

JOCKEY'S RIDGE STATE PARK












TRAILS

Soundside Natural Trail: This self-guided nature trail is approximately one mile long and will take about one 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 which call this area home. Enjoy your hike and please observe the Soundside parking lot hours.

Tracks in the Sand: The nature of shifting sand prevents the construction of traditional trails in the park. Tracks in the Sand is a 1.5-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 leads through the many environments in the park. On the trail, you will see many tracks, ranging from fox and deer to insects and birds.

If you prefer a shorter trip, 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 snap a photo or sit down and take it all in.

LEGEND

-  Accessible
-  Hang Gliding Area
-  Hang Gliding Concession
-  Hiking
-  Hospital - Outer Banks Hospital
Emergencies : Dial 911
-  Park Boundary
-  Park Gate
-  Park Office/ Visitor Center
-  Parking Area
-  Picnic Area
-  Picnic Shelter
-  Point of interest
-  Museum
-  Restroom
-  Roads
-  Swimming
-  Windsurfing/Kiteboarding

