

# Dan River State Trail

**Miles: 90**  
**Authorized: 2021**

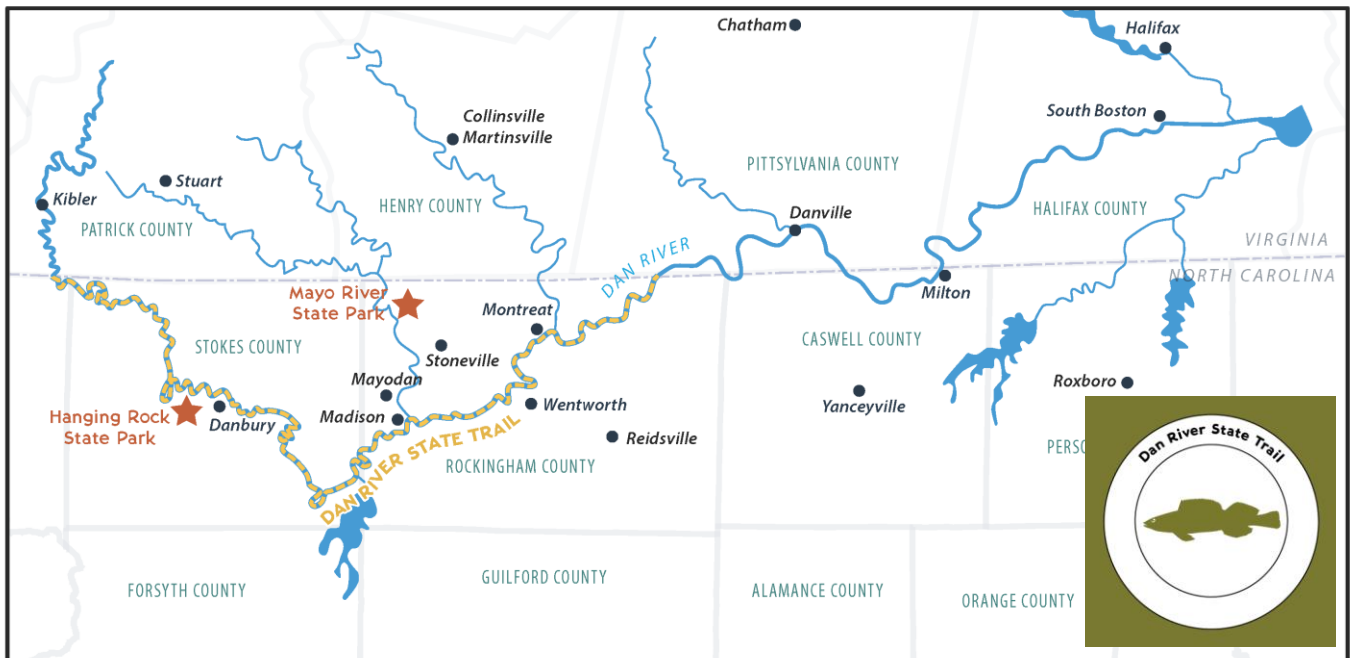


## About the trail

The Dan River crosses the North Carolina and Virginia border eight times on its 214-mile journey from the Blue Ridge Mountains to Kerr Lake. The 90 miles of river that are in North Carolina were authorized as a state trail in 2021. This state trail will be a paddle trail.

Each state trail is a unit of the state parks system and must be authorized by the General Assembly. When any new state trail is added to the system, the Division of Parks and Recreation engages in a planning process, including a feasibility study for the new trail. Effective planning is essential to determine a corridor for the trail and identify potential partners. Planning includes extensive data collection, outreach to potential partners, public input, and mapping of the trail corridor.

Constructed trail within the identified corridor is not part of the state trail until it is designated by the Secretary of the Department of Natural and Cultural Resources. All designation applications are evaluated by the [North Carolina Trails Committee](#).



## LEGEND

- Planned Trail
- State Park
- County Line
- City
- State Line
- Water



# Deep River State Trail

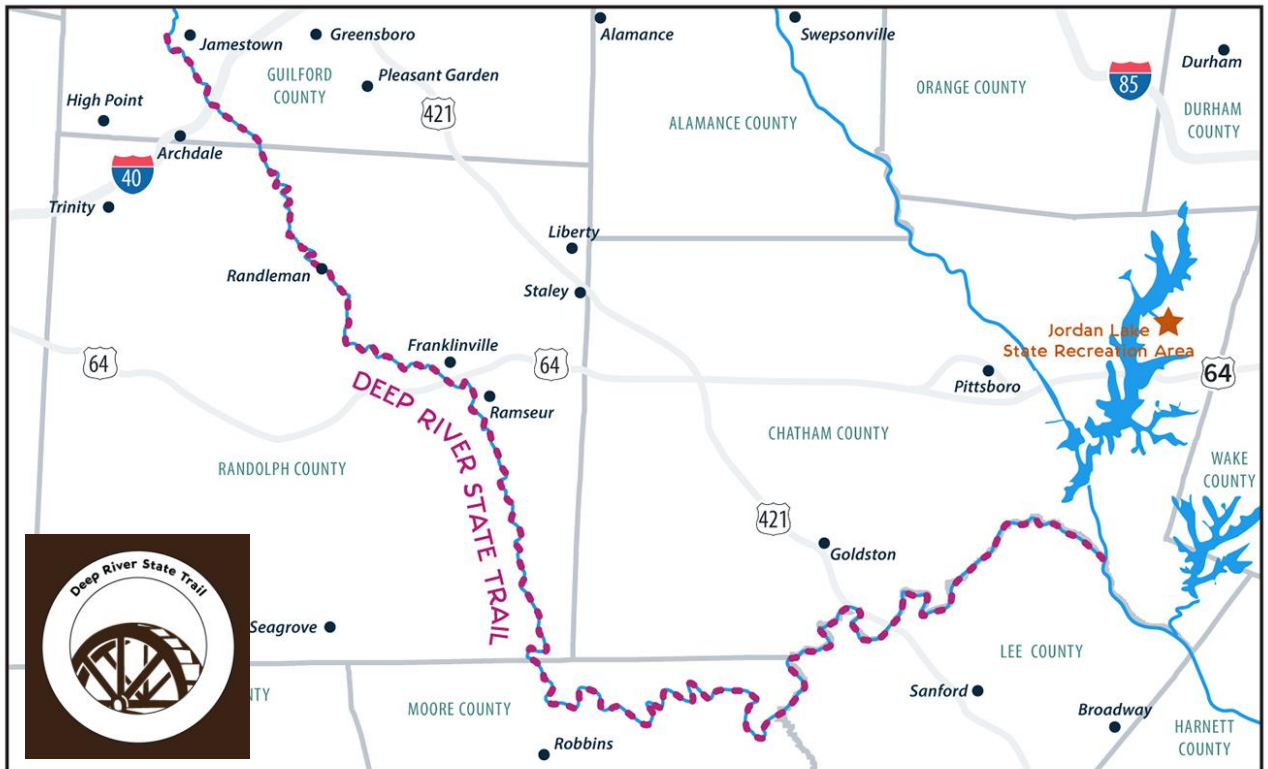
**Miles: 125**  
**Authorized : 2007**



## About the trail

Deep River became a state trail in 2007 through special legislation in the General Assembly. The authorization did not provide funding to implement the trail but did give priority for communities along the river who may want to access recreation trail grants to construct and maintain trail in the corridor. Soon after, the City of Randleman and the Town of Franklinville opened sections of trail along the Deep River. The Town of Ramseur also secured a Clean Water Management Trust Fund grant to complete a detailed alignment of the trail in the Town of Ramseur.

In 2015, a Deep River Trail Task Force was formed by the Randolph County Tourism Development Authority with local, regional and state government representatives, as well as recreation and trail advocates to continue coordinating efforts for planning, design, construction and management of the Deep River Trail in the county. A task force report was completed in 2016 that inventoried the status of trail development along the Deep River and provided recommendations on key plans, designs and other actions to move trail development forward.



## LEGEND

- - - Planned Trail
- County Line
- ★ State Park
- Water
- City



# East Coast Greenway State Trail

## About the trail

The East Coast Greenway is a walking and biking route stretching 3,000 miles from Maine to Florida – connecting 15 states and 450 communities. The East Coast Greenway State Trail is the portion of the greenway in North Carolina.

Here in North Carolina, the East Coast Greenway State Trail is shaped like a large "V" – with one arm passing through Raleigh, Durham, and Fayetteville. The coastal arm will connect Greenville and Jacksonville. These will join in Wilmington. Along the way, hikers and bicyclists can experience rolling hills of pine, oak, and hickory forests; cypress swamps; thriving cities; and coastal beaches.

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**Greenway miles:**  
**795**  
**Authorized : 2021**



## LEGEND

- Planned Trail
- Existing Trail
- County Line
- City
- State Line
- Water





# Fonta Flora State Trail

**Miles: 100**  
**Authorized : 2015**



## About the trail

Authorized in 2015, the Fonta Flora State Trail will connect Morganton to Asheville with a hiking and biking trail. Included in the trail is a loop around Lake James. The trail will traverse Lake James State Park, part of Pisgah National Forest and Fonta Flora County Park in Burke County. It will also connect to the Overmountain Victory National Historic Trail and the Mountains-to-Sea State Trail.

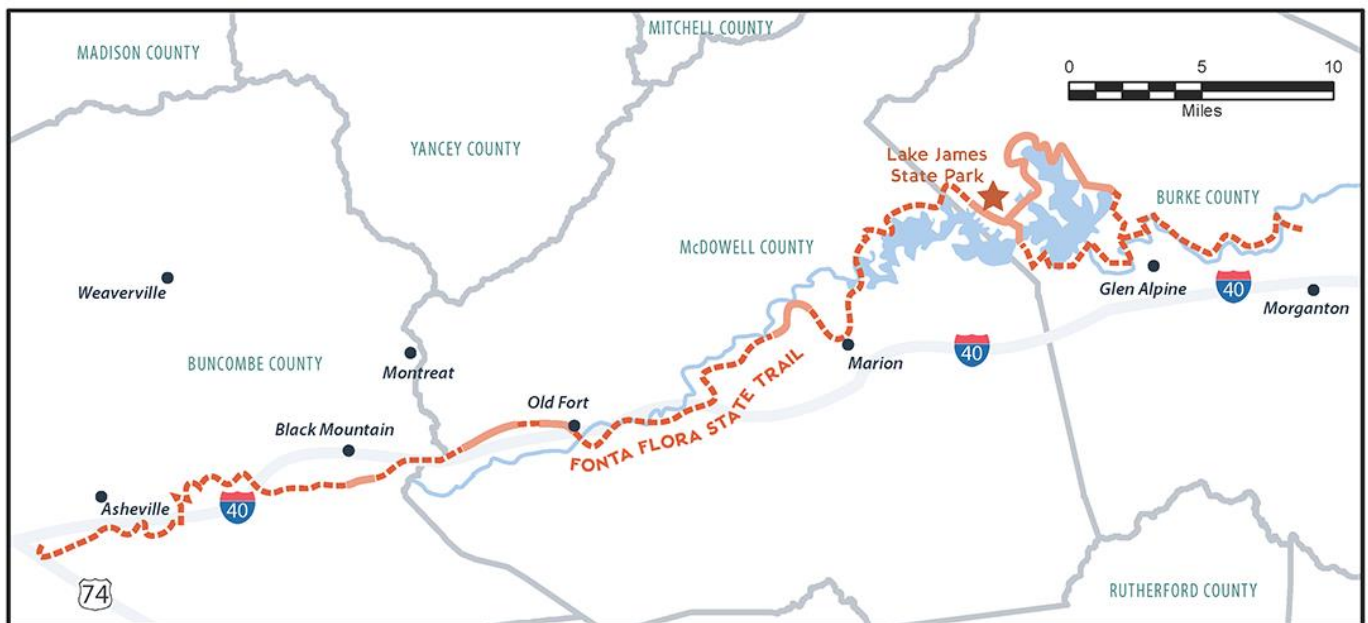
It is named after the local settlement of African-American sharecroppers, whose homes were flooded when the Catawba River was dammed to create Lake James. The feather icon of this state trail was inspired by our national bird, the bald eagle. Artwork incorporating the feather has been used along the trail and at the trailheads, particularly in Burke County. When it is complete, the Fonta Flora State Trail will be approximately 100 miles long.

## Volunteer opportunities

To volunteer with trail building or trail maintenance, please contact Shane Prisby, operations manager for the Burke County Community Development, at 828-764-9034.



## FONTA FLORA STATE TRAIL



### LEGEND

— Existing Trail  
- - - Planned Trail

— County Line  
● City

★ State Park  
— Water



# French Broad River State Trail

## About the trail

The French Broad River State Trail was established in 1978 on the third oldest river in the world. The 117-mile blueway flows north from Rosman, N.C. to the Tennessee border, through Buncombe (including the heart of western North Carolina's largest city, Asheville), Henderson, Madison and Transylvania counties. Most of the river offers gently flowing water with occasional class I and II rapids. However, only experienced paddlers should attempt the stretch between Barnard and Hot Springs, which has Class III and IV rapids. This section is popular with rafters.

Multiple partner organizations maintain access sites along the length of the blueway. Be sure to contact the partner organizations for up-to-the-minute information about conditions before paddling the French Broad. In addition, [the French Broad Riverkeeper](#) can provide valuable information about planning a trip on the river.

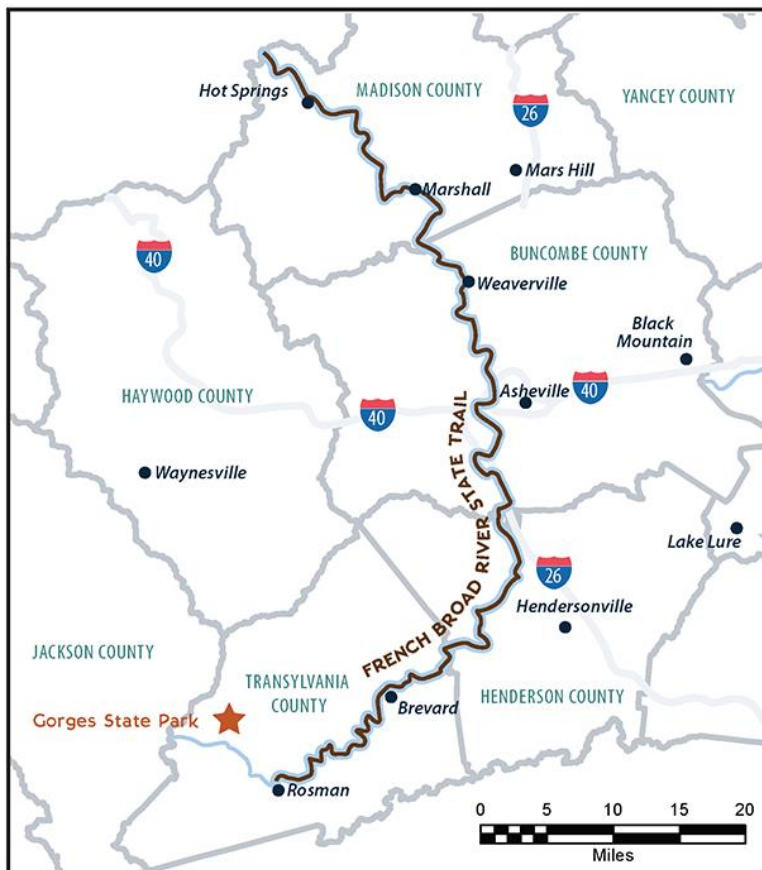
## Volunteer opportunities

If you are interested in volunteering on the French Broad River State Trail, please contact RiverLink at [volunteer@riverlink.org](mailto:volunteer@riverlink.org). RiverLink promotes the environmental and economic vitality of the French Broad River and its watershed as a place to live, learn, work and play. You can find current volunteer opportunities on [their website](#)

## FRENCH BROAD RIVER STATE TRAIL



**Miles: 117**  
**Authorized : 1978**



### LEGEND

- Trail
- County Line
- City
- ★ State Park
- Water



# Hickory Nut Gorge State Trail

**Miles: 50**  
**Authorized : 2017**



## About the trail

Hickory Nut Gorge State Trail is our newest state trail and provides an opportunity to learn about the process of creating a state trail from the very beginning. Each state trail is a unit of the state parks system and must be authorized by the General Assembly. Hickory Nut Gorge State Trail was authorized as part of the 2017 budget. Other state trails have been authorized by a bill written just for their authorization.

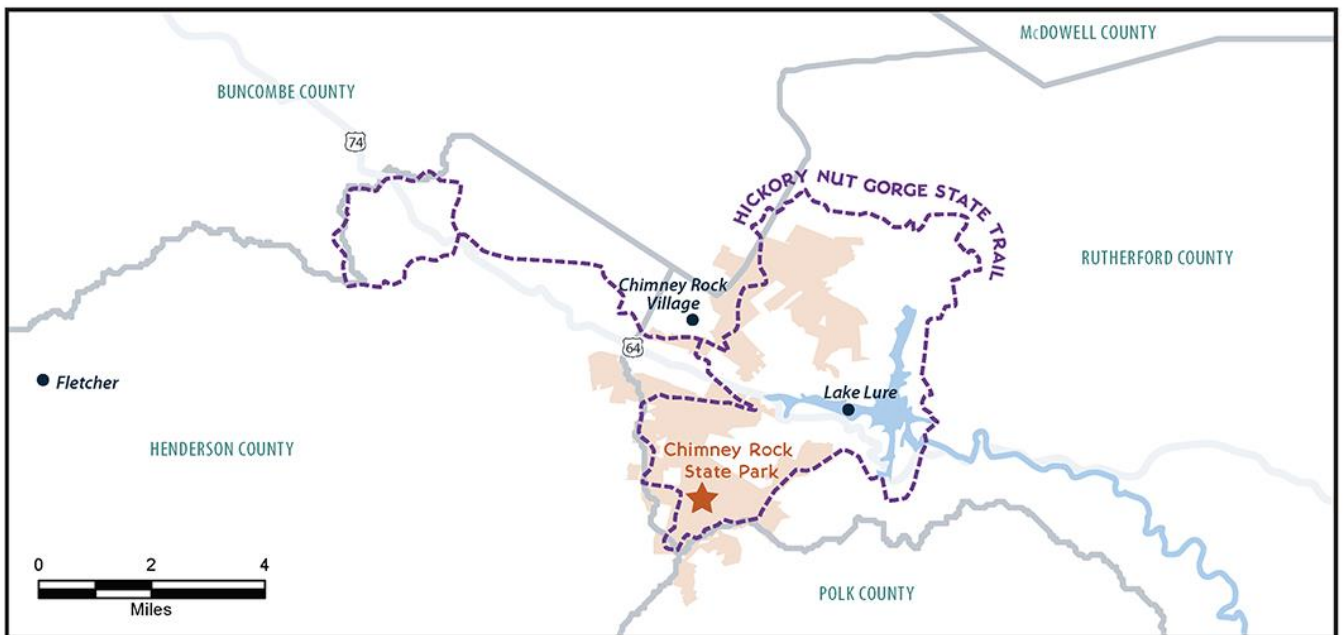
When any new state trail is added to the system, the Division of Parks and Recreation engages in a planning process to produce a feasibility study of the new trail. Effective planning is essential to determine a corridor for the trail and identify potential partners. Planning includes extensive data collection, outreach to potential partners, public input and mapping of the trail corridor.

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While planning for Hickory Nut Gorge State Trail is still in the future, some preliminary work indicates that the trail will connect to Chimney Rock State Park, Lake Lure, Weed Patch Mountain, Bat Cave, Florence Nature Preserve and Bearallow Mountain. Eventually, the trail could extend to South Mountains State Park.



## HICKORY NUT GORGE STATE TRAIL



### LEGEND

--- Planned Trail

— County Line

● City

★ State Park  
— Water



# Mountains to Sea State Trail

**Miles: 1400**  
**Authorized : 2000**



## About the trail

The Mountains-to-Sea State Trail, or the MST, is North Carolina's flagship state trail. The notion of a trail extending across the width of North Carolina was proposed in 1977 by Howard Lee, who was then the Secretary of the North Carolina Department of Natural Resources and Community Development. In 2000, the MST became a state trail and a unit of the state parks system. In 2017, the General Assembly authorized a major addition to the MST: the Coastal Crescent route that loops through southeastern North Carolina.

The North Carolina Division of Parks and Recreation is completely committed to developing the MST as a continuous, off-road trail across the state. To that end, the Division has dedicated considerable financial and staff resources to the planning and coordination of the entire trail. In addition, the Division has acquired land for the trail and funded trail construction. One of the hallmarks of its efforts is developing partnerships with local, state and federal land management agencies, along with nonprofit organizations, land trusts and volunteers, to advance the development of the MST. The Friends of the MST organization provides information on the trail, sponsors most of the task forces that build and maintain sections of trail and promotes thru-hiking the trail by providing interim routes that connect completed portions of the MST. If you need detailed maps of specific segments of the MST, [the Friends of the MST website](#) is a valuable resource.

When completely constructed, the MST will be about 1,400 miles long. Currently, there are 659.5 miles of trail that are completed and designated.



## LEGEND

- Existing Trail
- Planned Trail
- County Line
- City





# Northern Peaks State Trail

**Proposed miles: 40**  
**Authorized : 2019**

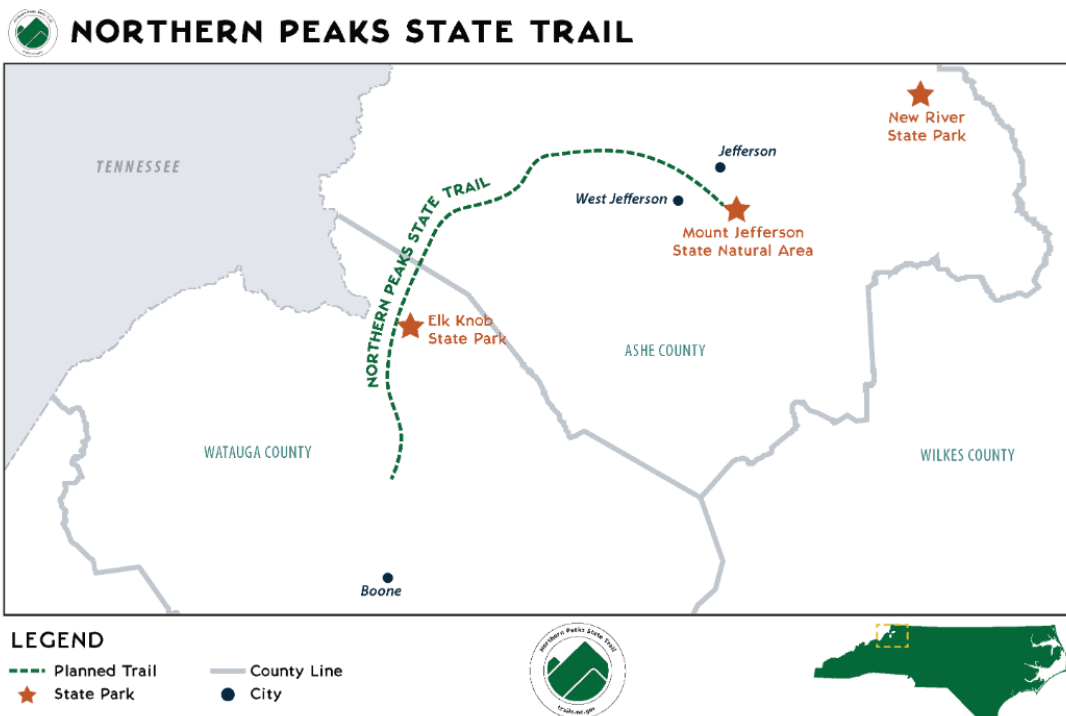


## About the trail

The planning corridor for the Northern Peaks State Trail is approximately 40 miles long, beginning in Boone and ending at Mount Jefferson in Ashe County. It will connect Boone, Elk Knob State Park, and Mount Jefferson State Natural Area. There is a conceptual plan that was developed for the Northern Peaks Trail, with cooperation and funding from stakeholders, including: the North Carolina Division of Parks and Recreation, Watauga County Tourism Development Authority, Ashe County, Ashe County Chamber of Commerce, West Jefferson Tourism Development Authority, Town of Boone, and High Country Pathways, Inc. DPR staff will continue the planning effort for the trail.

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# Overmountain Victory State Trail

**Miles: 225**  
**Authorized : 2019**



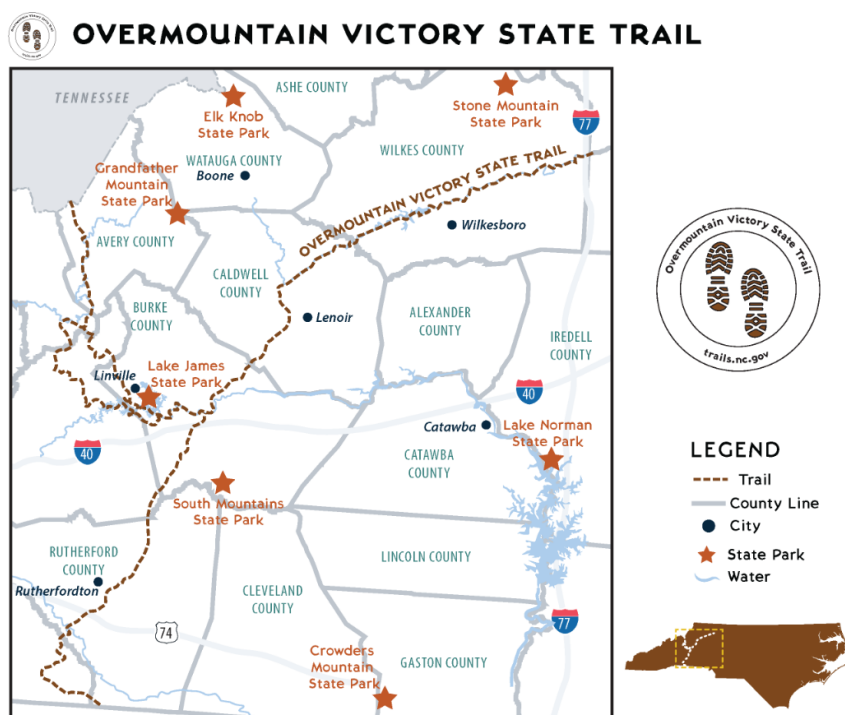
## About the trail

The Overmountain Victory National Historic Trail stretches roughly 330 miles from its southern terminus in South Carolina through North Carolina and into Tennessee and Virginia, and follows the paths that the patriot militia took as they mustered to fight the Battle of Kings Mountain in 1780. This battle proved to be pivotal in the Revolutionary War.

The Overmountain Victory State Trail will follow the 225 miles of the planned route of the National Historic Trail that passes through our state. The Division of Parks and Recreation will work with the National Park Service, Burke County and local sponsors on the development of the trail.

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# Roanoke River State Trail

Miles: 132  
Authorized : 2021



## About the Trail

Authorized in 2021, the Roanoke River State Trail is a paddle trail extending from Weldon to the Albemarle Sound.

Despite meandering through the coastal plain of North Carolina, this paddle trail offers a unique wilderness experience to all who venture along its length. While there are some opportunities for day trips on the eastern end of the river, most paddlers need to be prepared for a multiday journey on this state trail. Bear, beaver, river otter, white-tailed deer, bobcat, and over 200 bird species will keep you company on your expedition. Overhead are ancient bald cypress and tupelo trees. Riverside camping platforms make spending the night along the river a true adventure.

The tent in the RRST blaze is reminiscent of the camping platforms that are available (reservations are required) along the wilder stretches of the Roanoke.



**ROANOKE RIVER STATE TRAIL**

north carolina state parks

**NC TRAILS**



## LEGEND

- Planned Trail
- County Line
- ~ Water
- ★ State Park
- City
- Highway



# Wilderness Gateway State Trail

**Miles: 170**  
**Authorized : 2019**



## About the trail

The Wilderness Gateway State Trail will meander through Catawba and Burke counties and along the border of Rutherford and McDowell counties. Part of this trail will include a paddle trail in Catawba County. The planned trail will connect Hickory Nut Gorge State Trail and South Mountains State Park with the towns of Valdese and Hickory. Part of the trail will follow the same route as the Overmountain Victory State Trail.

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## WILDERNESS GATEWAY STATE TRAIL



### LEGEND

-  Planned Trail
-  County Line
-  State Park
-  City





# Yadkin River State Trail

**Miles: 163**  
**Authorized : 1985**



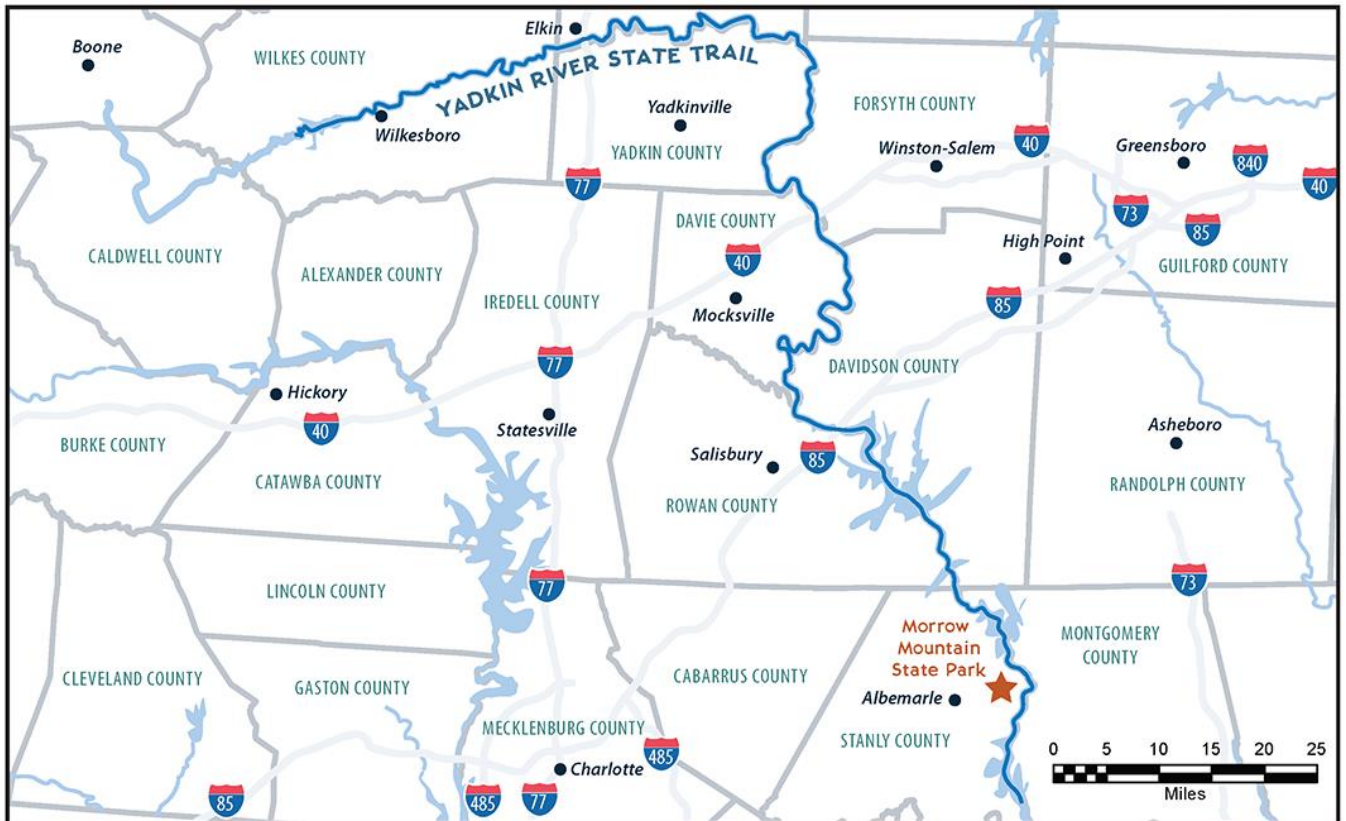
## About the trail

The Yadkin River State Trail was established in 1985. The blueway extends for 130 miles through Wilkes, Surry, Yadkin, Forsyth, Davie, Davidson, Rowan, Stanly and Montgomery counties.

There are access sites along the length of the blueway. However, we recommend that you contact the organization(s) that maintain any site that you plan to use when you are planning your paddling trip. The [Yadkin Riverkeeper](#) is another valuable resource when planning a trip down the Yadkin.



## YADKIN RIVER STATE TRAIL



### LEGEND

- Trail
- County Line
- City
- ★ State Park
- Water

