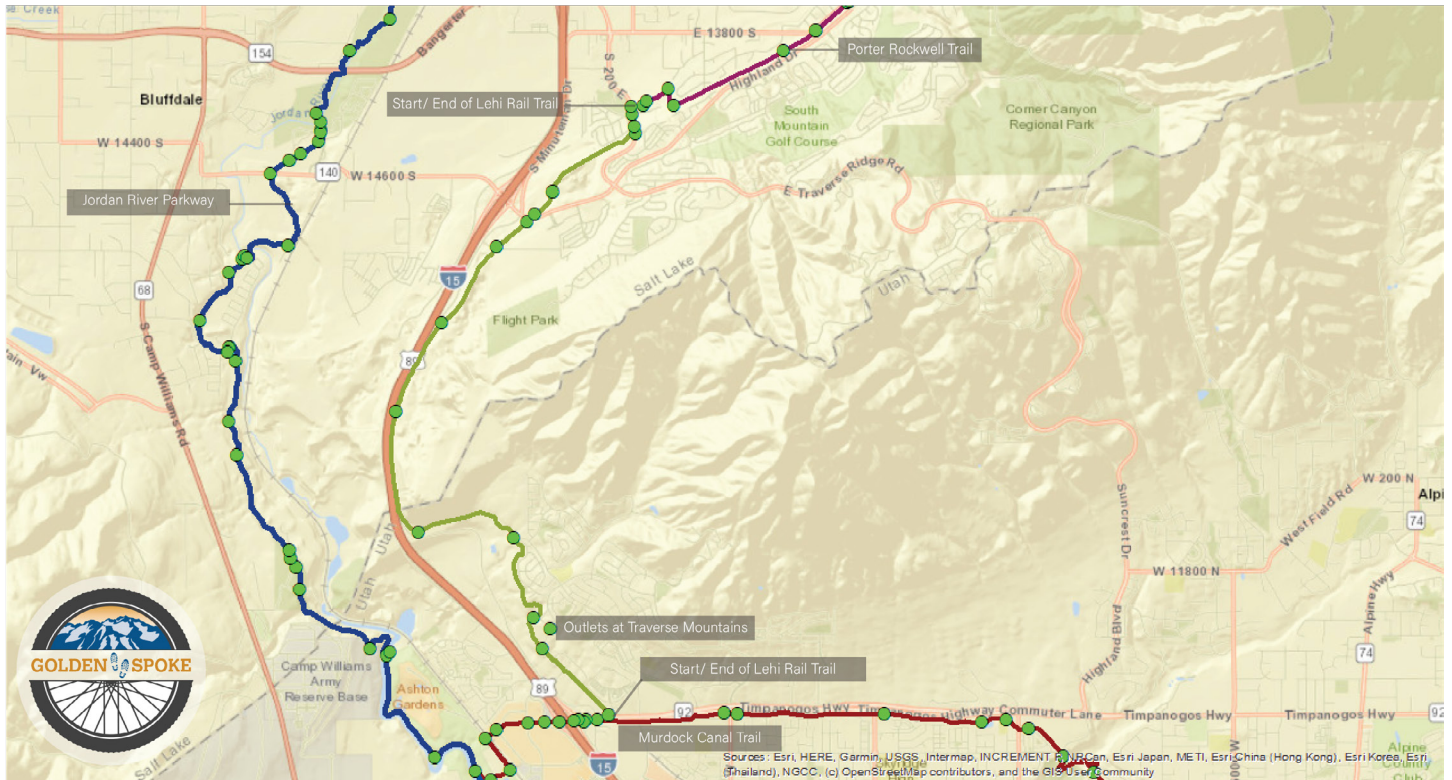
Points of Interest:

Jordan River Rotary Park, Jordan River Trail, Draper Towne Center TRAX Station, Draper Historic Theater, Draper Library, Draper City Park, Deer Hollow Park, Sadler Trailhead, Draper Cycle Park, Porter Rockwell Trail - South Mountain Bridge Trailhead, Osborne Trailhead, Southfork Park, Wheadon Farm Park, Historic Lehi Rail Trail.

Link to Detailed Map: [Click Here](#)

Historic Lehi Rail Trail

Utah County - Lehi



Distance: 8.5 miles

Trail Conditions: Paved Trail

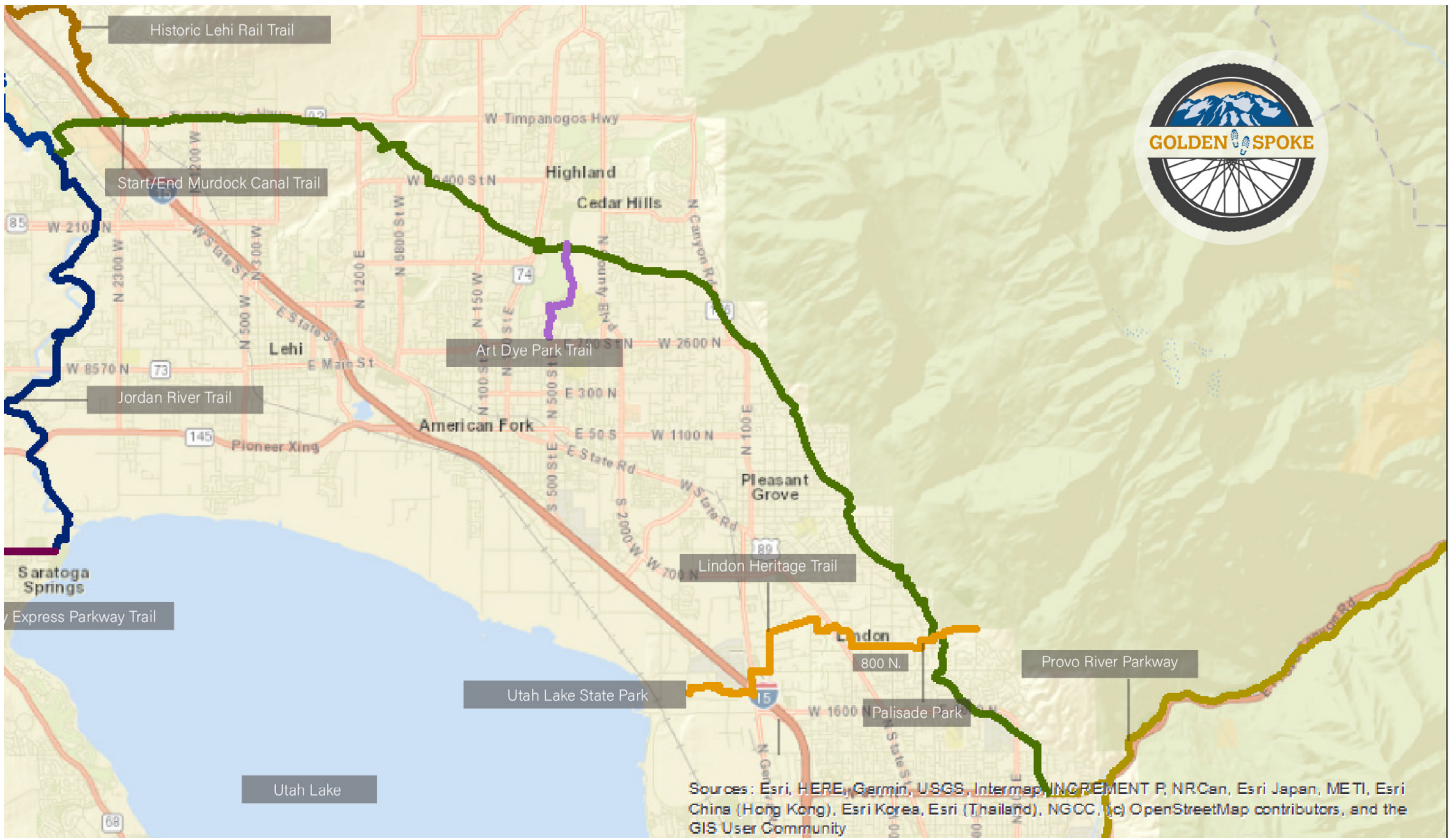
Points of Interest:

Porter Rockwell Trail, Outlets at Traverse Mountain, Murdock Canal Trail.

Link to Detailed Map: [Click Here](#)

Murdock Canal Trail

Utah County - Lehi to Orem



Distance: 18.2 miles

Trail Conditions: Paved Trail & On-Street

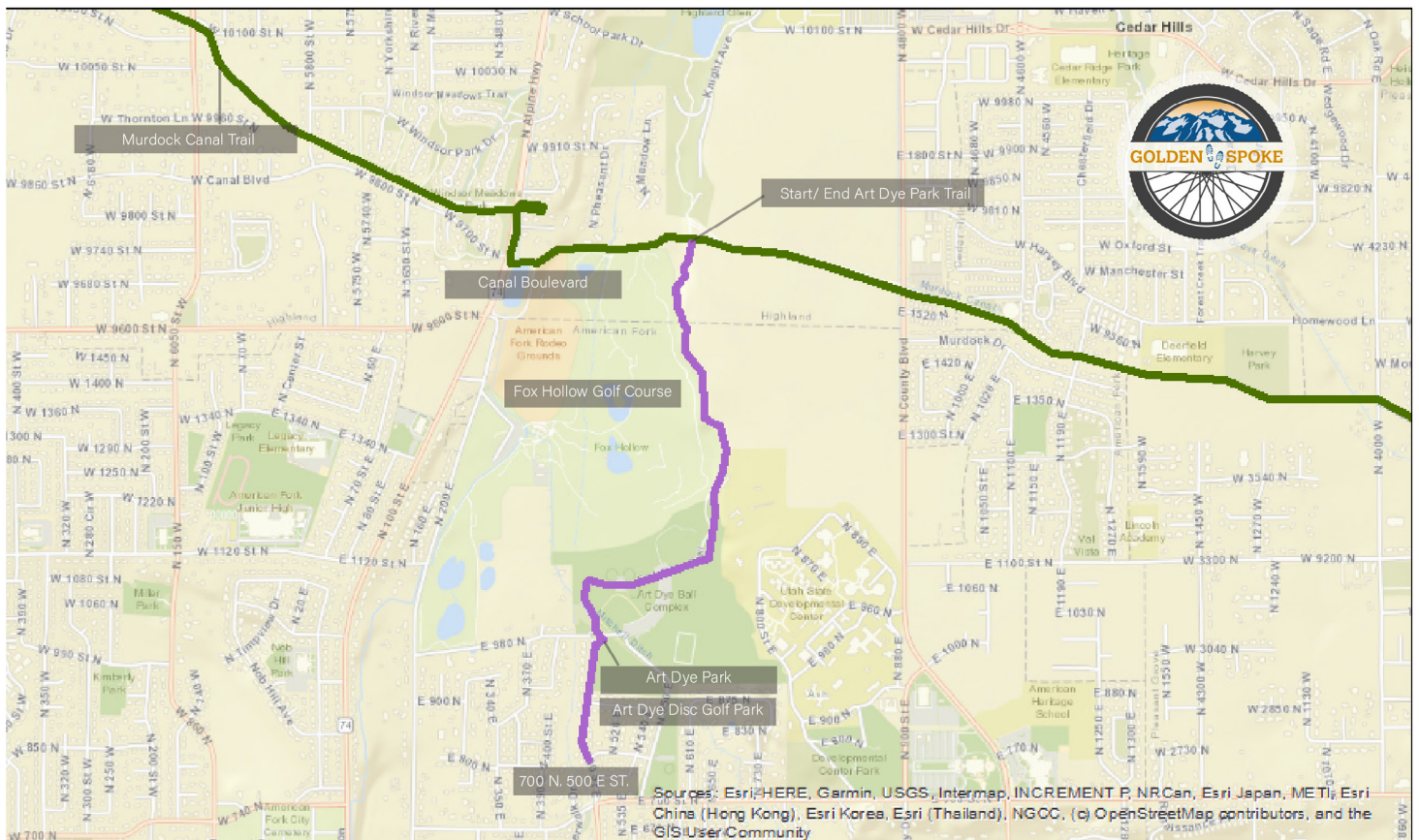
Points of Interest:

Historic Lehi Rail Trail, Highland Hollows Trail Park, Canterbury North Park, Mitchell Hollow Trailhead, Mitchel Hollow Park, Highland Glen Park, Canyon Road Trailhead, Valley Vista Trails, Art Dye Trail, Wade Springs Trailhead, Lindon Heritage Trail, Lindon View Murdock Canal Trailhead, Palisade Park, Provo River Parkway Trail.

Link to Detailed Map: [Click Here](#)

Art Dye Park Trail (To Murdock Canal Trail)

Utah County - American Fork



Distance: 1.4 miles

Trail Conditions: Paved Trail & On-Street

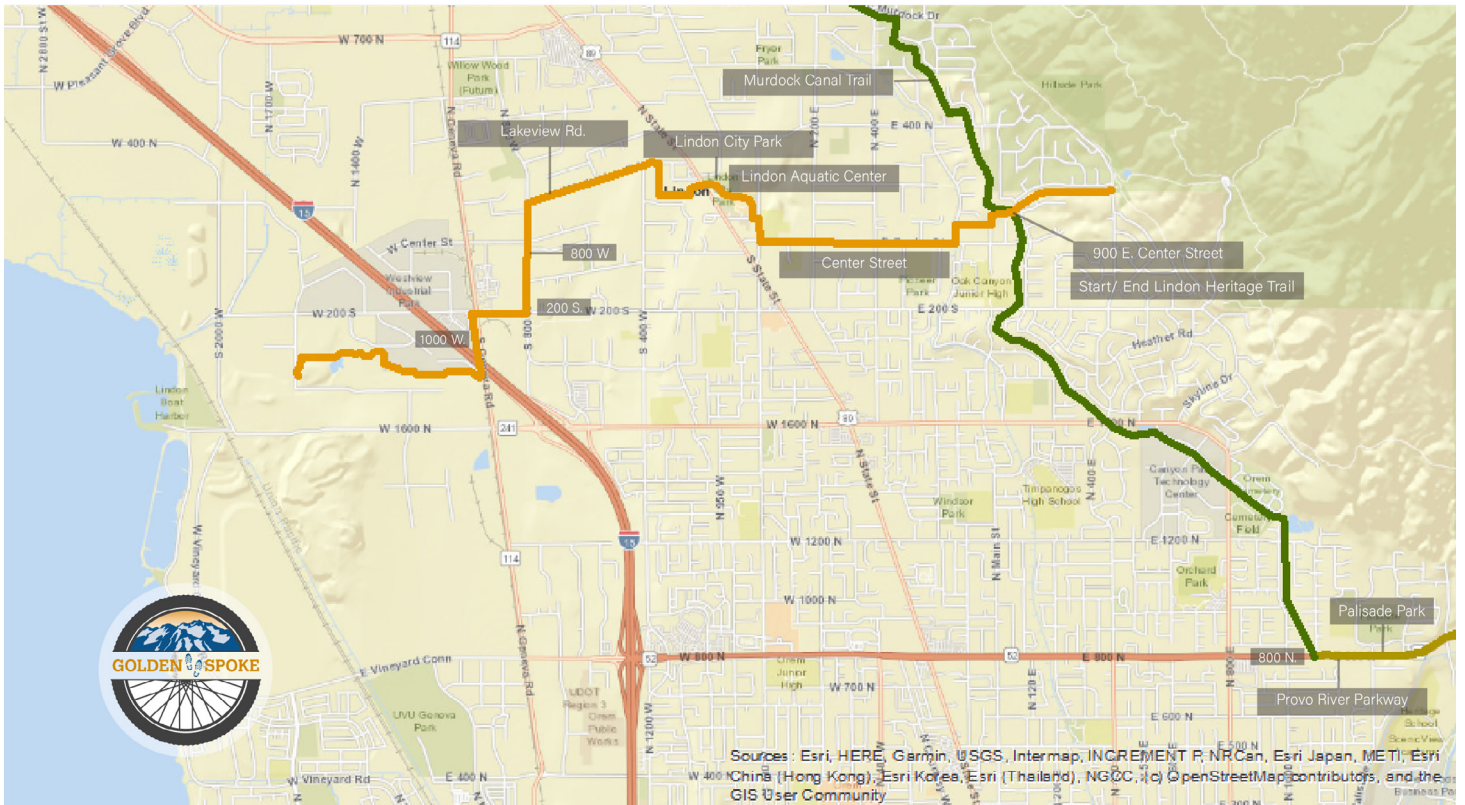
Points of Interest:

Highland Glen Park, Murdock Canal Trail, Art Dye Disc Golf Park.

Link to Detailed Map: [Click Here](#)

Lindon Heritage Trail (To Murdock Canal Trail)

Utah County - Lindon



Distance: 6.4 miles

Trail Conditions: Paved Trail & On-Street

Points of Interest:

Murdock Canal Trail, Lindon Aquatics Center, Lindon City Park.

Link to Detailed Map: [Click Here](#)

Pony Express Parkway Trail

Utah County - Saratoga Springs to Eagle Mountain



Distance: 15.7 miles

Trail Conditions: Paved Trail & On-Street

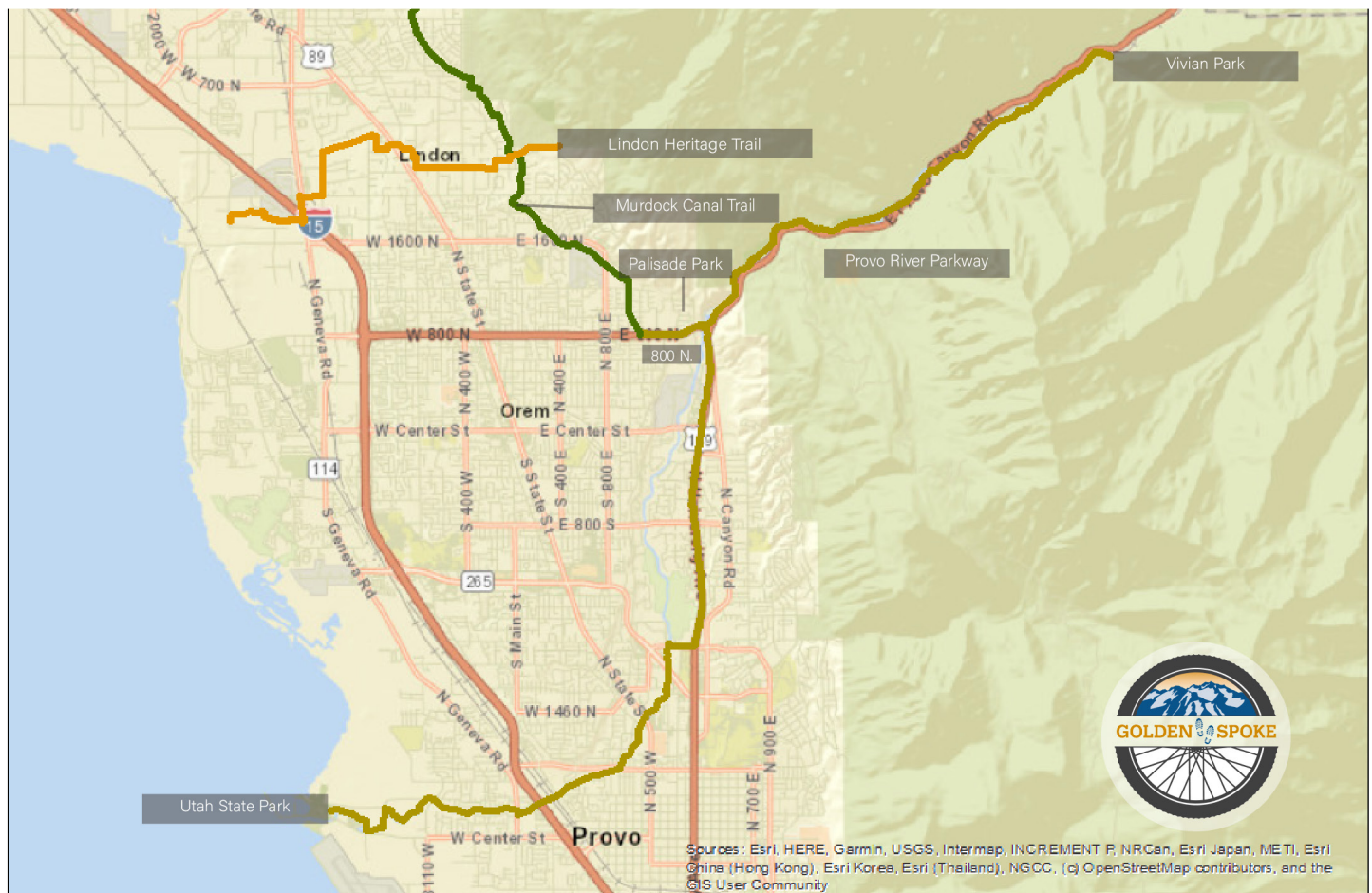
Points of Interest:

Jordan River Trail, Mt. Saratoga Park, Hidden Valley Park, Energi Park, Eagle Park.

Link to Detailed Map: [Click Here](#)

Provo River Parkway Trail (To Murdock Canal Trail)

Utah County - Orem to Provo



Distance: 6.4 miles

Trail Conditions: Paved Trail & On-Street

Points of Interest:

Vivian Park, Bridal Veil Falls View Area, Provo Canyon, Canyon View Park, Mt. Timpanogos Park, Murdock Canal Trail, Exchange Park, Paul Ream Wilderness Park, Fort Utah Park, Lakeshore Bridge Trailhead, Alligator Park, Utah Lake State Park.

Link to Detailed Map: [Click Here](#)