



Legend

Accessible	Parking Area
Boardwalk	Pavilion
Hang Gliding Concession	Picnic Shelter
Hiking Trail	Restrooms
Mountains-to-Sea State Trail	Roads
Hospital - Outer Banks Hospital Emergencies: Dial 911	Shrub forest
Museum	Swimming
Observation Area	Visitor Center
Park Boundary	Water
Park Gate	Windsurfing/Kiteboarding

Trails

Soundside Nature Trail: This self-guided nature trail is approximately 0.75 mile long and will take about 1 hour to hike at a leisurely pace. This little-explored section of the park contains several different coastal environments, including a wetland area, grassy dunes and maritime thickets. Interpretive panels along the trail will provide you with information on the many plants and animals that call this area home. Please observe the soundside parking lot hours.

Tracks in the Sand Trail: The nature of shifting sand prevents the construction of traditional trails in the park. Tracks in the Sand is a 1.2-mile self-guided trail composed of 14 stations. Walked at a leisurely pace, the hike takes approximately 1.5 hours. The trail begins at the parking lot and meanders through the many environments in the park.

If you prefer a shorter adventure, a 360-foot boardwalk is located near the start of the Tracks in the Sand Trail. Interpretive displays along the route offer information about the plants and animals found in the area. A deck with benches is the perfect place to take photos or sit down and take in the sights and sounds.

