



Legend

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

Trails

The nature of shifting sand prevents the construction of traditional trails in the park. There are two marked trails in the park if you would like to follow a path.

Soundside Nature Trail: This self-guided nature trail is approximately 0.75 mile (1.2 kilometers) long and will take about 1 hour to hike at a leisurely pace. This little-explored section of the park includes several different coastal environments, such as a wetland area, grassy dunes, and maritime thickets. Interpretive panels along the trail provide information on the many plants and animals that call this area home. Please observe the Soundside Access hours.

Tracks in the Sand Trail: This is a 1.2-mile (1.93 kilometers) self-guided trail. At a leisurely pace, the hike takes approximately an hour and a half. The trail begins at the parking area adjacent to the visitor center and meanders through the many environments in the park.

If you prefer a shorter trip, a 360-foot (109.7 meters) 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 snap a photo or sit down and take it all in.



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