

This section of the North Carolina Mountains-to-Sea Trail map was made in cooperation with:

NC Department of Environment and Natural Resources
Division of Parks and Recreation

NORTH CAROLINA TRAILS SYSTEM
MOUNTAINS-TO-SEA TRAIL

NORTH CAROLINA
MOUNTAINS-TO-SEA TRAIL

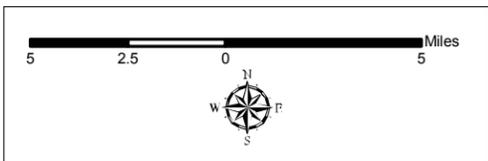
PTCOG
Piedmont Triad Council of Governments

Friends of the Mountains to Sea Trail
State Trails Program
Recreational Trails Program Grant

04/25/2006

Mountains To Sea Trail
Eastern Piedmont Section
Central MST Planning Region
From Lake Townsend to Falls Lake Dam

- | | |
|------------------------------------|----------------|
| Mountains to Sea Existing Trail | County |
| Mountains to Sea Primary Route | Municipality |
| Mountains to Sea Alternative Route | Water Body |
| Initial Undesignated MST Route | Streams/Creeks |
| Major Parks | Abandoned RR |
| | Railroad |



Proposed MST Route:
Eastern Piedmont Section
Central MST Planning Region

The following proposed routes will provide an outstanding regional trail system with loop-trail options for the Eastern Piedmont:

Primary Route: From Lake Townsend to Haw River State Park; down the Haw River through portions of Rockingham and Guilford Counties and much of Alamance County; up Cane Creek in Orange County to and through Hillsborough; along the Eno River through Orange and Durham Counties; and along Falls Lake through Durham and Wake Counties.

Alternative Routes: 1) Lake Townsend to the Haw River; 2) NE Guilford Park to Lake Mackintosh and the Haw River; 3) Town of Haw River to Hillsborough; 4) down the Haw River to Jordan Lake and then north to the Eno River via the New Hope Creek or the American Tobacco Trail.