

# HANGING ROCK STATE PARK

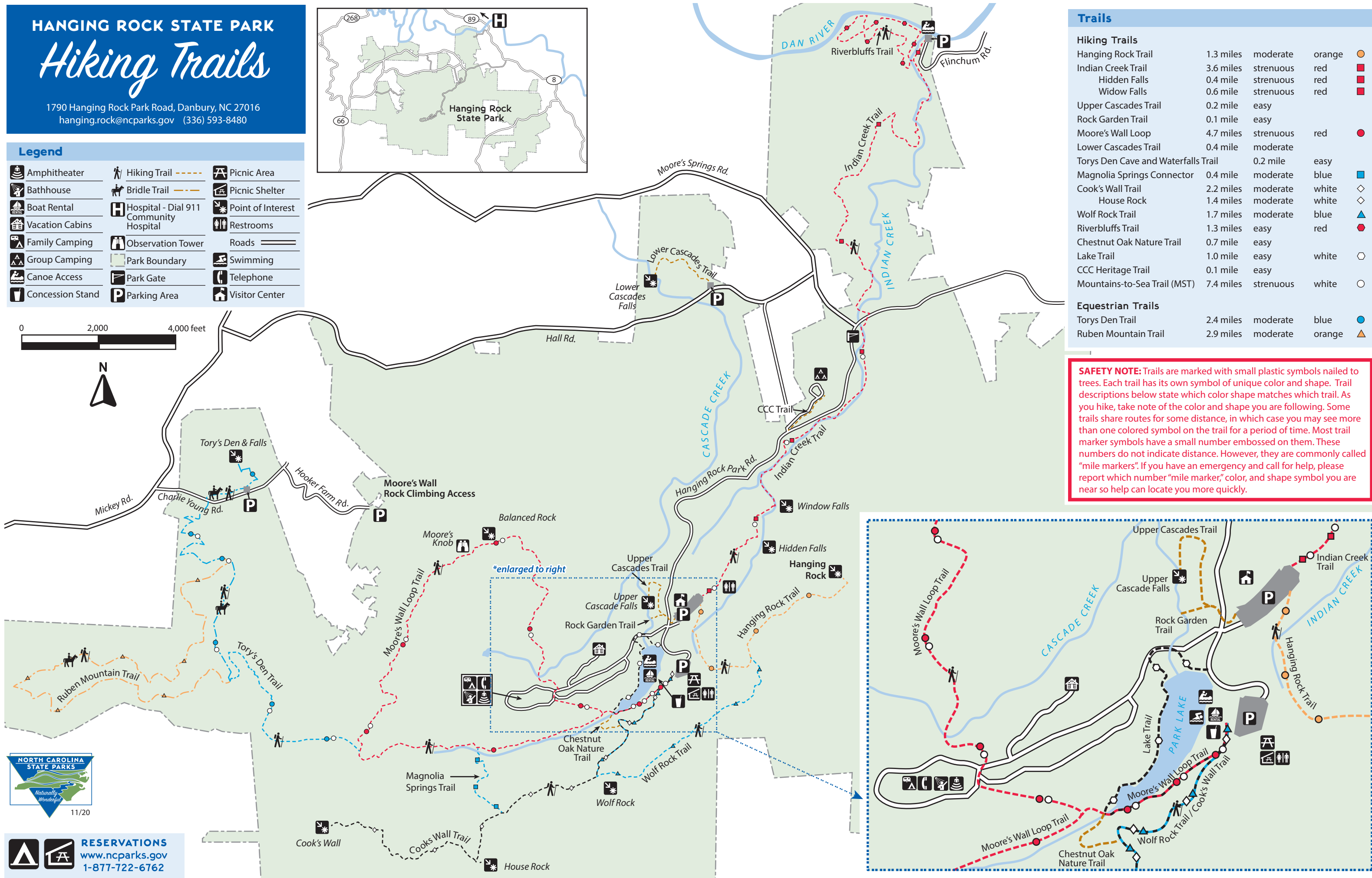
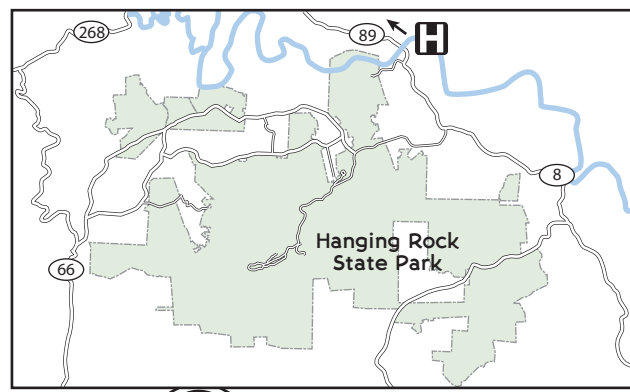
## Hiking Trails

1790 Hanging Rock Park Road, Danbury, NC 27016  
 hanging.rock@ncparks.gov (336) 593-8480

### Legend

Amphitheater	Hiking Trail	Picnic Area
Bathhouse	Bridle Trail	Picnic Shelter
Boat Rental	Hospital - Dial 911 Community Hospital	Point of Interest
Vacation Cabins	Restrooms	Roads
Family Camping	Observation Tower	Swimming
Group Camping	Park Boundary	Telephone
Canoe Access	Park Gate	Visitor Center
Concession Stand	Parking Area	

0 2,000 4,000 feet



### Trails

#### Hiking Trails

Hanging Rock Trail	1.3 miles	moderate	orange	
Indian Creek Trail	3.6 miles	strenuous	red	
Hidden Falls	0.4 mile	strenuous	red	
Widow Falls	0.6 mile	strenuous	red	
Upper Cascades Trail	0.2 mile	easy		
Rock Garden Trail	0.1 mile	easy		
Moore's Wall Loop	4.7 miles	strenuous	red	
Lower Cascades Trail	0.4 mile	moderate		
Torys Den Cave and Waterfalls Trail	0.2 mile	easy		
Magnolia Springs Connector	0.4 mile	moderate	blue	
Cook's Wall Trail	2.2 miles	moderate	white	
House Rock	1.4 miles	moderate	white	
Wolf Rock Trail	1.7 miles	moderate	blue	
Riverbluffs Trail	1.3 miles	easy	red	
Chestnut Oak Nature Trail	0.7 mile	easy		
Lake Trail	1.0 mile	easy	white	
CCC Heritage Trail	0.1 mile	easy		
Mountains-to-Sea Trail (MST)	7.4 miles	strenuous	white	

#### Equestrian Trails

Torys Den Trail	2.4 miles	moderate	blue	
Ruben Mountain Trail	2.9 miles	moderate	orange	

**SAFETY NOTE:** Trails are marked with small plastic symbols nailed to trees. Each trail has its own symbol of unique color and shape. Trail descriptions below state which color shape matches which trail. As you hike, take note of the color and shape you are following. Some trails share routes for some distance, in which case you may see more than one colored symbol on the trail for a period of time. Most trail marker symbols have a small number embossed on them. These numbers do not indicate distance. However, they are commonly called "mile markers". If you have an emergency and call for help, please report which number "mile marker," color, and shape symbol you are near so help can locate you more quickly.



**RESERVATIONS**  
[www.ncparks.gov](http://www.ncparks.gov)  
 1-877-722-6762