

## Trail Information

**Campground Trail** easy 1.0 mile ● blue  
This trail begins and ends at the visitor center and briefly joins the Sugarloaf Trail. Much of this trail winds through a coastal fringe sandhill forest, dominated by longleaf pines and live oaks.

**Fitness Trail** easy 1.0 mile ● yellow  
This wheelchair-accessible loop has several exercise and activity stations set up along the way. This trail is located off of 7th Street with parking at the Carolina Beach Recreation Center.

**Flytrap Trail** easy 0.5 mile ◆ orange  
This wheelchair-accessible trail loops through pocosin wetlands, longleaf pine forests, and wiregrass savanna communities. Venus flytraps can be seen along the edges of the pocosins. Wildflowers bloom along the trail. Parts of the trail travel along wooden boardwalks.

**Oak Toe Trail** easy 0.25 mile ◆ blue  
This trail spurs off the Sugarloaf Trail and guides hikers to the Marsh Overlook. It offers views of the Cape Fear River and brackish marsh and offers sightings of fiddler crab, dwarf palmetto, and oak toe lichen.

**Sand Live Oak Trail** easy 1.5 miles ◆ yellow-green  
This trail guides you along the river and through a sand dune forest, looping around the southern end of the park before connecting back to Sugarloaf Trail. Part of this trail is on U.S. federal property.

**Snow's Cut Trail** easy 0.75 mile ◆ red  
This trail begins at the picnic area and follows along Snow's Cut through a pine-hardwood forest. Towering trees and scenic views of the Intracoastal Waterway are seen along this trail.

**Sugarloaf Trail** easy 3.0 miles ● orange  
This trail begins at the marina parking area and offers great birding opportunities. Journey through a coastal evergreen forest, coastal fringe sandhill forest, tidal cypress-gum swamp, and longleaf pine savanna on your way to the Sugarloaf Dune, a prominent pre-colonial geological feature.

**Swamp Trail** easy 0.75 mile ● red  
This trail begins and ends along the Sugarloaf Trail. It provides access to the group camping area, as well as views of a tidal cypress-gum swamp and brackish marsh.

**TRACK Trail** easy 0.25 mile ◆ red  
This section of the Snow's Cut Trail is designated as a self-guided trail for children. Activity brochures may be found at the picnic area trailhead and at the tent, trailer, RV campground trail access near campsite #20.

# Carolina Beach State Park

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