



PRESS KIT

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Cycling Itineraries

The [Arabia Mountain PATH trail](#) is a paved trail that allows for biking throughout the NHA. Bicyclists regularly traverse the PATH, with routes that take riders through Panola Mountain State Park, Davidson-Arabia Mountain Nature Preserve, and along the South River towards the Monastery of the Holy Spirit. Although the paved trail does make biking easier, this is still the Georgia piedmont, with plenty of hills to make the ride more strenuous. Bicyclists of all skill levels will enjoy exploring the National Heritage Area via the PATH.

For just a quick ride:

If you're looking for a short bike trail, or if you're a beginning bicyclist, take the PATH from the Vaughters' Farm trailhead (#3 on the map) to the Davidson-Arabia Mountain Nature Center (#4 on the map). This short, scenic ride will take you through meadows, forests and alongside the Arabia Mountain itself. Be on the lookout for the old quarry office that sits alongside the trail, a reminder of the area's industrial history.

For a longer workout:

Take a ride from Arabia Mountain to Panola and back (about 20 miles). Bike between two of Georgia's three major granite mountains and enjoy a scenery of mixed forest and rock outcrops. If you're looking for a slightly shorter ride, you can turn around halfway (or get picked up at one end) for a 10- miler!

For a loong bike ride:

For the more serious bikers, you can make a trip between historic downtown Lithonia and the Monastery of the Holy Spirit - a hilly, 40-mile round-trip that passes by Arabia Mountain, Panola Mountain and the South River. That's some serious bike riding.