MEMMEN RIDGE /CENTENNIAL PARK
5K Fitness Route

Fast Facts about Memmen Ridge /Centennial Park Loop
Trail length: 3.1 miles
Trail rating: Easy
Trail surface: Native surface and paved
Wildlife highlights: Bluebird and mule deer
Special comments: Connects Memmen Ridge with nearby neighborhood and Centennial Park

Explore the wilderness tucked into downtown Castle Rock! Go through tall trees and prairie grasses on Memmen Ridge, then descend to the town on this 3.1 mile trail. This is ideal for a run, mountain bike ride or walking with the dog.

Follow a gentle uphill trail to the top of Memmen Ridge. You wouldn’t know you were middle of town on this single-track soft-surface trail. While still in Memmen Ridge you’ll cross a bridge and transition to a paved portion of the trail taking you back to street level. Cross the street to a paved trail and you’ll pass baseball fields and tennis courts then go through a residential section.

There is plenty of shade and places to sit and rest on this trail. Restrooms are available at the South Street field trail entrance and at Burgess Pool.