

Falls Lake Trail (A part of the NC Mountains-to-Sea Trail) – East to West

Section 1 (Falls of the Neuse Rd to Raven Ridge Rd)

- 0.0 mi – Parking area of the Tailrace Fishing Area, just below the dam, off Falls of the Neuse Rd. Trail starts across from the restrooms, by a gated access. Following white blazes, start on a gravel access road.
- 0.1 – By a trail post, turn L onto a footpath.
- 0.2 – Stay R, as an alternate blue-blazed trail goes off to the L (This trail goes 0.6 mi, by-passing the Dam Management Center, to rejoin the Falls Lake Trail).
- 0.3 – Cross a dam access road and turn R to walk on a wide, gravel path. Pay attention to trail signage through this section.
- 0.4 – Turn L off the gravel path and into woods.
- 0.5 – Reach another section of the access road and turn L, then quick R to enter an area of young pine growth (Restrooms, a public telephone and **water fountain** are within view).
- 0.6 – Cross a paved road near the Management Center and turn R onto a paved path. In about 100 yd turn L off this path to continue on the Falls Lake Trail.
- 0.9 – Cross a paved service road by the lake.
- 1.0 – Reach a junction, L, with the alternate blue-blazed trail. The Falls Lake Trail stays R.
- 1.2 – Cross a small plank bridge over a feeder **creek** and turn L on the other side.
- 1.3 – Reach an open footpath and turn R, then quick L, to stay on the trail.
- 1.6 – Walk across a wide utility easement.
- 2.1 – Cross a small **creek** on a footbridge.
- 2.4 – Use a footbridge to cross another small **creek** and soon, another one, at a low point passing around a cove.
- 2.7 – Junction, L, with trail to **Annie Wilkerson Nature Park** (0.4 mi to restrooms and **water**, during posted park hours). Stay straight for Falls Lake Trail.
- 2.8 – After a hillside descent, cross a **creek** on a footbridge and turn R to walk beside it. Eventually return to the lake.
- 3.5 mi – Reach Raven Ridge Rd by a gravel pull-off. Turn R to cross the causeway and continue on the trail.

Section 2 (Raven Ridge Rd to Possom Track Rd)

- 3.7 – At end of guardrail, turn R to head back into the woods.
- 4.1 – Skirting a cove, cross a small footbridge.

- 4.3 – Reach lake views, which are plentiful along this area.
- 4.9 – Cross a footbridge above a small **creek**. In times of high water a small cascade is visible to the L.
- 5.0 – Cross an old roadbed. To the R is a path to a former homesite on the lakeshore.
- 5.2 – Pass a **pond**, L.
- 5.3 – Turn L to stay on the trail (R leads to the lake).
- 5.6 – On stepping stones cross a small **creek**.
- 5.9 – Cross a low footbridge over a dry creek bed.
- 6.2 – Exit the woods to Red Fox Run, a private, gravel road.
- 6.3 mi – Junction with Possom Track Rd, by a dead end, and cross this to continue on the Falls Lake Trail.

Section 3 (Possom Track Rd to Possom Track Rd)

- 6.3 – By dead end of Possom Track Rd reenter woods.
- 6.5 – Cross a low-lying footbridge and soon, another one.
- 6.6 – Cross a paved access road.
- 6.9 – Cross some former logging roads and soon move into a wildlife clearing. Walk through this for the next 0.6 mi.
- 7.1 – Cross a low footbridge over a creek bed.
- 7.5 – Move out of the wildlife clearing and walk on a short footbridge. Catch a view of the lake but soon leave it.
- 7.7 – Cross a footbridge over a small **creek**.
- 7.8 – Move back to views of Falls Lake.
- 8.1 – Cross a footbridge and soon, an old roadbed.
- 8.6 – Cross a small **creek** on a footbridge.
- 8.8 – Cross a footbridge by a large drainage pipe. Possom Track Rd is directly above you.
- 9.2 – Turn R off a narrow path that you've been on for the last 0.1 mi.
- 9.3 mi – Walk up a concrete culvert to arrive at Possom Track Rd. Turn R to walk across the causeway.

Section 4 (Possom Track Rd to Bayleaf Church Rd)

- 9.5 – At end of guardrail, turn R to reenter woods.
- 9.9 – Midway through an area of young pine growth (Trail is marked by several carsonite posts), cross a wide roadbed.
- 10.0 – Enter more open woodlands.
- 10.2 – Note a former home site, L. Soon enter a wildlife clearing, as the trail touches a wide roadbed and passes by the remains of a rusted car.
- 10.7 – Cross a small **creek** on a footbridge, after walking across the roadbed.
- 10.9 – Return to lake views.

- 11.0 – Trail turns sharp L by a lake promontory.
- 11.3 – Cross a narrow, old roadbed and soon enter an area of profuse laurel and holly.
- 11.9 – At the end of a cove, cross a footbridge over a **creek**. You have now entered an area of state parklands (No hunting).
- 12.0 – Cross a creek bed on a low footbridge.
- 12.3 mi – Reach the Yorkshire Center, a NC Parks and Recreation facility. Bayleaf Church Rd, L, dead ends here.

Section 5 (Bayleaf Church Rd to Six Forks Rd)

- 12.3 – By a signboard, cross the paved road and quickly turn L to reenter woods.
- 12.5 – Cross a creek bed on a small footbridge.
- 12.7 – Cross a short plank walkway to reenter state gamelands.
- 12.9 – Cross a creek bed on a footbridge.
- 13.1 – By the lake, cross a small **creek** on a footbridge.
- 13.4 – Cross another small **creek** on a footbridge.
- 13.6 mi – Walk up a rock-lined drainage to reach Six Forks Rd. Turn R to walk across the causeway.

Section 6 (Six Forks Rd to Six Forks Rd)

- 13.9 – By end of the guardrail, at a graveled pull-off, turn R. Note signboard welcoming you to Blue Jay Point, a Wake County Park. Reenter woods to continue on the Falls Lake Trail.
- 14.0– After crossing a small plank walkway, descend to cross a footbridge over a small **creek**.
- 14.5 – Cross several footbridges in an area with evidence of the ravages of hurricanes Fran and Floyd.
- 14.6 – Cross a wide, blue-blazed footpath, Beaver Point Trail (L leads up to the park's main entrance and the **Blue Jay Environmental Education Center**).
- 14.9 – Descend on some steps, with a railing, to cross a footbridge.
- 15.2 - Cross a graveled, blue-blazed trail, Blue Jay Point Trail (R leads to park's namesake, Blue Jay Point).
- 15.3 – After passing by a split rail fence, cross a small footbridge and turn R to stay on the trail (Red-blazed trail turns L to head uphill to a playground and **restrooms**).
- 15.4 – Stay straight at a junction with a red-blazed trail on L.
- 15.5 – Stay R at a junction with the yellow-blazed Laurel Loop Trail, L, as the trails run concurrently on a wide footpath.
- 15.6 – Turn R as the Laurel Loop Trail turns off to the L.
- 15.7 – Cross a narrow footbridge.
- 15.8 – Reach the wide blue-blazed Sandy Point Trail and turn L with this for about 100 yd, as the Falls Lake Trail turns L

- onto a narrower footpath.
- 15.9 – Reach a signboard by a parking area and turn R to cross a park road to reenter woods.
 - 16.1– Cross a bridge over a creek bed. The lake is to the R, below you. By a bench, soon pass a junction, L, with a trail that leads to the Education Center.
 - 16.2 – After a descent to the lake, cross 2 footbridges, with a bench between them.
 - 16.5 – Cross another footbridge by the end of a cove.
 - 16.7 – Cross another footbridge.
 - 17.0 mi – Walk down some steps and reach Six Forks Rd. To continue on the trail, turn R to cross the causeway. The boat ramp is in view here.

Section 7 (Six Forks Rd to NC-98)

- 17.3 – By a graveled pull-off, turn R to reenter woods.
- 17.4 – Reach the overflow lot for Barton Creek Boat Access. Walk straight across this and reenter woods by a signboard. You are returning to NC gamelands (Hunting in season).
- 17.5 – Turn L onto an old roadbed to enter a young pine forest.
- 17.7 – Cross a power line, by a clear-cut.
- 17.8 - Cross an L-shaped footbridge, as soon the trail bends to the L to descend slightly and rock-hop across a small **creek**.
- 18.0 – Cross a dry, usually, creek bed.
- 18.1 – Cross a narrow roadbed and soon enter a small clearing. Stay L to continue on the trail, soon crossing a pipe conduit. Shortly, the trail turns R across a small **creek**.
- 18.3 – Cross a 2nd power line clear-cut near a cove.
- 18.5 – Enter a 3rd power line clear-cut by another cove. To traverse this, turn R, then quickly L for a slight ascent to cross a former access road. Soon, stay straight, by some posts, to reenter woods.
- 18.6 – After skirting around the cove, start to recross the power line. Soon reenter woods.
- 18.8 – After a slight descent, pass through a low area.
- 19.2 – After curving around a cove, cross a small **creek**.
- 19.4– Cross a small creek bed on a footbridge and soon turn L onto a wider footpath. Shortly reach the old ‘98’ roadbed (paved) and turn R onto this.
- 19.6 – Turn L off the roadbed and into woods.
- 19.7 mi – Descend to reach NC-98, by end of a guardrail. To continue to the next section, turn R to walk along the grassy shoulder and cross (Use caution!) the road by a double-blazed utility pole.

Section 8 (NC-98 to New Light Rd)

- 19.8 – By a graveled pull-off, to W of NC-98 causeway, reenter woods. You are still on state gamelands.
- 19.9 – Reach a wide power-line cut. The trail goes straight across to reenter the woods.
- 20.0 – Cross a wide, open roadbed
- 20.1 – Cross a short footbridge, without handrails.
- 20.3 - Cross an older, low-lying footbridge, with a sloping handrail. Soon cross a narrow roadbed.
- 20.5 – Cross a footbridge by another cove.
- 20.8 – Reach lake views, R. These will continue for a while.
- 21.3 – By the end of a cove, reach a high footbridge. Around the bend, cross a second high footbridge, with many steps.
- 22.1 – Reach a high footbridge over a small creek.
- 22.2 – Cross a small inlet by the end of a cove and enter a section of state parklands (No hunting).
- 22.5 – Cross a low-lying footbridge over a small creek, by the end of a cove.
- 22.8 – Reach a gravel road by **Shinleaf Recreation Area** (Walk-in campsites). Turn L and go by a vehicle gate to cross a paved road (A parking area and **restrooms** are R) and reenter woods. Soon pass by the old Norwood family cemetery plot, L.
- 23.0 – After a slight descent, cross a small footbridge.
- 23.3 – Cross through a large depression.
- 23.4 mi – Reach New Light Road. Turn R to walk along the grassy shoulder.

Section 9 (New Light Rd to Ghoston Rd)

- 23.5 – Turn L to cross the road into woods (No hunting in this section).
- 23.6 – Cross a small footbridge.
- 23.8 – Cross another footbridge.
- 24.0 mi – Reach Ghoston Road and cross to enter the next section (gamelands).

Section 10 (Ghoston Rd to NC-50)

- 24.5 – After some minor ups and downs, cross the outlet of a small pond, L, on a footbridge.
- 24.6 – Reach lake views, R.

- 24.8 – Cross a short plank walkway and ascend to reach a ridge offering views of the lake, R.
- 25.1 – After walking along a **creek**, turn R to cross it on a footbridge.
- 25.3 – Walking along a narrow roadbed, pass some old stone markers, L.
- 25.5 – Stay straight at a junction of several wide roadbeds.
- 25.6 – Turn R off the roadbed to go around an old farm site, soon passing the remains of a tin shed, L.
- 25.7 – Cross a wide roadbed to stay on the trail.
- 25.8 – On a footbridge cross a creek bed.
- 25.9 – Reach the roadbed again and turn L to follow it.
- 26.0 – Turn L at a junction at a junction of road beds and in about 20-30 yards turn L again, leaving the road bed. Soon turn R by a State Park marker on a carsonite post.
- 26.1 – Cross a gravel service road.
- 26.4 – Cross a paved service road.
- 26.5 – Cross a paved road (R to Falls Lake Information center).
- 26.7 mi – By a signboard and graveled parking area, reach NC-50 (1.6 mi N of NC-98). Cross this busy road and turn R to walk along the road shoulder and access the next section.

Section 11 (NC-50 to Boyce Mill Rd)

- 26.8 – By beginning of guardrail (On W side of NC50), turn L to reenter woods.
- 27.1 – Reach a power line cut and turn R to follow this.
- 27.2 – By a pole, turn R, back into the woods.
- 27.3 – Walk between 2 large, downed trees, both to sides of the trail.
- 27.4 – Cross a small feeder **creek**.
- 27.8 – Use a footbridge to cross a small **creek**.
- 28.0 – Turn R to stay on the trail and soon cross an old roadbed.
- 28.2 - After walking through a low area, the trail turns R.
- 28.5 – Cross a narrow footpath.
- 28.6 – A view of Rolling View Marina is R, across the lake.
- 28.7 - The lake comes into full view as the trail starts to curve around a cove.
- 29.2 – Pass R of a **creek** with a pretty cascade and start to walk beside it.
- 29.6 – Cross a small **creek** on stepping stones.
- 29.7 – Cross a footpath by trail signage.
- 30.6 – Turn R by a creek bed and quickly cross it.
- 30.7 – Cross an open area of woodland.
- 30.8 – Cross a roadbed and soon pass through the remains of a home site, with a tobacco barn still standing.

- 30.9 – The trail turns R.
- 31.1 – Cross a **creek** on a footbridge.
- 31.2 – Falls Lake comes into view, R.
- 31.3 – Cross another **creek** on a footbridge.
- 31.5 – Turn L by some trail signage.
- 31.6 – Turn L and walk along some old barbwire, L.
- 31.8 - Cross a wide **creek**.
- 31.9 – Pass by the remains of a shed, R, and start to follow an old roadbed. Soon start a mild ascent.
- 32.4 mi – Reach gated end of Boyce Mill Road (gravel). Turn R to cross a barrier and enter next section.

Section 12 (Boyce Mill Rd to NC-98)

- 32.6 – After turning L off the roadbed, pass by a pond, L.
- 33.0 – Cross a feeder **creek**.
- 33.3 – Cross a small creek bed and soon walk through the cut remains of a large downed tree.
- 33.5 – Cross a boardwalk and soon junction with a footpath entering from the R.
- 33.7 – Cross a water run.
- 33.8 - Turn L off a path to stay on the trail
- 34.0 mi – The trail arrives at NC-98, by Lick Creek. To continue on to the next section, turn R to walk along the road's shoulder.

Section 13 (NC-98 to Rolling View)

- 34.3 – Turn R to cross a culvert and enter an area cleared for wildlife. Soon turn R onto a footpath.
- 34.5 – Leave the cleared area to enter the woods. Cross a **creek** on a footbridge and soon turn R.
- 34.8 – Cross an old roadbed.
- 35.0 – Go through a wet area, the result of beaver activity, on a series of boardwalks.
- 35.1 – Cross a feeder **creek**.
- 35.2 – Cross under power lines.
- 35.4 – Cross an old roadbed.
- 35.5 – Cross a roadbed by an open area.
- 35.9 – Cross a creek bed and soon junction with a wide roadbed. Turn R to walk along it and turn L to reenter the woods.
- 36.1 – Use a footbridge to cross a wide **creek**.
- 36.5 – After walking along an old roadbed by the lake, R, turn L off it to skirt the shoreline. Soon reach the state park boundary (no hunting).
- 36.7 – Cross another open roadbed.

- 37.1 – Junction with a blue-blazed trail, L, to a hiker's parking area (*Soon reach a pond and turn L to curve around it -> at 0.2. mi. reach a road, cross it and turn L to walk along a path by the edge of the woods -> at 0.3 mi reach the lot*).
- 37.2 – Cross a creek bed and then a footbridge.
- 37.4 – The remains of an auto can be seen to the L.
- 37.5 mi – Reach Baptist Road by the gated entrance, R, to the **Rolling View recreation area/campground**. Cross the road and turn R to walk along the grassy shoulder to enter the next section.

Section 14 (Rolling View to Little Lick Creek)

- 37.7 – After passing by the entrance station to Rolling View, reach a yellow manhole cover and turn L to reenter the woods.
- 37.9 – Cross a small creek bed. Soon junction, L, with a blue blazed path to a hiker's parking lot off Baptist Road (*After some small ups and downs cross a creek bed, on a footbridge, at 0.3 mi -> after a short, steep ascent the trail levels off to reach the lot at 0.5 mi*). Shortly after this, pass through a low lying, wet area.
- 38.1 - Cross a small creek bed.
- 38.2 – Cross another small creek bed in a low lying section.
- 38.3 – Cross a **small creek** (May be dry).
- 38.4 – Cross a woods road. You are reentering gamelands (Hunting in season).
- 38.6 – By the top of a rock face cross a **small creek**.
- 38.7 – After a slight ascent, reach lake views, R. Soon pass through piles of trees cut to allow passage of the trail.
- 39.2 – Near the lake shore turn L to walk up some steps and pass by several residences. The trail becomes narrow through here.
- 39.4 – Pass through a slightly open area with lake views, R. These will continue for a short distance.
- 39.5 – The trail starts to head “inland”.
- 39.6 – Within view of a graveled road, L, the Falls Lake Trail turns R as it starts to parallel the road (Use road in times of high water). Soon cross the opening of a drainage pipe and eventually make a second R to leave the road.
- 39.8 – Possible lake views, R.
- 40.1 – Cross a roadbed (R on this leads to a nice beach), coming from a residence. Soon start to walk by the lake shore, R.
- 40.2 – Cross a path from a residence, L.
- 40.5 – Cross an overgrown roadbed and soon a possibly, dry creek bed.
- 40.6 – Reach another old roadbed. Cross it and veer towards R to

stay on the trail.

- 40.7 – Pass some trail signage and veer to the L by a residence. Soon start to walk near, but above, the lake shore.
- 40.9 – Reach a gravel road (private) as the trail turns R to follow it.
- 41.0 – After the road goes over the dam of a small pond, L, turn R to reenter the woods.
- 41.2 – The trail crosses a narrow path.
- 41.3 – Cross another roadbed.
- 41.5 – Cross under a power line.
- 41.7 – Exit woods and reach another power line by a gravel roadbed (L 0.2 mi is Santee Road). Stay R to cross Little Lick Creek on a large footbridge (Note the landscaping on both sides) and enter Section 15.

Section 15 (Little Lick Creek to Cheek Road)

- 41.8 - Soon traverse a section of wetlands on a long boardwalk.
- 41.9 – Pass a carsonite trail marker and soon enter a canopy of trees.
- 42.0 – By a trail marker, turn R to reenter woods (Straight, 0.2 mi, is a connection with Rogers Road).
- 42.1 – Cross through some trees cut for the trail's passage.
- 42.5 – Cross a **small creek** on a footbridge.
- 42.6 – Pass through an open area and turn L to stay on the trail (An unmarked path is to the R).
- 43.0 – Cross an unmarked path.
- 43.2 – Cross a **creek** on a footbridge.
- 43.3 – Go through a power line clearing and soon use a footbridge to cross a **small water run**.
- 43.6 – Cross a footpath, the remains of a roadbed (L, about 130 yards, is the dead end of Shaw Road). Soon reach an unmarked path and turn R onto this.
- 43.8 – By the lake shore, veer R off a roadbed to reenter woods.
- 44.1 - Cross a small boardwalk and soon enter a more open forest.
- 44.3 – Reach another roadbed and turn L onto it. Follow this for a short distance and reenter woods to R.
- 44.7 – Cross another narrow, overgrown, roadbed.
- 44.8 – On a footbridge, cross a **creek** (may be dry).
- 44.9 – Cross another narrow roadbed.
- 45.0 - Soon cross a power line with a bridge over a small **water run**. The lake is to the R. After exiting the clearing, traverse another small footbridge.
- 45.2 – On a footbridge, cross another small **creek**.
- 45.3 – Reach a field with a power line. To traverse this turn R to walk along the field's edge.
- 45.4 – Pass a lake view, R, by a bench.
- 45.5 – Cross under one of the large supports and soon turn R to

reenter the woods.

45.7 – Traverse a small boardwalk.

45.8 – Using a small bridge, cross a dry creek bed.

45.9 – Cross a footbridge over a small depression and soon, another short boardwalk.

46.0 – Walk through an open area.

46.4 – Cross another small, dry creek bed.

46.5 mi – Just after crossing a short boardwalk, reach Cheek Road by a graveled pullout. To continue to the next section, turn R to walk along the road's shoulder.

Section 16 (Cheek Road to Hereford Road)

46.5 – After approximately 70 yd, cross the road to reenter woods.

46.7 – Cross an open area after trail curves to the R. Soon pass by the edge of a field.

46.9 – Lake views become available, R.

47.2 – Pass through another open area with a nice lake view, R.

47.4 mi – Reach Hereford Road. To reach the next section, turn R to walk along the road's shoulder.

Section 17 (Hereford Road to Redwood Road)

47.6 – By end of guardrail, turn R to reenter woods. Soon, stay to L by some trail signage.

47.9 – Reach an open area by a cove. The trail turns L by the uprooted remains of several trees.

48.0 – Turn R to cross a creek bed on a footbridge.

48.2 – For a short distance walk by the lake's edge, R. Soon stay to L to leave this.

48.4 – Cross an old roadbed and enter a section of young forest growth (May be overgrown in warmer weather).

48.5 – By a trail post, turn L onto a more open path. Soon pass the remains of a shack, R.

48.6 – Pass by the remains of another structure, L.

48.7 mi – After turning R off this open path, reach Redwood Road. Get to the next section by turning R to cross the causeway on the road's shoulder.

Section 18 (Redwood Road to Hickory Hill Boat Ramp)

48.9 – Turn R by end of a guardrail to reenter woods.

49.0 – Cross a **small creek** on a footbridge.

49.4 mi – By a signboard, reach Hickory Hill Boat Ramp. Road to L goes out to Redwood Road. To stay on the trail, go straight and soon turn L to reenter woods.

Section 19 (Hickory Hill Boat Ramp to East Geer Street)

- 49.4 – After entering woods the trail immediately turns R.
- 49.6 – Cross the remains of a roadbed.
- 49.9 – On a footbridge, cross a dry creek bed.
- 50.1 – Cross the remains of a roadbed and soon pass through a large depression.
- 50.3 mi – Reach a power line right-of-way by I-85. Turn L to walk along this for a short distance and come to the gated end of East Geer Street.

Section 20 (East Geer Street to Redwood Road)

- 50.3 – Go to the fence separating I-85 and turn L as the trail follows this right-of-way, soon passing under a billboard.
- 50.4 – Pass by a stone boundary marker.
- 50.5 – Pass another stone marker. Soon reach some steps, after going under another billboard, and take these down to access a roadbed. Turn right to walk under the interstate.
- 50.6 – Turn L off the roadbed and then a quick R into the woods on a footpath.
- 51.0 – Cross an old, overgrown roadbed and soon cross through a small depression.
- 51.1 – Cross a **small creek** on a make-shift log bridge.
- 51.2 – Walk across a wide power line clearing w a lake view, R.
- 51.3 – The trail turns R, on a more open path for a short distance, to get closer to the lake.
- 51.4 – Walk through a small depression.
- 51.7 mi – After a short walk along a utility line, reach Redwood Road. Turn R to access the next section, staying straight where Tom Clark Rd comes in from the L.

Section 21 (Redwood Road to Red Mill Road/Ellerbee Creek)

- 51.8 – Enter the woods and soon turn L onto a graveled road.
- 51.9 – Cross railroad tracks and soon turn R, then L on a more grassy roadbed.
- 52.0 – By a power line, reach a pond and go L to walk along its' edge.
- 52.2 – On a boardwalk and footbridge, cross a wet area. Note the “hill”, part of a construction project, to the L.
- 52.6 – The trail passes by the remains of an old fence, L.
- 52.7 mi – Reach Red Mill Road by Ellerbee Creek. Go to the next section by turning R to cross the bridge over the creek.

Section 22 (Red Mill Road/Ellerbee Creek to Red Mill Road)

- 52.8 – Turn R to cross a chain blocking vehicular access to a field. Just before the field go slightly to the R as the trail enters some woods.
- 53.0 – Use a footbridge to cross a **small creek**.
- 53.3 – Come out onto a wide power line crossing. Stay slightly L to pass to the R of an orange marker and walk by the tower to start on a graveled road.
- 53.4 – Soon, the roadbed turns R as the trail reenters the woods. A view of Ellerbee Creek, R, awaits. Soon, the trail goes by the remains of a railroad trestle, R.
- 53.5 – Rock-hop a **small creek**.
- 53.7 – A view of Falls Lake is R, with a functioning trestle on the other side. This is near the point that Ellerbee Creek flows into it.
- 54.1 – Start to walk within view of the railroad tracks and the lake, R. Soon cross a power line.
- 54.2 – Pass by several abandoned buildings, L.
- 54.4 – The footpath narrows to pass between 2 large trees.
- 54.6 – Ascend slightly to cross tracks of an old spur line and descend to walk along the edge of a field for a short distance, at one point using a boardwalk to traverse a wet section.
- 54.8 – Come out to a lake view, R.
- 55.0 – The trail crosses an old, overgrown roadbed.
- 55.3 – Cross a power line, by the edge of the lake, R. You are leaving Falls Lake proper and will now be traveling along the route of the Eno River, one of the chief sources for the lake.
- 55.5 – Hop across a small creek (may be dry).
- 55.7 – Walk through a field and soon turn R into the woods.
- 55.9 – By the edge of the river, R, cross through another field.
- 56.1 – Another **small creek** is crossed.
- 56.2 – Cross a small utility line and enter a field by a carsonite marker. To get across this expanse, head straight, than turn R to follow along the field's border on the other side.
- 56.4 – By another trail marker, leave the field and turn slightly R to walk through a clump of woods between 2 fields.
- 56.6 – Walk along a tributary of the Eno River and soon cross the edge of a small pond. You are now traveling through an area of wetlands.
- 57.2 – Cross the first of several **small water runs**.
- 57.6 mi – Reach Red Mill Road, about 1.8 miles north of the Ellerbee Creek crossing.
The trail continues to the next section by turning R,

heading about 100 ft along the road's shoulder, then L to cross into a small parking area ('No Dumping Allowed' sign) with a signboard.

Section 23 (Red Mill Road to Old Oxford Highway)

- 57.6 – From this small parking area, step over the chain barrier to start on an open roadbed, heading W.
- 57.8 – Turn slight L off the roadbed onto a narrow footpath.
- 57.9 – Start to walk along a large farm field, L.
- 58.1 – Veer R as the footpath moves away from the field and goes through a more open forest.
- 58.4 – Pass through a wet area with a water run. Soon pass under a power line (footing may be wet).
- 58.6 – Walk through a cut in a large, fallen tree.
- 58.7 – Turn slightly L to pass through an area of discarded items and cross an old roadbed.
- 58.9 – Cross a **small creek** on a footbridge.
- 59.0 – Use a footbridge to cross another **small creek**.
- 59.1 – Cross a wide roadbed and start to walk through a more open forest.
- 59.2 – A narrow cut passage takes you through a large, fallen tree.
- 59.4 – Start a small ascent to reach higher ground and soon begin to parallel a wide roadbed, L. To the R is the Eno River far below you.
- 59.7 – The trail turns slightly L, then R to follow the roadbed.
- 59.8 – Go slightly R as the trail leaves the roadbed.
- 59.9 – Turn L, then R, onto another wide roadbed. Soon stay straight, by a junction, to go through an open area.
- 60.0 – Traverse a narrow, old, roadbed as the trail passes a swampy area, R.
- 60.1 – Turn R to leave the roadbed, onto a narrow footpath.
- 60.2 – Cross a water run (may be dry).
- 60.3 – Cross another roadbed.
- 60.5 – On stepping stones cross a water run. Soon begin a short ascent.
- 60.8 – The trail turns R, onto a wide path. Soon pass, R, a small clearing with views of the Eno River below.
- 60.9 – The path curves to the L, but you need to stay R to remain on the trail.
- 61.4 – After passing a boundary marker, R, cross some abandoned railroad tracks.
- 61.5 – On a footbridge, cross over a large drainage pipe and turn R to parallel a creek.

61.7 mi – Reach Old Oxford Highway. This is the western terminus of the Falls Lake Trail.

To continue on the Mountains-to-Sea Trail, turn R to walk along the narrow shoulder on a short bridge over the Eno River and then L to cross the road onto Snow Hill Road. A quick L reaches a parking area for Penny's Bend.

Field notes taken by Mark Edelstein and updated January, 2014