



Taking a break on the shore of Falls Lake  
Photo by Rebecca Walling

## Eno River and Falls Lake—MST Segment 10

### ENO RIVER STATE PARK AT PLEASANT GREEN ROAD TO FALLS LAKE DAM NEAR RALEIGH

By Mark Edelstein

Water, water everywhere, to paraphrase Coleridge, could be the theme for this segment of the Mountains-to-Sea Trail (MST) in North Carolina's Piedmont. As it winds its way along two prominent bodies of water, the Eno River and Falls Lake, it is hard to believe that just south of you is one of the most populated areas in the state, the Triangle (Raleigh, Durham, and Chapel Hill). While there are certainly brushes with "civilization," the

majority of this trail corridor harks back to a time when this state was famous for its rural qualities.

Heading east, the trail starts in Orange County, following the Eno downstream in Eno River State Park to soon enter Durham County, where it goes through history-laden West Point on the Eno. Approximately 5 miles later, you traverse Penny's Bend Nature Preserve, where a geological oddity causes the river to form a U-shaped bend, unusual for this area. Soon the Eno disappears as it flows into the vastness of Falls Lake. The MST now hugs the southern shore of this man-made reservoir as it winds its way in and out of coves and small creeks to end by the dam on the outskirts of Raleigh. The fact that this 77-mile footpath exists is due to a combination of serendipity and hard work: serendipity because of the creation of several large parcels of adjoining public lands, rare in North Carolina east of the mountains, and hard work due to all the Triangle-area trail enthusiasts who've made this footpath a reality.

## HIGHLIGHTS INCLUDE

- The Eno River has its beginnings in Orange County and extends 33 miles from where it joins with the Flat River to become the Neuse and empty into Falls Lake. This swift, mostly shallow stream with a few deep spots (such as Sennett Hole) was named after the Eno Indians who lived along its banks prior to European arrival. Settlers first came to the area in the mid-1700s establishing farms and gristmills. The last of these mills ceased operation by the 1940s. The remains of several mill operations can be glimpsed today. Other remnants of years past are the Durham Pump Station and the Eno Quarry. The latter is especially scenic and a great spot to idle. The bluffs traversed in the state park give the path a mountainous feel. The river itself is known for its beauty and water quality. Over 5,600 acres of land have been protected in the Eno Basin including the state park, West Point on the Eno, and Penny's Bend.
- Falls Lake is a 12,410-acre lake surrounded by 25,500 acres of public land situated in Durham, Wake, and Granville Counties. Construction of the dam that holds the lake was started in 1978 and completed in 1981. The lake provides drinking water for several of the surrounding

communities, including the city of Raleigh, aids with flood control, and serves as a recreation area and wildlife habitat. The MST runs about 60 miles along the lake's southern edge. Besides providing outstanding lake views, the trail informs the hiker of the area's pre-lake existence during encounters with multiple old road grades and the remains of several homesites and farms.

**Total Distance: 77.6 miles, essentially all on trail, with a few incidental road sections**

**Difficulty: Easy to moderate (most elevation gain/loss is in Eno River State Park)**

### Trail Updates

When planning your trip using this guide, take a moment to see whether Friends of the Mountains-to-Sea Trail (Friends) has posted any updates about the trail route by visiting Friends' "Trail Updates" page at [MountainstoSeaTrail.org/updates](http://MountainstoSeaTrail.org/updates).

### Trail Angels

The MST is fortunate to have many Trail Angels: friendly people who have volunteered to provide assistance to long-distance hikers ranging from local information to lodging and food. We greatly appreciate our Trail Angels' willingness to give back to the hiking community and the MST. For information about Trail Angels in Segment 10 and the services they can provide, see [MountainstoSeaTrail.org/the-trail/trail-angels](http://MountainstoSeaTrail.org/the-trail/trail-angels).

### Camping

Eastbound (EB) Mile 18.1; Westbound (WB) Mile 59.5

Campsite on private land, 0.1 mile from the trail, with 7 sites, picnic tables, and a group fire ring (no water)

EB Mile 28.5; WB Mile 49.0

Campsite on game lands, 100-180 feet from the trail, with 7 sites. No fires allowed, only cookstoves (no water)

EB Mile 39.5; WB Mile 37.9

Rolling View Recreation Area; [files.nc.gov/ncparcs/maps-and-brochures/falls-lake-rollingview.pdf](http://files.nc.gov/ncparcs/maps-and-brochures/falls-lake-rollingview.pdf). Distance from trail is 0.4 mile to the closest

sites. All sites have water, with restrooms nearby. Reserve sites online at [northcarolinastateparks.reserveamerica.com](http://northcarolinastateparks.reserveamerica.com).

EB Mile 54.6; WB Mile 23.0

Shinleaf Recreation Area; [files.nc.gov/ncparks/maps-and-brochures/falls-lake-shinleaf.pdf](https://files.nc.gov/ncparks/maps-and-brochures/falls-lake-shinleaf.pdf). Campsites are open from March 15 to October 31. All sites are within 0.25 mile of the trail. Water and restrooms located by the parking lot adjacent to trail. Reserve sites online at [northcarolinastateparks.reserveamerica.com](http://northcarolinastateparks.reserveamerica.com).

EB Mile 67.6; WB Mile 9.9

Campsite on game lands, 0.3 mile from the trail, with 7 sites. No fires allowed, only cookstoves (no water)



Also check Friends' "Trail Angels" page at [MountaintoSeaTrail.org/the-trail/trail-angels](http://MountaintoSeaTrail.org/the-trail/trail-angels) for additional camping and lodging options.

## Food/Supplies



EB Mile 10.3; WB Mile 67.3 North Roxboro Rd.

EB Mile 39.5; WB Mile 37.9 Rolling View Marina



## Water/Restrooms



EB Mile 10.3; WB Mile 67.3 West Point on the Eno  



EB Mile 39.5; WB Mile 37.9 Rolling View Recreation Area  

EB Mile 54.6; WB Mile 23.0 Shinleaf Recreation Area  

EB Mile 61.3; WB Mile 15.9 Blue Jay Point County Park  

EB Mile 65.1; WB Mile 12.4 Yorkshire Center (open Monday to Friday, 8-5)  

EB Mile 74.5; WB Mile 2.7 Annie Louise Wilkerson Nature Preserve Park  

EB Miles 76.9 and 77.6; WB Miles 0.0 and 0.5 Falls Lake dam  

*Note:* It is inadvisable to drink water from any of the rivers, lakes, or creeks listed in the trail description. No amount of purification (filtration, boiling) will serve to make these sources potable. Tap and bottled water are your safest choices.

## Lodging

Lodging is available in Durham and Raleigh. See “Additional Information” below for tourism websites.

## Hunting

Hunting is allowed on game lands in Durham and Wake Counties by Falls Lake. When you are on trail around Falls Lake, assume you are on game lands unless trail guide or signs state otherwise. Hunting is prohibited on Sunday. You can find more information about hunting seasons and the Butner–Falls of Neuse Game Land at [www.ncwildlife.org/Hunting](http://www.ncwildlife.org/Hunting).

## Signs/Blazing

The MST blazing is a 3-inch white circle. When MST runs concurrent with other trails, mostly in Eno River State Park, you will note multiple colored markings.

## Dogs

Dogs are allowed on this segment of the MST, but should be leashed at all times.



A huge white oak marks a former homesite.  
Photo by PJ Wetzel, [www.pjwetzel.com](http://www.pjwetzel.com)

## ADDITIONAL INFORMATION

Friends office: 919-825-0297 or [info@MountainstoSeaTrail.org](mailto:info@MountainstoSeaTrail.org)

Durham Visitor Center: [www.durham-nc.com](http://www.durham-nc.com)

Raleigh/Wake County Visitor Center: [www.visitraleigh.com](http://www.visitraleigh.com)

## Trail Maps

Google map of the entire MST: [MountainstoSeaTrail.org/map](http://MountainstoSeaTrail.org/map)

Eno River State Park Trails:

[files.nc.gov/ncparks/maps-and-brochures/eno-river-trails-map.pdf](http://files.nc.gov/ncparks/maps-and-brochures/eno-river-trails-map.pdf)

West Point on the Eno:

[www.enoriver.org/wp-content/uploads/WPtrailmaps.pdf](http://www.enoriver.org/wp-content/uploads/WPtrailmaps.pdf)

Falls Lake:

[files.nc.gov/ncparks/maps-and-brochures/falls-lake-park-map.pdf](http://files.nc.gov/ncparks/maps-and-brochures/falls-lake-park-map.pdf)

## Links for Parks and Other Land Along the Route

Eno River State Park: [www.ncparks.gov/eno-river-state-park](http://www.ncparks.gov/eno-river-state-park)

West Point on the Eno:

[www.enoriver.org/what-we-protect/parks/west-point-on-the-eno](http://www.enoriver.org/what-we-protect/parks/west-point-on-the-eno)

N.C. Plant Conservation Preserves: [www.ncagr.gov/plantindustry/plant/plantconserve/preserves.htm](http://www.ncagr.gov/plantindustry/plant/plantconserve/preserves.htm)

Penny's Bend Nature Preserve:

[ncbg.unc.edu/other-natural-areas/#pennys\\_bend\\_nature\\_preserve](http://ncbg.unc.edu/other-natural-areas/#pennys_bend_nature_preserve)

U.S. Army Corps of Engineers at Falls Lake: [www.saw.usace.army.mil/Locations/DistrictLakesandDams/FallsLake.aspx](http://www.saw.usace.army.mil/Locations/DistrictLakesandDams/FallsLake.aspx)

Butner–Falls of Neuse Game Land: [www.ncwildlife.org/Portals/0/Hunting/Game-Land-Maps/Piedmont/Butner-Falls-of-Neuse.pdf](http://www.ncwildlife.org/Portals/0/Hunting/Game-Land-Maps/Piedmont/Butner-Falls-of-Neuse.pdf)

Falls Lake State Recreation Area:

[www.ncparks.gov/falls-lake-state-recreation-area](http://www.ncparks.gov/falls-lake-state-recreation-area)

Blue Jay Point County Park:

[www.wakegov.com/parks/bluejay/Pages/default.aspx](http://www.wakegov.com/parks/bluejay/Pages/default.aspx)

Annie Louise Wilkerson Nature Preserve Park: [www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/AnnieWilkerson.html](http://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/AnnieWilkerson.html)

## Other Valuable Links

Eno River Association: [www.enoriver.org](http://www.enoriver.org)

Geologic Guide for Falls Lake: [www.ncgeology.com/falls\\_lake\\_geology/pages/TrailGuide\\_FallsLake\\_home.html](http://www.ncgeology.com/falls_lake_geology/pages/TrailGuide_FallsLake_home.html)

## PRIMARY PARKING LOCATIONS (Page 1)

**Eno River State Park, Pleasant Green Rd. Access\***

EB Mile 0.0; WB Mile 77.6



N36.04725, W79.01156

**End of Howe St.\***

EB Mile 2.5; WB Mile 75.1



N36.03969, W78.99055

**Guess Rd. (Eno River Association HQ)**

EB Mile 8.9; WB Mile 68.7



N36.07251, W78.93401

**North Roxboro Rd.**

EB Mile 10.3; WB Mile 67.3



N36.07381, W78.90957

**River Forest Park**

EB Mile 10.9; WB Mile 66.5



N36.07774, W78.90211

**Snow Hill Rd. (Penny's Bend Nature Preserve)**

EB Mile 15.1; WB Mile 62.4



N36.0733, W78.86326

**End of East Geer St.**

EB Mile 26.6; WB Mile 50.9



N36.06354, W78.78646

**Hickory Hill Boat Ramp (Redwood Rd.)**

EB Mile 27.7; WB Mile 50.0



N36.05821, W78.7747

**Baptist Rd. Hiker's Lot**

EB Mile 39.2; WB Mile 37.9



N36.00411, W78.72808

**NC 50**

EB Mile 50.5; WB Mile 27.0



N36.01235, W78.68903

**Shinleaf Recreation Area\***

EB Mile 54.6; WB Mile 23.0



N35.99464, W78.65574

\*These parking lots have gates that may be locked at night or on weekends. Most have signs specifying what hours they are open.

Note: If you plan to park overnight, please make arrangements with the land managing agency for that lot.

## PRIMARY PARKING LOCATIONS (Page 2)

### Six Forks Rd. (Barton Creek Boat Ramp)

EB Mile 59.9; WB Mile 17.4



N35.97648, W78.65563

### Blue Jay Point County Park (by T-ball Field)\*

EB Mile 61.3; WB Mile 15.9



N35.97036, W78.64192

### Bayleaf Church Rd. (Yorkshire Center)\*

(Gate is open only 8 to 5 on weekdays)

EB Mile 65.1; WB Mile 12.4



N35.96594, W78.63283

### Annie Louise Wilkerson Nature Preserve Park\*

EB Mile 74.5; WB Mile 2.7



N35.9235, W78.59947

### Tailrace Fishing Area Parking Lot

(Overnight parking is prohibited unless prior approval has been granted; to request permission to park overnight, contact the U.S. Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil))

EB Mile 77.6; WB Mile 0.0



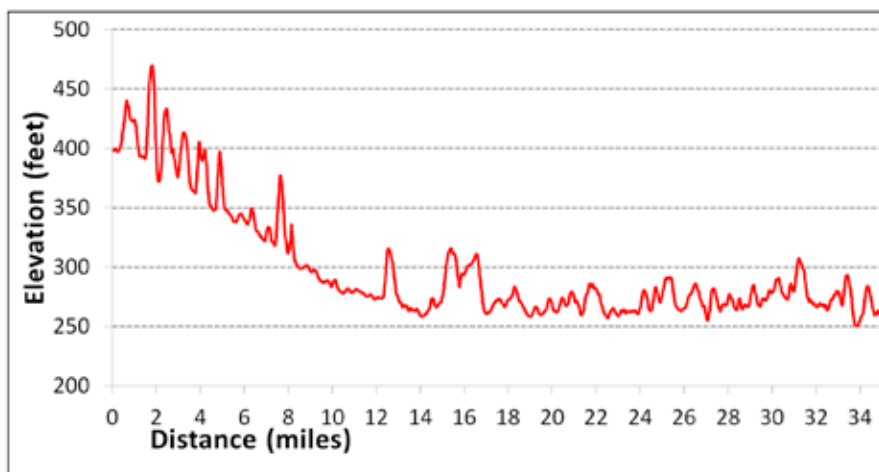
N35.94004, W78.58061

\*These parking lots have gates that may be locked at night or on weekends. Most have signs specifying what hours they are open.

*Note:* If you plan to park overnight, please make arrangements with the land managing agency for that lot.



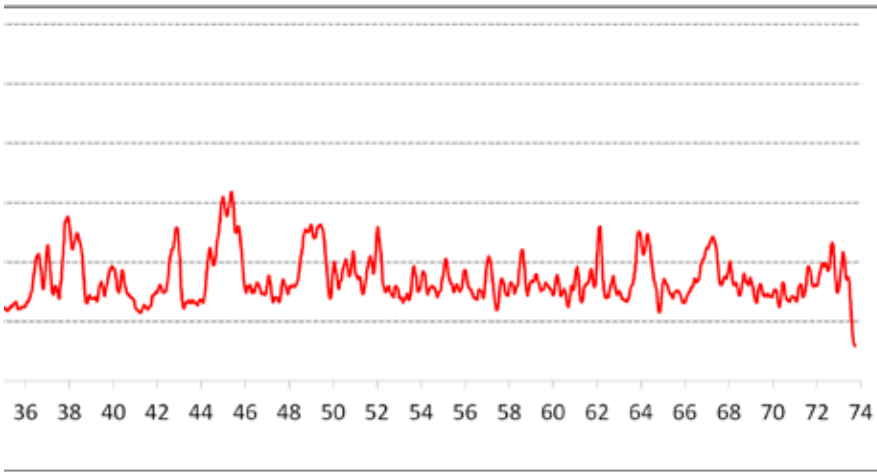
## Segment 10 Eastbound



### Hiking Directions, Eastbound

- 0.0 Begin Segment 10 at Pleasant Green trailhead in Eno River State Park, off Pleasant Green Rd., immediately south of the Eno River crossing. This is also used as a put-in for canoes and kayaks. Begin trail by leaving lot on left. Cross under road, following river downstream, and enter woods on the other side. *Note:* The MST runs conjunctively with the park's Laurel Bluffs Trail (LBT), so you will follow both white dots and yellow blazes. To reach the trailhead and parking area by vehicle, take Exit 170 on I-85 and head north on US 70. (If you are coming from eastbound I-85, you will need to head south from the exit about ¼ mile, then make a U-turn.) Just north of I-85, where the US 70 median narrows, turn right on Pleasant Green Rd. The parking area will be on the left after 0.4 mile. **P**
- 0.4 Leave the river and ascend. Cross a small creek twice, the second time on a footbridge. The trail then enters a laurel thicket.
- 0.7 The trail enters a more open forest.
- 1.2 After some views of Eno River, traverse a pine forest. Leave the pine forest and begin to walk near the river.
- 1.4 The trail goes by several large rock piles and signage for the Eno Quarry. When you reach a trail junction with the Quarry Trail (blue

## Elevation Profile



blazes), the MST follows this trail conjunctively around the “lake,” which is actually a former quarry site.

- 1.6 The trail turns left to rock-hop Rhodes Creek. Start a slight ascent.
- 2.0 Reach a trail junction. One part of the red-blazed Cabe Lands Trail heads right to eventually join itself near the Howe St. trailhead in 0.4 mile. The MST turns left to join the other part of this trail on a partial rocky descent to the river.
- 2.1 Reach the Eno and turn right to follow a rocky treadway along the river.
- 2.3 After crossing 2 small footbridges, the MST turns right to ascend. An unmarked path to the left continues to follow the river.
- 2.5 Reach a trail junction with the Cabe Lands Trail. The MST/LBT (white dots + yellow blazes) heads left. The Cabe Lands Trail goes right and slightly uphill, reaching parking at the Howe St. trailhead in about 0.2 mile. **P**
- 2.7 Pass an unmarked trail on the right, which goes 0.3 mile to the Howe St. lot. The MST continues left. After a short descent, pass another unmarked path (left), which goes down to the river to meet the path mentioned in Mile 2.3. The MST heads to the right on a descent.
- 2.8 Use a footbridge to cross a small creek. Ascend and traverse a laurel thicket. The river can be seen and heard below.

- 3.0 Pass a plaque honoring Ann Zener, an Eno River preservationist, as the trail begins a descent from the ridgeline.
- 3.1 Reach the Eno and turn right to walk beside it. The trail moves away from the river. Use a footbridge to cross a water run. Eventually begin an ascent and pass by the remains of a homesite.
- 3.4 During a ridgeline traverse, cross a small creek on a footbridge.
- 3.7 Return to walk along the river.
- 3.9 A sign informs you that you're entering Durham County.
- 4.1 Begin an ascent by a bend in the river with a stand of laurel and holly on top. Descend and then start another ridgeline ascent.
- 4.3 Cross a footbridge over a small creek.
- 4.6 Reach the river and turn right to walk beside it. Cross a footbridge over a water run. To the right are the remains of a small stone water-pump house. Some rapids are to your left.
- 4.8 Walk under Cole Mill Rd. and pass by some rapids.
- 5.0 Near the river, cross a footbridge over a small creek and start to ascend, passing through some more laurel.
- 5.2 The trail passes under a power line. Descend and reach the river.
- 5.4 Reach a junction with the red-blazed Pump Station Trail. This trail goes right up the hill for 0.5 mile to a trailhead at gravel Rivermont Rd. The MST runs conjunctively with the left-hand branch of this trail, running near the river.
- 5.9 The trail moves away from the Eno. It crosses Nancy Rhodes Creek on a footbridge. Notice the remains of a dam here.
- 6.0 After crossing a small footbridge and passing the ruins of the pump station (former Durham water supply), arrive at a trail junction. The Pump Station Trail to right leads approximately 0.3 mile uphill to Rivermont Rd. The MST and LBT (white dots + yellow blazes) continue to the left.
- 6.3 Pass an unmarked path to the right leading to a residential area.
- 6.4 The trail turns right to go through an area cleared for underground optic cable. Cross a small creek with the aid of some corrugated pipes.
- 7.0 Cross a boardwalk over a small creek. Pass by a rock face with a view of some river rapids; a nice place to take a break.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic



Sedge on a dry lake bottom creates a rainbow of colors.  
Photo by Liz King

- 7.4 Use a pair of boardwalks to cross a set of water runs as the trail ascends. Descend and cross a creek with some pretty cascades. Start a moderate ascent.
- 7.6 Reach a rocky bluff with a good view of the river below.
- 7.9 After returning to the Eno, cross a small creek on stepping stones and start a steep ascent.
- 8.1 The trail turns left by a wooden directional post. To the right, an unmarked path leads to a residential area. Walk past the remains of a homesite as the trail heads back down to the river and passes the remains of a dam.
- 8.5 As the MST traverses an old mill sluice, pass by a millstone and other remnants of a former gristmill. Cross two boardwalks and ascend



Camping



Lodging



Parking



Food



Restrooms









Supplies



Water



Picnic

- on steps to reach Guess Rd., leaving the state park. Turn left onto the sidewalk, heading north over the bridge to cross the Eno.
- 8.6 At the end of the guardrail, the trail turns left onto a footpath. It goes left to descend on steps back down to the river. At the bottom of the steps, head left to cross under the bridge on a rocky treadway.
  - 8.9 Pass some rapids; there is a rock wall on the opposite bank. Reach a junction with an unmarked path to the left. This leads gently uphill 0.2 mile to parking by the Eno River Association's headquarters on Guess Rd. The MST continues right, going by several benches along the river. 
  - 9.1 By a bench, reach a trail junction with the blue-blazed Eagle Trail. The left fork of Eagle Trail heads 0.7 mile uphill to the Eno River Association's headquarters. The MST runs conjunctively with the right branch to continue downstream.
  - 9.3 Cross a creek bed on a footbridge.
  - 9.7 Reach a rocky area known as Sennett Hole, a popular place for cooling off during the heat of summer. Stay to the left, then go to the right, as the trail widens when it continues downstream.
  - 9.9 Near an open area, reach a sewer easement as the MST turns left to follow an old roadbed.
  - 10.2 Turn right by a bench for a slight descent. Cross Crooked Creek on stepping stones. Return to the sewer easement as the trail turns left by a view of the dam.
  - 10.3 Reach pavement and a trail junction. The MST continues right on a footpath to cross under a pedestrian bridge and then North Roxboro Rd. *Note:* To get to parking, follow the paved walkway 0.1 mile left, then a short right to the lot and the street. Restaurants and a grocery store are approximately 0.2-0.3 mile left (north) on North Roxboro Rd. Additional parking, restrooms, and water can be found by heading straight from the MST trail junction to walk across the pedestrian bridge to the mill area of West Point on the Eno (a Durham city park). The walkway ends at a gravel road at which you turn right to follow a short path to restrooms and water (total distance from MST is less than 0.3 mile).     
  - 10.7 On a short boardwalk, cross the first of three drainage outlets. Use a footbridge to cross the second one.

- 10.9 Cross the third drainage outlet on a footbridge. The trail crosses a small creek in a deep depression and then exits the woods by a picnic pavilion to enter River Forest Park (a Durham city park). Turn right on the paved path. Pass through a gate to exit the park and follow a sewer line easement. *Note:* Parking is accessed by following the paved walkway left from the pavilion, less than 0.1 mile from the MST junction. **P**
- 11.4 Turn left off the easement to cross a narrow, deep creek on a footbridge. On the other side of the bridge, the trail turns right to follow another wide easement.
- 12.4 The trail turns right off the easement to re-enter woods. Reach the river and head left to walk along it.
- 12.6 Trail turns away from the river. Cross a narrow roadbed.
- 12.9 After crossing a small creek on stepping stones, walk across a wide utility easement. The trail narrows as it goes through an area of young growth. Pass the remains of a shack.
- 13.1 Cross a small water run.
- 13.6 As the trail reaches the river, cross a wide water-line easement.
- 13.7 At some trail signage, reach a junction with the George Pyne Trail as you enter Penny's Bend Nature Preserve. To the left, the path heads uphill to join the Cash's Point Trail, while the MST follows the right leg to continue along the Eno.
- 13.9 After walking through a rocky area, the trail goes by a large fallen tree, which was cut to allow clear passage.
- 14.1 The MST stays to the right at a junction with an unmarked trail, left.
- 14.4 Pass through the remains of more fallen trees, which were cut to allow trail passage. Some small rapids may be seen in the river.
- 14.9 Pass an unmarked path to left (this heads uphill to Cash's Point Trail) as the MST continues on the right.
- 15.1 After using a small footbridge to cross a water run, pass by a signboard and reach a parking area by Snow Hill Rd. The trail continues by heading right to reach Old Oxford Rd. Carefully cross this road and turn right (south) to cross the bridge over the Eno. **P**
- 15.2 At the end of the guardrail, turn left into the woods by trail signage. You are now starting the Falls Lake Trail, running conjunctively with the MST.



Camping



Lodging



Parking



Food



Restrooms




Supplies



Water



Picnic

- 15.4 After paralleling a creek, the trail turns left to cross over a large drainage pipe. Cross some abandoned railroad tracks and pass an old boundary marker.
- 16.2 At a junction, stay left to remain on the MST. The trail becomes a wide path, passing a small clearing, left, with views of the Eno below.
- 16.3 The trail turns left to leave the wide path and start a short descent.
- 16.4 Cross a water run on stepping stones.
- 16.8 Cross a wide roadbed, then a water run, on a narrow footpath.
- 17.0 The trail turns left onto a roadbed. It passes a swampy area, left. At a junction of several paths, the MST stays straight to pass through an open area.
- 17.5 The trail turns left off the roadbed to parallel it. To the left is the Eno far below. Start a small descent to lower ground.
- 17.6 The path has a narrow-cut passage through a large, fallen tree as the trail goes through an open forest.
- 17.8 Cross a wide roadbed.
- 17.9 Cross two creeks on two footbridges.
- 18.1 Just before crossing an old roadbed, reach a trail junction, right. *Note:* This blue-blazed path goes 0.1 mile to reach a campsite (7 sites, central fire ring, picnic table but no water or toilet facilities) on private land. Make sure to follow all posted rules! 
- 18.5 After passing under a power line, cross a small creek (may be dry).
- 18.9 Start to walk along a large farm field as the trail traverses a denser forest.
- 19.0 Leave the farm-field area as the trail heads left and then turns right to walk on roadbed.
- 19.2 Step over a chain barrier to reach a signboard at a small parking area next to Red Mill Rd. Cross to the other side of the road and turn right for about 100 feet to walk along the road's shoulder before heading left back into the woods.
- 19.7 Cross the last of two small creeks on boardwalks as the trail traverses an area of wetlands.
- 20.4 After crossing the edge of a small pond, walk along a tributary of the Eno.
- 20.6 After walking through a clump of woods between two fields, the trail turns slightly left to reach a trail marker at the edge of a large field.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic




- Head right to walk along the edge of the field. Turn left by a clear area and go across it.
- 20.8 By another trail marker cross under a small utility line as the MST re-enters the woods. Cross a small creek.
  - 21.2 After crossing through another field, reach an arm of Falls Lake, left.
  - 21.3 Exit woods and turn left to walk through another field.
  - 21.5 Hop across a small creek.
  - 21.7 By the edge of the lake, cross under a power line.
  - 22.0 The trail goes across an old, overgrown roadbed.
  - 22.2 Reach a lake view, left.
  - 22.4 After walking along the edge of a field, at one point using a boardwalk to traverse a wet section, ascend slightly to cross the tracks of an old spur line.
  - 22.6 The trail now parallels another railroad track as the footpath narrows to pass between two large trees.
  - 22.8 Pass to the left of several abandoned buildings. Cross under a large power line.
  - 23.3 Near the point that Ellerbe Creek enters Falls Lake, reach a lake view with a functioning trestle on the other side.
  - 23.5 Cross a small creek on a footbridge.
  - 23.7 After passing the remains of a railroad trestle and exiting the woods, take a sharp left onto a gravel road by a transmission tower. The trail follows this gravel road to pass to the left of another tower before passing left of an orange marker to re-enter the woods.
  - 24.0 Use a footbridge to cross a small creek.
  - 24.2 Turn slightly left to cross a chain blocking vehicular access to a field. You have reached Red Mill Rd. by Ellerbe Creek. The trail turns left to cross the bridge over the creek.
  - 24.3 On the other side of the creek, turn left to re-enter the woods. Pass the remains of an old fence.
  - 24.8 On a footbridge, then a boardwalk, cross a wet area. Note the “hill” to the right, the result of a construction project. The MST turns left to walk along the edge of a large pond, right.
  - 25.0 By a power line, head right to leave the pond and walk on a roadbed.
  - 25.1 After turning left and then right on the roadbed, cross railroad tracks.





Map and elevation profile produced for Friends of the Mountains-to-Sea Trail by Curtis Belyea, 2018.



- 25.2 After heading right off the roadbed, the trail reaches the intersection of Tom Clark and Redwood Rds. The trail goes left to follow the latter.
- 25.3 The trail goes left to pass under a small utility line and go back into the woods.
- 25.6 Walk through a small depression.
- 25.8 The trail crosses a wide power-line clearing with a lake view, left. Cross a small creek on a makeshift log bridge.
- 26.0 After going through another small depression, the trail crosses an old, overgrown roadbed.
- 26.4 Exit woods and turn quick left onto a roadbed, then head right to pass through a tunnel under I-85. On the other side of the tunnel, turn left to ascend on steps. You are now walking along a fence that separates walkers from the interstate.
- 26.6 Pass by an old stone boundary marker. Turn right, away from the fence, and reach parking at the gated end of East Geer St. The trail continues on the other side of the barrier. 
- 26.8 After walking along a power-line right-of-way, turn right into the woods.
- 27.0 After passing through a large depression, cross the remains of a roadbed.
- 27.1 On a footbridge, cross a creek bed.
- 27.4 Cross another old roadbed.
- 27.7 After exiting woods, the trail turns left to reach the parking area for Hickory Hill Boat Ramp. Turn right to walk along this parking area and re-enter woods. Road to right goes out to Redwood Rd. 
- 28.0 Cross two small creeks on footbridges.
- 28.1 Exit woods and reach Redwood Rd. The trail turns left by the guard-rail to cross the causeway on the road's shoulder, then left again to head back into the woods.
- 28.4 After turning left onto an open path, pass the remains of a structure. Pass the remnants of a shack, left.
- 28.5 By a trail post, turn right onto a narrower footpath. Reach a signed trail junction, left. The MST stays right. *Note:* A set of 7 campsites is within 100-180 feet. No water or restrooms are available and no fires are allowed. Only cookstoves may be used! 



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic

- 28.7 After the trail goes right, walk along the lake's edge for a short distance.
- 29.0 Cross a creek bed on a footbridge. The trail turns left on the other side of the creek bed. After heading right by the remains of several trees, reach an open area by a cove.
- 29.4 Exit woods and reach Hereford Rd. Head left by the guardrail to walk along the road's shoulder.
- 29.6 At the end of guardrail, the trail goes left to re-enter woods.
- 29.8 Start to pass by several lake views, left.
- 30.3 After passing through several areas bordered by heavy growth, walk by the edge of a field. The trail curves to the left and crosses an open area.
- 30.5 Reach Cheek Rd. The trail goes across the road and turns right along the road's shoulder for about 70 yards. Head left to re-enter woods. Cross a short boardwalk.
- 30.9 Walk through an open area. Cross a short boardwalk and then a footbridge over a small depression. Cross another bridge over a creek bed.
- 31.4 The trail enters a field with a power line. Turn left by one of the towers to walk along the edge of the field. Pass a lake view by a bench, left.
- 31.7 Turn left to re-enter woods. Cross a small creek on a footbridge.
- 32.0 After going across a footbridge, use a second footbridge to cross a water run while going through a power-line clearing.
- 32.3 After crossing a creek on a footbridge, go through a narrow, overgrown roadbed.
- 32.5 Exit woods to left and follow a roadbed. Reach another roadbed and turn right onto it to enter a more open forest.
- 32.8 Cross a small boardwalk.
- 33.2 Exit woods. By the lakeshore, veer left onto a roadbed.
- 33.4 Turn left off an unmarked path and cross a footpath, the remains of a roadbed. About 130 yards to the right is the dead end of Shaw Rd.
- 33.5 After crossing a water run on a footbridge, go through a power-line clearing. Cross a creek on another footbridge.
- 34.0 Cross an unmarked path.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water











Picnic



Noisy rapids along the trail

Photo by PJ Wetzel, [www.pjwetzel.com](http://www.pjwetzel.com)

- 34.2 After heading right to stay on the trail, go through an open area. Cross a footbridge over a small creek.
- 34.7 Cross through some trees cut for the trail's passage. By a trail marker, turn left onto a more open path (right is a 0.2-mile connector to Rogers Rd.).
- 35.0 Exit woods and traverse a section of wetlands on a long boardwalk. This is a wide, open area with a large expanse of water and great views of the lake on both sides.
- 35.3 After crossing Little Lick Creek on a large footbridge, reach a power line by a gravel roadbed. Turn left to re-enter woods (right on the roadbed leads 0.2 mile to Santee Rd.).
- 35.5 Cross under a power line.
- 35.7 The trail crosses a narrow path after going over a roadbed.
- 35.9 Exit woods onto a gravel road. The trail turns left onto this road. Pass by a small pond, right, then head left back into the woods.

- 36.2 After walking near the lakeshore, veer right by a residence and pass some trail signage.
- 36.5 Cross another overgrown roadbed. Cross a small creek on stepping stones.
- 36.7 Cross an overgrown roadbed (right is a horse pasture). The trail begins to parallel this.
- 36.9 Turn left by a private residence and leave the horse farm. The trail turns right and continues by the lake (views).
- 37.1 Start to move away from the lake and cross a roadbed.
- 37.5 After crossing the opening of a drainage pipe, the trail turns left as it starts to parallel a gravel road, right.
- 37.7 Pass through a slightly open area with lake views, left.
- 37.9 The trail narrows to pass by several residences. Come out by the lakeshore and turn right to descend steps and return to the woods.
- 38.4 After going through trees cut to allow trail passage, reach more lake views, left. After a slight descent, use the top of a rock face to cross a small creek.
- 38.7 Pass a junction with an unmarked path, right. Cross a small creek then another creek in a low-lying section. *Note:* You are entering state-park lands.
- 39.2 Before crossing a small creek bed, reach a junction with a blue-blazed trail on the right. That trail goes 0.5 mile uphill to a parking area off Baptist Rd. 
- 39.5 Exit woods onto the entrance road to Rolling View Recreation Area. The trail turns right to travel past the entrance station to reach Baptist Rd. *Note:* Water, restrooms, and camping (fee) are available on a side road, left, just before the entrance station. The distance from the MST is 0.4 mile for the closest sites.   
- 39.7 The trail turns left into the woods, just past the entrance station. *Note:* Food and supplies are 1.2 miles to the left, down Falls Lake Rd. The hiker's lot is to your right, 0.3 mile on Baptist Rd.   
- 39.9 After crossing a footbridge, go over a creek bed. Reach junction with a blue-blazed trail, right, going 0.3 mile to the Baptist Rd. hiker's lot. The MST stays left. 
- 40.5 Cross an open roadbed.



- 40.6 After exiting state-park land, skirt the lake's shoreline as the trail turns right onto an old roadbed by the lake (good views here).
- 41.1 The trail turns left to cross a creek on a footbridge.
- 41.4 Exit woods and turn right to walk along a wide roadbed. Go left to leave the roadbed as the trail crosses a creek bed.
- 41.7 After crossing a roadbed in an open area, cross another one.
- 42.0 After going under some power lines, cross a feeder creek. Go through a wet area, the result of beaver activity, on a series of boardwalks.
- 42.4 Cross an old roadbed.
- 42.7 Cross a creek on a footbridge, as the trail heads to the left, following the creek and soon turning right to leave it.
- 42.8 Pass a trail register as the path enters an area of dense, young forest. Cross a culvert and arrive at NC 98. The trail turns left to walk along the shoulder of the road.
- 43.3 After crossing Lick Creek, the trail turns left off the road by a signboard.
- 43.6 After crossing several water runs, the trail turns right onto the remains of a wide roadbed.
- 43.8 Cross a boardwalk. After this, the trail reverts to a narrower footpath.
- 44.0 After passing through the cut-through remains of a downed tree, cross a creek bed.
- 44.3 Cross a feeder creek. Leave the footpath and turn right to walk on an old roadbed.
- 44.6 Pass a pond, right. Turn right off of this roadbed onto another roadbed.
- 44.9 Reach the gated barrier at the end of gravel Boyce Mill Rd. The trail crosses this road and turns left into the woods.
- 45.2 After a descent, the trail follows the remains of an old roadbed, eventually passing the remnants of a shed. It then heads left to rock-hop wide Laurel Creek.
- 45.7 After turning left to cross a water run, go right by some trail signage.
- 45.8 Turn left to cross a creek on a footbridge. Soon the lake comes into view.
- 46.0 Cross another creek on a footbridge.



Camping



Lodging



Parking



Food



Restrooms




Supplies



Water



Picnic

- 46.3 The trail turns left. Arrive at the remains of a homesite, with a tobacco barn still standing. Next cross a roadbed.
- 46.7 After going through an open area, cross a creek bed and turn left.
- 47.3 After traversing an area of moderately open forest, cross an unmarked footpath next to trail signage. Cross a small creek on stepping stones.
- 47.7 After walking beside the creek, pass left of a bend in the creek with a pretty cascade.
- 48.2 As the trail starts to curve around a cove, the lake comes into full view. You will spot Rolling View Marina across the lake.
- 48.7 As the trail turns left, walk through a low-lying area.
- 48.9 After crossing an old roadbed, the trail turns left.
- 49.5 Use a footbridge to cross a small creek.
- 49.9 Cross a small feeder creek. Walk between two large, downed trees.
- 50.1 Exit woods by a power-line cut and head left to follow the cut. Turn left back into woods as the trail goes near the lake.
- 50.5 Exit woods and reach a guardrail at NC 50. Cross this busy road as the trail turns right to walk along the road's shoulder. Turn left by a gravel parking area and pass a signboard before re-entering the woods. 
- 50.7 Cross a paved road (left goes to Falls Lake Information Center). Cross another paved road.
- 51.1 Cross a gravel service road. By trail signage, exit state-park lands as the trail goes left onto a roadbed. Turn right at a junction with another roadbed and follow this road.
- 51.5 The trail turns right off the roadbed onto a footpath. Cross a creek bed on a footbridge.
- 51.7 Cross the roadbed as the trail goes around the remains of an old farm site. Reach another roadbed and turn left to follow it.
- 51.9 Stay straight at a junction of several roadbeds. The roadbed soon narrows.
- 52.1 Pass some old stone boundary markers on the right.
- 52.3 Descend to cross a creek on a footbridge. The trail now turns left to follow beside the creek.
- 52.6 After ascending to reach a ridge, which offers views of the lake, descend to cross a short plank walkway.



Camping



Lodging



Parking



Food



Restrooms



Supplies







Water



Picnic







- 52.8 Reach lake views, left. Turn left to cross the outlet of a small pond.
- 53.4 After some minor ups and downs, ascend and cross Ghoston Rd.
- 53.6 Cross a footbridge.
- 53.7 Cross another small footbridge.
- 53.9 After a slight ascent and then a descent, reach New Light Rd. Cross it and turn right to walk along the grassy shoulder, than left into the woods.
- 54.0 Cross through a large depression.
- 54.4 Cross a small footbridge and begin to ascend (you are now on state-park lands).
- 54.6 Pass by the old Norwood family cemetery plot on the right. Reach the parking area for Shinleaf Recreation Area by going left. The trail goes straight across the road to a gravel road where it turns right into the woods. *Note:* Water and restrooms are on left at end of lot. Camping (fee) with walk-in sites is also to the left (all sites are within 0.25 mile of MST). Campsites are open March 15 to October 31.    
- 54.9 At the end of a cove, cross a small creek on a footbridge as the trail heads to the left.
- 55.2 Exit state-park lands as the trail crosses a small inlet by the end of a cove. Cross a high footbridge over a small creek.
- 55.8 At the end of a cove, after crossing another high footbridge with a stairway, the trail narrows as it rounds a bend to go over a second footbridge.
- 56.6 Reach lake views, which will continue for some time.
- 56.9 By another cove, cross a footbridge.
- 57.1 After going through a narrow roadbed, cross an older, low-lying footbridge with a sloping handrail.
- 57.4 After crossing a footbridge without handrails, traverse a wide, open roadbed.
- 57.5 The trail goes straight across a wide power-line cut. Reach a gravel pull-off at NC 98. Cross this very busy road and turn right to walk along the grassy shoulder.
- 57.7 At the end of a guardrail, turn left for a slight ascent, then a descent into the woods. Walk between two elongated mounds of earth.

- 57.8 Reach the paved roadbed for “old NC 98” and turn right to follow it. Soon pass under a small utility line.
- 57.9 The trail takes a left to turn off the roadbed and re-enter woods on a wide path. After a slight descent, the trail goes left to cross a creek bed on a footbridge by the end of a cove.
- 58.3 After crossing a small creek, the trail curves around a cove.
- 58.7 Go through a low area and ascend slightly.
- 58.8 Cross under a power line as the trail starts to skirt around a cove. Stay straight by some posts to again cross under the power line. The trail will descend slightly to the right and then head left to re-enter the woods.
- 59.1 Exit woods to cross a second power-line clearcut near a cove. After going back into the woods, the trail will start a slight descent.
- 59.3 After crossing a small creek and turning left to cross a pipe conduit, enter a small clearing. The trail goes to the right on a slight uphill grade. Cross a creek bed.



Running the MST  
Photo by Duncan Hoge

- 59.4 After a slight descent and rock-hopping a small creek, the trail ascends. Head to the right and cross an L-shaped footbridge.
- 59.6 Cross another power-line clear-cut. The trail enters a pine forest as it turns left onto a more open path.
- 59.9 By a signboard, exit woods and reach the overflow lot for the Barton Creek Boat Ramp. Go straight across the lot to re-enter woods. 
- 60.0 Reach a gravel pull-off on Six Forks Rd. Turn left and cross the causeway on the road's shoulder.
- 60.3 The trail turns left to walk up steps to re-enter woods. You have now entered Blue Jay Point Park, a Wake County park.
- 60.6 Cross one footbridge and then a second one at the end of a cove.
- 61.0 By the lake, cross two footbridges, with a bench between them. The trail starts a moderate ascent. Pass a bench, then reach a junction where the trail to the right leads to the Education Center. Cross a bridge over a creek bed. The lake is to the left, below you.
- 61.3 Cross a park road at a parking area with a signboard. The trail goes left back into the woods. Turn right onto a wide path, which is the blue-blazed Sandy Point Trail. The MST follows this for about 100 yards and then goes right onto a narrow footpath. *Note:* Water and restrooms are at the Education Center less than 0.1 mile down the road to your right.   
- 61.8 After crossing a narrow footbridge, the trail turns left to join the yellow-blazed Laurel Loop Trail on a wider footpath.
- 62.0 After staying left at another trail junction, head straight where a red-blazed trail goes off to the right.
- 62.3 After staying left, as the red-blazed trail heads off to the right, cross a small footbridge before passing a split-rail fence. Cross the gravel, blue-blazed Blue Jay Point Trail.
- 62.6 After crossing another footbridge, the trail heads left to ascend steps with a railing. Lake views come up on your left.
- 62.9 Cross Beaver Point Trail, a wide, blue-blazed footpath. The trail now goes over several footbridges in an area with evidence of the ravages of Hurricanes Fran (1996) and Floyd (1999).
- 63.2 The trail turns left to cross a footbridge near the end of a cove. Continue left on a short ascent to eventually cross a short plank walkway.



Camping



Lodging



Parking



Food



Restrooms







Supplies



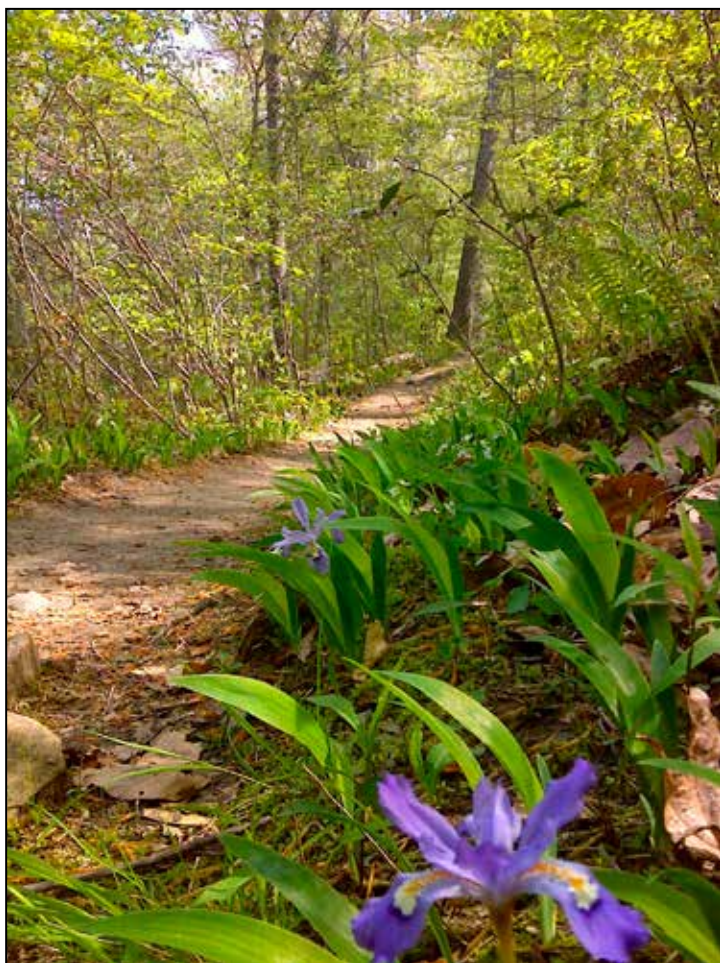
Water



Picnic




- 63.5 Exit woods and Blue Jay Point County Park to arrive at Six Forks Rd. again. Head left to walk across the causeway on the shoulder.
- 63.8 At the end of a guardrail, the trail turns left down a rock-lined drainage ditch to go back into the woods.
- 64.1 Cross a small creek on a footbridge.
- 64.3 By the lake, use another footbridge to cross a small creek.
- 64.7 As the trail crosses a short plank walkway, enter state-park lands.
- 64.9 Cross a creek bed on a small footbridge.
- 65.1 Reach a paved road at the Yorkshire Center, an N.C. Parks and Recreation facility. Bayleaf Church Rd., right, ends here. The trail turns right to cross this road and re-enters the woods next to a signboard. *Note:* Water, restrooms, and parking are available at the center, to your left, Monday to Friday, 8 AM to 5 PM.   
- 65.4 Cross a creek on a low footbridge. At the end of a cove, the trail crosses a footbridge over a creek to leave state-park lands. Turn left for an ascent. You enter an area of profuse laurel and holly as the trail narrows.
- 66.2 Cross a narrow, old roadbed.
- 66.5 The trail turns sharp right near a lake promontory. There is a nice view a few steps to your left.
- 66.8 Cross a small creek on a footbridge, then walk across a roadbed.
- 67.3 After going past a wide roadbed and passing the remains of a rusted car by a wildlife clearing, note a former homesite, right.
- 67.6 Midway through a young pine forest, cross a wide roadbed, then continue straight past a trail junction. *Note:* At the trail junction, you can turn left on a blue-blazed path to reach a camping area on game lands 0.3 mile away. The camping area has 7 sites, cookstoves only, and no water. 
- 68.1 Arrive at Possum Track Rd. The trail turns left by the guardrail to go across the causeway on the road's shoulder.
- 68.3 Turn left to walk down a concrete culvert. The trail turns left onto a narrow path and follows this for the next 0.1 mile.
- 68.8 Cross a footbridge by a large drainage pipe. Possum Track Rd. is directly above you.
- 69.0 Cross a small creek on a footbridge.

- 69.5 After going over an old roadbed, cross a footbridge. Trail moves back to views of Falls Lake.
- 69.7 Cross a footbridge over a small creek.
- 70.1 After crossing a footbridge, ascend slightly.
- 70.5 Cross a low footbridge over a creek bed.
- 70.7 Cross some former logging roads.
- 70.9 Cross a paved access road. The trail crosses two footbridges.



Wild iris bloom along the trail  
Photo by PJ Wetzel, [www.pjwetzel.com](http://www.pjwetzel.com)



- 71.3 Reach the dead end of Possum Track Rd. The trail crosses this onto Red Fox Rd., a private gravel road. Reach the end of this road and re-enter woods.
- 71.7 Cross a low footbridge over a creek bed.
- 72.0 On stepping stones, cross a small creek.
- 72.4 Pass a pond, right.
- 72.7 Cross an old roadbed. To the left is a path to a former homesite on the lakeshore. Go over a small creek with a footbridge. In times of high water, a small cascade is visible to the right. You'll soon reach some lake views.
- 73.5 Cross a small footbridge as you skirt around a cove.
- 73.9 Reach Raven Ridge Rd. The trail turns left to cross the causeway on the shoulder.
- 74.1 At a gravel pull-off, turn left to re-enter woods by some trail signage.
- 74.5 After passing near the lake, the trail goes right and then left up a cove to parallel a creek. Turn left to cross the creek on a high footbridge. On the other side of the creek, head left on a gentle ascent. Reach a junction with a trail to Annie Louise Wilkerson Nature Preserve Park, a Raleigh city park, on the right. The MST stays left. *Note:* It is 0.4 mile to restrooms, water, and parking during posted hours.   
- 74.9 After crossing a footbridge over a small creek at a low point going around a cove, cross the creek again on another footbridge.
- 75.5 Cross another small creek on a footbridge. The trail ascends slightly.
- 76.0 Walk across a wide utility easement.
- 76.3 The trail turns right onto an open footpath, then quickly left off of it. The trail turns right to cross a small plank walkway over a feeder creek.
- 76.6 Reach a junction with a blue-blazed trail on the right. The MST stays left. This other trail goes 0.6 mile to bypass the Visitor Assistance Center before it rejoins the MST. The MST crosses a paved service road by the lake.
- 76.9 After climbing stairs, the trail turns right to follow a paved path for about 100 yards and then goes left to cross a paved road and enter an area of young-growth pine. On the other side of this pine forest,



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic






cross another section of the paved access road as the trail re-enters a short patch of woods. *Note:* Restrooms and water are within view to your left. 🚻 💧

- 77.2 After crossing a short boardwalk, the trail emerges from the woods to follow a wide gravel path (pay attention to trail signage through this section). This path turns left to end by the Falls Lake dam access road (the dam is left). The trail crosses this access road to re-enter woods.
- 77.4 A junction with the blue-blazed trail mentioned at Mile 76.4 is on the right. The MST heads to the left.
- 77.5 By some trail signage, turn right onto a gravel access road.
- 77.6 Reach the parking lot of the Tailrace Fishing Area, just below the dam, and the end of Segment 10. Old Falls of Neuse Rd. is to your right. *Note:* To reach the parking lot by vehicle, take Exit 14 from I-540 near Raleigh and head north on Falls of Neuse Rd. for 3.3 miles. Turn left on Old Falls of Neuse Rd. After 0.4 mile, just before crossing the Neuse River, turn left at the “Falls Tailrace Fishing Area” sign. The area has restrooms and water fountains. Overnight parking is prohibited unless prior approval has been granted; to request permission to park overnight, contact the U.S. Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil). 🅅 🚻 💧



A sign directs long-distance hikers to a campsite.  
Photo by Jeff Brewer

## Hiking Directions, Westbound

- 0.0 Begin Segment 10 at Tailrace Fishing Area parking lot, just below Falls Lake dam. MST starts across from the restrooms, by a gated access next to a signboard. Following white blazes, start on a gravel access road. Turn left at a signpost, onto a footpath. *Note:* To reach the parking lot by vehicle, take Exit 14 from I-540 near Raleigh and head north on Falls of Neuse Rd. for 3.3 miles. Turn left on Old Falls of Neuse Rd. After 0.4 mile, just before crossing the Neuse River, turn left at the “Falls Tailrace Fishing Area” sign. The area has restrooms and water fountains. Overnight parking is prohibited unless prior approval has been granted; to request permission to park overnight, contact the U.S. Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil).   
- 0.2 Stay right, as an alternate blue-blazed trail goes off to the left (this trail goes 0.6 mile, bypassing the Visitor Assistance Center, before rejoining the MST).
- 0.3 Cross a dam access road and turn right to walk on a wide, gravel path. Pay attention to trail signage through this section. Turn left off the gravel path into some woods, walking over a short section of boardwalk.
- 0.5 Reach another section of the access road and turn left, then a quick right to enter an area of pine growth. Cross the paved road and turn right onto a paved path. In about 100 yards, turn left off this path and down a set of stairs to continue on the MST *Note:* Restrooms and water are within view to your right.  
- 1.0 After crossing a paved service road by the lake, reach a trail junction, left, with the blue-blazed trail mentioned at Mile 0.2. The MST stays right.
- 1.2 Cross a small plank bridge over a feeder creek and turn left on the other side, then quickly right. Soon head left on a more open footpath, and then a quick left onto a narrower trail.
- 1.6 Walk across a wide utility easement.
- 2.1 Cross a small creek on a footbridge.
- 2.4 Use a second footbridge to cross another small creek and cross a third at a low point passing around a cove.



Camping



Lodging



Parking



Food



Restrooms



Supplies






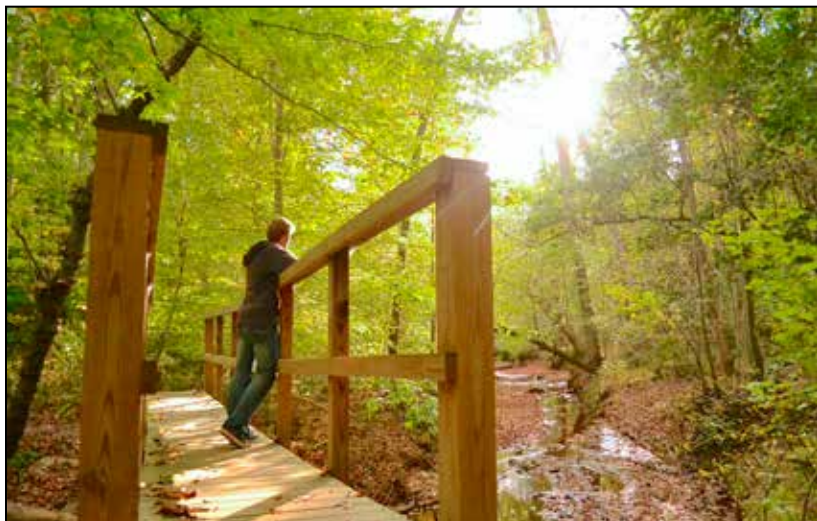
Water



Picnic







- 2.7 A trail to Annie Louise Wilkerson Nature Preserve Park goes left at a signboard. Stay straight for the MST. After a gentle descent, cross a creek on a footbridge as the MST turns right to walk beside the creek. The trail eventually returns to the lake. *Note:* It is 0.4 mile to restrooms, water, and parking during posted park hours.   
- 3.5 Reach a gravel pull-off at Raven Ridge Rd. The trail heads right to cross the causeway on the road's shoulder.
- 3.7 At the end of the guardrail, turn right 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 over a small creek. In times of high water, a small cascade is visible to the left. Cross an old roadbed. To the right is a path to a former homesite on the lakeshore.
- 5.2 Pass a pond on the left. A right trail leads to the lake; turn left to stay on MST.
- 5.6 On stepping stones, cross a small creek.
- 5.9 Cross a low footbridge over a dry creek bed.
- 6.3 After exiting the woods to Red Fox Run (a private, gravel road), reach a junction with the dead end of Possum Track Rd. The MST crosses this road and re-enters the woods.



Sun breaking through the trees

Photo by Miranda Knox

- 6.6 After going over two low-lying footbridges, cross a paved access road.
- 6.9 Cross some former logging roads.
- 7.1 Cross a low footbridge over a creek bed.
- 7.5 Walk over a longer footbridge. Catch a view of Falls Lake but soon leave it.
- 7.8 After crossing a footbridge over a small creek, move back to views of the lake.
- 8.1 Cross a footbridge and soon cross an old roadbed.
- 8.6 Cross a small creek on a footbridge.
- 8.8 By a cove, cross a footbridge near a large drainage pipe. Possum Track Rd. is directly above you.
- 9.3 After turning right off a narrow path, walk up a concrete culvert to arrive at Possum Track Rd. The trail turns right to walk across the causeway on the road's shoulder.
- 9.5 At the end of the guardrail, head right to re-enter the woods.
- 9.9 Midway through a pine forest, reach a trail junction. A right on this blue-blazed path leads 0.3 mile to a campsite on game lands. The MST stays straight to cross a wide roadbed. You will enter more open woodlands. *Note:* At the trail junction, you can turn right on a blue-blazed path to reach a camping area on game lands 0.3 mile away. The camping area has 7 sites, cookstoves only, and no water. 
- 10.3 Note a former homesite, left. Enter a wildlife clearing. The trail touches a wide roadbed and passes by the remains of a rusted car.
- 10.8 After crossing the roadbed, cross a small creek on a footbridge.
- 11.1 After returning to lake views, the trail turns sharp left by a promontory. There is a nice view a few steps to your right.
- 11.4 Cross a narrow, old roadbed. Enter an area of profuse laurel and holly.
- 12.0 At the end of a cove, cross a footbridge over a creek. You have now entered an area of state-park lands. Cross a creek bed on a low footbridge.
- 12.4 Reach the signboard at the paved road at the Yorkshire Center, an N.C. Parks and Recreation facility. Bayleaf Church Rd., left, ends here. Cross this road and turn left to re-enter woods. *Note:* Water, restrooms, and parking are available at the center, to your right, Monday to Friday, 8 AM to 5 PM.   
- 12.6 Cross a creek on a small footbridge.



Camping



Lodging



Parking



Food



Restrooms






Supplies



Water



Picnic

- 12.8 Cross a short plank walkway and leave state-park lands.
- 13.0 Using a footbridge, cross another creek.
- 13.2 By the lake, cross a small creek on another footbridge.
- 13.5 Cross another small creek on a footbridge.
- 13.7 Walk up a rock-lined drainage ditch to reach Six Forks Rd. The trail turns right to cross the causeway on the road's shoulder.
- 14.0 At a gravel pull-off at the end of a guardrail, head right to re-enter woods. Note the signboard welcoming you to Blue Jay Point County Park. After crossing a plank walkway, descend to cross a footbridge over a small creek near the end of a cove.
- 14.7 After going over several footbridges in an area with evidence of the ravages of Hurricanes Fran (1996) and Floyd (1999), cross the wide, blue-blazed Beaver Point Trail.
- 15.0 Descend on steps, with a railing, to cross a footbridge.
- 15.3 Cross the gravel, blue-blazed Blue Jay Point Trail (a right leads to the lakeshore). After passing a split-rail fence, cross a small footbridge and turn right to stay on the MST (red-blazed trail goes left).
- 15.5 Stay right at a junction with the yellow-blazed Laurel Loop Trail. The MST now runs conjunctively with this trail on a wider footpath.
- 15.7 Turn right as the Laurel Loop Trail heads off to the left. The trail narrows as you cross a narrow footbridge.
- 15.9 Reach the wide, blue-blazed Sandy Point Trail, as the MST turns left to run conjunctively with this trail for about 100 yards before heading left onto a narrower footpath. Reach a signboard by a parking area and turn right to cross a park road to re-enter woods. *Note:* Water and restrooms are at the Education Center, less than 0.1 mile down the road to your left.   
- 16.2 Cross a bridge over a creek bed. The lake is to your right, below you. At a bench, pass a junction, left, with a trail that leads to the Education Center. After a descent to the lake, cross two footbridges, with a bench between them.
- 16.6 Cross another footbridge by the end of a cove.
- 16.8 Cross yet another footbridge.
- 17.1 Walk down steps and reach Six Forks Rd., leaving the county park. Turn right to cross the causeway on the road's shoulder. The boat ramp is in view here.



Carolina anole

Photo by PJ Wetzel, [www.pjwetzel.com](http://www.pjwetzel.com)

- 17.4 At a gravel pull-off, head right to re-enter woods. Reach the overflow lot for the Barton Creek Boat Ramp. Walk straight across this to re-enter woods by a signboard. **P**
- 17.6 Turn left onto an old roadbed to enter a pine forest. Head to the right on a narrower footpath.
- 17.8 Pass under a power line at a clear-cut. After this, cross an L-shaped footbridge as the trail bends to the left to descend slightly, then rock-hop across a small creek.
- 18.1 Cross a dry creek bed. Go over a narrow roadbed to enter a small clearing. The MST heads left, and crosses a pipe conduit. The trail turns right across a small creek.
- 18.4 Cross a second power-line clear-cut near a cove.
- 18.6 Enter a third power-line clear-cut by another cove. To traverse this clear-cut, turn right, then quickly left for a slight ascent to cross a former access road. Stay straight, by some posts, to re-enter woods. After skirting around the cove, start to re-cross the power-line clear-cut and re-enter woods.
- 18.9 After a slight descent, pass through a low area.
- 19.3 After curving around a cove, cross a small creek.



Camping



Lodging



Parking



Food



Restrooms







Supplies



Water



Picnic

- 19.5 Cross a creek bed on a footbridge. Head left onto a wider footpath. Reach the roadbed for the paved old NC 98 and turn right onto this.
- 19.8 After crossing under a small utility line, turn left onto a footpath to walk between two elongated mounds of earth.
- 19.9 Descend to reach NC 98 at the end of a guardrail. The MST turns right to walk along the grassy shoulder. Use caution as you cross the road by a double-blazed utility pole.
- 20.0 Re-enter the woods by a gravel pull-off to the west of the causeway. The trail crosses a wide power-line cut to go back into woods.
- 20.2 Cross a wide, open roadbed. Cross a short footbridge, without handrails.
- 20.5 Cross an older footbridge, with a sloping handrail. Cross a narrow roadbed.
- 20.7 By a cove, cross a footbridge.
- 21.0 Reach lake views, right. These views will continue for some time.
- 21.5 Near the end of a cove, cross a high footbridge. Around the bend, cross a footbridge with a series of steps.
- 22.3 Cross a high footbridge over a small creek and soon rock-hop a small inlet by the end of a cove, entering a section of state-park lands.
- 22.7 Cross a low-lying footbridge over a small creek by the end of a cove.
- 23.0 Reach a gravel road at Shinleaf Recreation Area. The trail turns left and passes a vehicle gate to cross a paved road and re-enter woods. Pass the old Norwood family cemetery plot before starting a descent. *Note:* Water, restrooms, and parking are on the left at the end of the lot. Camping (fee) with walk-in sites is also in this direction (all sites are within 0.25 mile). Campsites are open March 15 to October 31.    
- 23.2 Cross a small footbridge.
- 23.6 After crossing through a large depression, reach New Light Rd. The MST heads right to walk along the road's shoulder.
- 23.7 Turn left to cross the road and enter woods. After a slight descent, cross a small footbridge.
- 24.0 Cross another footbridge.
- 24.2 Cross Ghoston Rd. and re-enter woods.
- 24.7 After some minor ups and downs, cross the outlet of a small pond on a footbridge. Reach views of Falls Lake.

- 25.0 Cross a short plank walkway and ascend to reach a ridge.
- 25.3 After walking along a creek, turn right to cross the creek on a footbridge.
- 25.5 On a slight ascent along a narrow roadbed, pass some old stone markers.
- 25.7 The MST stays straight at a junction of several wide roadbeds. Head right off the roadbed to go around an old farm site, passing the remains of a tin shed.
- 25.9 Cross a wide roadbed. Cross a creek bed on a footbridge.
- 26.1 Reach the roadbed again and turn left to follow it. Head left at a junction of roadbeds. In about 20-30 yards, turn left again, leaving the roadbed and passing a marker designating state-park lands.
- 26.5 Cross a gravel service road.
- 26.8 After crossing a paved service road, go over another paved road (a right turn goes to Falls Lake Information Center).
- 27.0 Reach a signboard and gravel parking area on NC 50. Cross this busy road and head right to walk along the road shoulder, then turn left to re-enter woods at the beginning of a guardrail. **P**
- 27.4 Reach a power-line cut and turn right to follow the cut. By a pole, head right, back into the woods.
- 27.6 Walk between two large, downed trees, both to the side of the trail. Cross a small feeder creek.
- 28.1 Use a footbridge to cross a small creek.
- 28.3 The MST turns right. Cross an old roadbed.
- 28.5 After going through a low area, the trail turns right.
- 28.8 Cross a narrow footpath.
- 29.0 After catching a glimpse of Rolling View Marina, across the lake, the trail starts to curve around a cove.
- 29.5 The trail passes right of a creek with a pretty cascade and starts to travel beside the creek.
- 29.9 Cross the creek on stepping stones. Pass a footpath by some trail signage.
- 30.9 The trail turns right to cross a creek bed, then goes through an open area of woodland.
- 31.1 Cross a wide roadbed. Pass through the remains of a homesite, with a tobacco barn still standing. The trail heads to the right.



Camping



Lodging



Parking



Food



Restrooms



Supplies












Water



Picnic

- 31.4 Cross a creek on a footbridge.
- 31.6 After Falls Lake comes into view, cross another creek on a footbridge.
- 31.9 After heading left at some trail signage, the MST heads right to cross a water run.
- 32.1 Rock-hop the wide Laurel Creek. Head right to pass the remnants of a shed and follow the remains of an old roadbed, eventually starting a mild ascent.
- 32.7 The MST reaches the gated end of gravel Boyce Mill Rd. and turns right to go around this barrier and follow a roadbed.
- 32.9 After heading left off the roadbed, begin to follow another roadbed as you pass by a pond. Eventually, as the roadbed curves to the right, the trail goes left to enter a forested footpath.
- 33.3 Cross a feeder creek.
- 33.6 Cross a small creek bed. Go through the cut remains of a large, downed tree.
- 33.8 Cross a boardwalk as the trail now travels on the remains of a wide roadbed.
- 34.0 Turn right off the roadbed, near Lick Creek, and soon cross a water run.
- 34.0 Cross a water run as the trail turns left off the path onto a narrower one.
- 34.3 The MST arrives at NC 98 by Lick Creek. Turn right to walk along the road's shoulder.
- 34.6 Turn right to cross a culvert as the trail enters an area of dense, young forest growth.
- 34.8 Pass a trail register as the forest becomes somewhat more open. The trail turns left to follow a creek.
- 34.9 Cross the creek on a footbridge and head to the right.
- 35.2 Pass through an old roadbed.
- 35.4 Go through a wet area, the result of beaver activity, on a series of boardwalks.
- 35.6 After crossing a feeder creek, the trail goes under some power lines.
- 35.8 Cross an old roadbed and then pass through another roadbed at an open area.



- 36.3 Cross a creek bed and then junction with a wide roadbed. The trail heads right to walk along the creek and then left to re-enter the woods.
- 36.5 Use a footbridge to go over a wide creek.
- 36.9 After following an old roadbed by the lake, the trail turns left off of it to skirt the shoreline. You soon enter state-park lands.
- 37.1 Cross another open roadbed.
- 37.5 Reach a junction with a blue-blazed trail, left, which goes 0.3 mile to a parking area off Baptist Rd. The MST stays right. Cross a creek bed and then a footbridge. 
- 37.9 Reach Baptist Rd. at the entrance to Rolling View Recreation Area. The MST crosses the road and turns right to pass the entrance station. *Note:* Food and supplies are 1.2 miles to the right, just before the entrance station, down Falls Lake Rd. The hiker's lot is to your left, 0.3 mile on Baptist Rd. Water, restrooms, and camping (fee) are available on a side road, right just after the entrance station. The distance from the MST is 0.4 mile to the closest sites.       
 
- 38.1 After following the entrance road, the trail turns left to re-enter the woods.
- 38.3 Cross a small creek. You reach a junction with a blue-blazed path to the left. It is 0.5 mile to the parking lot off Baptist Rd. As the MST heads right, shortly pass through a low-lying, wet area. 
- 38.5 Cross one creek bed and soon another one in a low-lying area.
- 38.7 Cross a small creek and then an old roadbed, leaving state-park lands.
- 39.1 After crossing a small creek at the top of a rock face, the MST makes a slight ascent to reach some lake views. Pass through the remains of some trees cut to allow passage of the trail.
- 39.6 Near the lakeshore, turn left to walk up steps and pass by some private residences. The trail becomes narrow through here.
- 39.8 Pass by a slightly open area with lake views, which will continue for a short distance as the MST starts to move away from the lake.
- 40.0 Within view of a gravel road, the trail goes right as it starts to parallel the road. The trail crosses a drainage pipe to eventually make another right to leave the road.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic





A view of Falls Lake

Photo by PJ Wetzel, [www.pjwetzel.com](http://www.pjwetzel.com)

- 40.5 Cross a roadbed, which comes from a residence. Start to walk by the lakeshore, eventually crossing a path from another residence.
- 40.7 Head left, away from the lake shore. The trail heads right to parallel a horse pasture.
- 41.0 Cross a roadbed (a horse pasture is on the left).
- 41.1 Cross a small creek. Cross an overgrown roadbed.
- 41.3 The trail goes by signage and stays to the left by a residence. Start to walk near the lakeshore.
- 41.5 The trail reaches a gravel road and turns right to follow it. After going over the dam of a small pond, head right to re-enter the woods.
- 41.9 After crossing a narrow path, go over another roadbed.
- 42.1 Cross under a power line.
- 42.3 Exit woods and reach another power line at a gravel road (left on this road, it is 0.2 mile to Santee Rd.). The MST turns right to cross Little Lick Creek on a large footbridge. Traverse a section of wetlands

- on a long boardwalk. This is a wide, open area with a large expanse of water and great views of the lake on both sides.
- 42.6 After entering a canopy of trees, at trail signage, head right to re-enter woods (straight is a 0.2 mile-connector to Rogers Rd.). Cross through some trees cut for the trail's passage.
  - 43.1 Cross a small creek on a footbridge. Pass through an open area and head left to stay on the trail (an unmarked path is to the right).
  - 43.6 Cross an unmarked path.
  - 43.9 After crossing a creek on a footbridge, the trail goes through a power-line clearing and uses a footbridge to go over a small water run.
  - 44.2 Cross a footpath, the remains of a roadbed (left, about 130 yards is the dead end of Shaw Rd.). The trail turns right onto an unmarked path.
  - 44.6 By the lakeshore, veer right off a roadbed to re-enter woods.
  - 44.8 Cross a small boardwalk. Enter a more open forest.
  - 44.9 Reach another roadbed and turn left onto it as the trail follows this roadbed for a short distance before it heads right to re-enter woods.
  - 45.3 Cross another narrow, overgrown roadbed and then go over a creek on a footbridge.
  - 45.6 After crossing another narrow roadbed, cross under a power line on a bridge over a small water run. The lake is to the right. After exiting the clearing, traverse another small footbridge.
  - 45.9 After crossing another small creek on a footbridge, reach a field with a power line overhead. Head right to walk along the field's edge.
  - 46.1 After passing a lake view by a bench, cross under one of the large supports. Turn right to re-enter the woods.
  - 46.3 Traverse a small boardwalk, then cross a creek bed, using a small bridge.
  - 46.5 Cross a footbridge over a small depression, and then two other short boardwalks. Walk through an open area.
  - 47.1 After crossing a water run, then a short boardwalk, reach a gravel pullout on Cheek Rd. Turn right to walk along the road's shoulder for about 70 yards, then left to cross the road and head back into the woods, angling to the left.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic

- 47.3 Cross an open area after the trail curves to the right. Pass by the edge of a field. After this, the trail goes through an area of heavy vegetation.
- 47.8 After another passage through more dense growth on either side, pass by a lake view.
- 48.0 Reach Hereford Rd. and head right to walk along the road's shoulder.
- 48.2 At the end of a guardrail, the MST turns right to re-enter woods. Stay to the left by the trail signage.
- 48.5 Reach an open area at a cove as the trail turns left to pass by the uprooted remains of several trees. Turn right to cross a creek bed on a footbridge.
- 48.8 For a short distance, walk by the lake's edge. Head left to leave the lakeshore.
- 49.0 Reach a signed trail junction, right, as the MST heads left to enter a section of young forest. By a trail post, turn left onto a more open path and pass the remains of a shack. *Note:* Within 100-180 feet are 7 campsites. No water or restrooms are available and no fires are allowed. Only cookstoves may be used! ▲
- 49.3 After passing the remnants of another structure, the MST turns right off this open path to reach Redwood Rd. Head right to cross the causeway on the road's shoulder.
- 49.5 Turn right at the end of the guardrail to re-enter woods. Cross two small creeks on footbridges.
- 50.0 At a signboard, reach Hickory Hill Boat Ramp. Road to left goes out to Redwood Rd. The MST goes straight by the edge of the lot and quickly heads left, then right, back into woods. (P)
- 50.2 Cross the remains of a roadbed.
- 50.5 Cross a creek bed on a footbridge.
- 50.7 Cross another old roadbed. Pass through a large depression.
- 50.9 Reach a power-line right-of-way by I-85. Head left along this right-of-way to reach parking at the gated end of East Geer St. (P)
- 51.0 After going to the fence separating I-85, follow the fence and pass under a billboard. Go past an old stone boundary marker.
- 51.1 Pass another stone marker. Reach steps after passing under another billboard. Go down the steps to access a roadbed and head right to



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic

- walk under the interstate. Turn left off the roadbed and then a quick right into the woods on a footpath.
- 51.7 Cross a small creek on a makeshift log bridge. Walk across a wide power-line clearing with a view of Falls Lake.
- 51.9 The trail goes right on a more open path for a short distance and gets closer to the lake. Eventually, walk through a small depression.
- 52.3 After a short walk along a utility line, reach Redwood Rd. The MST goes right to walk along this road, staying straight where Tom Clark Rd. comes in from the left, to re-enter woods. Turn left onto a gravel roadbed.
- 52.5 Cross railroad tracks and turn right, then left onto another old roadbed. At a power line, reach a pond and go left to walk along its edge.
- 52.8 The trail heads right onto a boardwalk and footbridge to cross a wet area. Note the “hill” to the left, part of a construction project.
- 53.3 After passing the remains of an old fence, reach Red Mill Rd. by Ellerbe Creek. Turn right to go across the narrow bridge over the creek.
- 53.4 Head right to cross a chain, which blocks vehicular access to a field. Just before the field, go slightly right as the trail enters the woods.
- 53.6 Use a footbridge to cross a small creek.
- 53.9 Come out onto a wide power-line crossing as the trail stays slightly left to pass to the right of an orange marker. Walk by the tower to start on a gravel road. The roadbed turns right as the trail re-enters woods. A view of Ellerbe Creek, right, awaits as the MST goes by the remains of a railroad trestle.
- 54.1 Cross a small creek on a footbridge.
- 54.3 Reach a view of the lake with a functioning trestle on the other side. This is near the point where Ellerbe Creek flows into the lake.
- 54.7 Start to walk within view of the railroad tracks and the lake. Cross under a power line and eventually go past some abandoned buildings on the left.
- 55.0 The path narrows to pass between two large trees.
- 55.2 Ascend slightly to cross tracks of an old spur line, then descend to walk along the edge of a field for a short distance, at one point using a boardwalk to traverse a wet section.
- 55.6 The trail crosses an overgrown roadbed.



Camping



Lodging



Parking



Food



Restrooms




Supplies



Water



Picnic

- 55.9 Cross under a power line by the edge of the lake. You are leaving Falls Lake proper and will now be traveling along the Eno River, one of the chief sources for the lake.
- 56.1 Rock-hop across a small creek.
- 56.3 Walk through a field, then later turn right into the woods.
- 56.5 By the edge of the river, traverse another field.
- 56.8 After crossing a small creek, the trail goes under a small utility line and enters a field at a trail marker. To get through this expanse, head straight across and then turn right to follow the field's border.
- 57.0 By another trail post, leave the field and head slightly right to walk through a clump of woods and go through another field.
- 57.2 After walking along a tributary of the Eno River, cross the edge of a small pond as the trail traverses an area of wetlands.
- 57.8 Hop across the first of 2 deep, wide water runs.
- 58.2 Reach Red Mill Rd., north of the previous crossing. The trail turns right, heading about 100 feet along the shoulder, then left to cross into a small parking area with a signboard. The trail goes past a chain barrier to start on a roadbed heading west.
- 58.4 The trail heads left off the roadbed onto a narrow footpath and starts to walk along a fence by a large farm field.
- 58.7 Veer right as the trail moves away from the field and goes through a more open forest.
- 59.1 Cross a small creek (may be dry). Pass under a power line.
- 59.5 After going through a cut in a large downed tree, head slightly left to walk through a small depression and cross an old roadbed. Quickly reach a trail junction, left. *Note:* This blue-blazed path goes 0.1 mile to reach a campsite (7 sites, central fire ring, and picnic tables but no water or toilet facilities) on private land. Make sure to follow all posted rules! 
- 59.6 Cross 2 small creeks on footbridges.
- 59.8 Cross a wide, overgrown roadbed and start to walk through a more open forest, where a narrow-cut passage takes you through a large, fallen tree.
- 60.1 Start a small ascent to reach higher ground and begin to parallel a wide roadbed. To your right is the Eno River far below you.



Camping



Lodging



Parking



Food



Restrooms




Supplies



Water



Picnic

- 60.4 The trail turns to the left and then right to follow the roadbed. Go slightly right as the trail leaves the roadbed.
- 60.6 Turn left, then right onto another wide roadbed. At a junction, stay straight to go through an open area. Traverse a narrow, old roadbed as the trail passes a swampy area on the right.
- 60.8 Head right to leave the roadbed on a narrow footpath. Cross a water run. Cross another roadbed.
- 61.2 Use stepping stones to cross a water run. Begin a short ascent.
- 61.5 The trail turns right onto a wide path and then passes a small clearing, on the right with a view of Eno River below. The path curves to the left, but the MST stays right.
- 62.1 After passing an old boundary marker, cross abandoned railroad tracks. Cross over a large drainage pipe as the trail turns right to run along a creek.
- 62.4 Reach Old Oxford Rd. The trail turns right to walk along the narrow shoulder on a short bridge over the Eno River and then left to cross the road onto Snow Hill Rd. A quick left reaches a parking lot for Penny's Bend Nature Preserve. 
- 62.5 The MST, which runs conjunctively with the George Pyne Trail, enters the woods at the right corner of the parking lot. Pass a signboard and cross a small footbridge, then pass an unmarked path to the right that heads uphill to the Cash's Point Trail.
- 63.2 The trail passes through the remains of some large fallen trees. To the left are some small rapids in the river.
- 63.5 The MST stays to the left at a junction with another unmarked trail, right.
- 63.7 The trail goes by another large, fallen tree. It narrows as it passes through a rocky area, with a view of another set of rapids.
- 63.9 At some trail signage, the George Pyne Trail heads uphill to the right. The MST goes left to leave the preserve as it continues to follow the Eno River.
- 64.0 Cross a wide water-line easement as the trail goes "inland," away from the river.
- 64.5 Cross a small water run.
- 64.7 Cross another water run on stepping stones. Pass by the remains of a shack as the trail narrows to go through a young-growth area.



Camping



Lodging



Parking



Food



Restrooms









Supplies



Water



Picnic

- 64.8 Walk across a wide utility easement. Rock-hop another stream as the trail goes to the left on an old roadbed.
- 65.1 After crossing a narrow roadbed, return to walk by the Eno.
- 65.3 Cross another small roadbed and head right, away from the river. Reach a wide sewer-line easement as the MST heads left to follow it, still within view of the river.
- 66.2 The trail turns left off the easement to cross a narrow, deep creek on a footbridge. On the other side, head left and then right to continue on the easement.
- 66.5 Pass through a gate to enter River Forest Park (a Durham city park). The trail goes past a picnic pavilion. Turn left at the end of the pavilion to re-enter woods and walk by the edge of the Eno. *Note:* Parking, less than 0.1 mile from the MST junction, is accessed by following the paved walkway that goes to the right of the pavilion. 
- 66.7 After crossing a small creek in a deep depression, use a footbridge to cross a narrow drainage outlet.
- 66.9 Cross another drainage outlet on a footbridge, followed by a third on a short boardwalk.
- 67.3 After going under North Roxboro Rd. and a pedestrian bridge, reach a stretch of pavement in West Point on the Eno (a Durham city park). The MST now heads left onto a wide, wooded path to follow the route of the blue-blazed Eagle Trail. *Note:* To get to parking, follow the paved walkway 0.1 mile straight and then a short right to the lot and the street. Restaurants and a grocery store are approximately 0.2-0.3 mile left (north) on North Roxboro Rd. Additional parking, restrooms, and water can be found by heading right from the MST trail junction to walk across the pedestrian bridge to the mill area of the park. The walkway ends at a gravel road at which you turn right to go a short way to restrooms and water (total distance from the MST is less than 0.3 mile).     
- 67.4 By a view of the dam, the trail heads right onto a narrower footpath. Using stepping stones to cross Crooked Creek, the trail ascends slightly and turns left by a bench (the first of several) onto a more open path.
- 67.9 The MST returns to the riverbank. It goes right, slightly uphill, and then to the left by an unmarked path. The trail narrows as it passes



- through a rocky area known as Sennett Hole. This is a popular place for cooling off during the heat of the summer.
- 68.3 Cross a small footbridge over a narrow creek.
  - 68.5 By a bench, the Eagle Trail heads uphill to the right for 0.7 mile to reach the Eno River Association's headquarters. The MST continues to the left, along the river's edge.
  - 68.7 Note rapids, left, and a rock wall on the opposite bank. As the trail continues by the river, pass an unmarked path to the right. This leads gently uphill 0.2 mile to parking by the Eno River Association's headquarters on Guess Rd. The MST stays by the river's shore. **P**
  - 69.0 On a rocky, narrow path, cross under Guess Rd. On the other side, the MST turns sharply right to ascend on a series of steps. At the top, the trail goes right and then left.
  - 69.1 Reach the sidewalk and turn right to walk south on Guess Rd. to cross the Eno. At the end of the bridge, by signage, head right to enter Eno River State Park as the MST now runs conjunctively with the yellow-blazed Laurel Bluffs Trail (LBT). Descend on steps and cross two boardwalks. At the end of the second boardwalk, note the millstone and other remains of a former gristmill.
  - 69.3 On stepping stones, cross a small creek. Veer left onto steps. Pass the remains of a dam, as the trail starts a gradual ascent away from the Eno.
  - 69.5 Walk by the remains of a homesite. The trail turns right by a wooden directional post. To the left, the unmarked path leads to a residential area.
  - 69.8 After a moderately steep descent, cross a small creek and eventually return to the Eno.
  - 70.0 After a short ascent, the trail reaches a rocky bluff with a good view. On the descent, cross a creek with some pretty cascades.
  - 70.3 With the aid of some stepping stones, cross a narrow creek. Walk across a pair of boardwalks.
  - 70.6 On a large, flat rock, you view some rapids. After going by an unmarked path, use a boardwalk to cross a small creek.
  - 71.2 Cross a small creek with the aid of some corrugated pipes and then walk through an area cleared for underground optic cable. Toward the end of this cleared area, the trail turns sharp left to continue upstream.



Camping



Lodging



Parking



Food



Restrooms




Supplies




Water



Picnic

- 71.4 Pass an unmarked trail on the left leading to a residential area.
- 71.6 Reach a junction with the red-blazed Pump Station Trail. This goes about 0.3 mile uphill to gravel Rivermont Rd. The MST heads right to follow this loop trail. The ruins of the pump station (former Durham water supply) are to the right. Use a footbridge to cross Nancy Rhodes Creek at the remains of a dam.
- 72.2 Reach a trail junction with park signage. The Pump Station Trail goes uphill to the left for 0.5 mile to Rivermont Rd. The MST rejoins the yellow-blazed LBT as it heads right to continue on its western journey.
- 72.3 The trail moves away from the river and starts to ascend a ridge. It goes under a power line and passes through a patch of laurel.
- 72.6 After a descent, cross a footbridge by the Eno.
- 72.8 After some rapids, walk under Cole Mill Rd. The trail crosses a footbridge over a water run. To the left are the remains of a small, stone pump house. Some rapids are on the right.
- 73.1 The trail goes uphill to the left with a nice view of the river below.
- 73.3 A footbridge goes over a small creek. The MST turns right to follow this creek towards the river and then heads to the left for another ridge ascent with a stand of holly and laurel on top.
- 73.6 Reach a bend in the Eno. Head left. Pass a sign that notes you are entering Orange County.
- 74.2 During a ridgeline traverse, cross a footbridge over a water run. Go past the remains of a homesite.
- 74.4 Use a footbridge to cross a water run and then walk near the Eno.
- 74.6 Start another ridgeline ascent. Pass a plaque honoring Ann Zener, an Eno River preservationist. Eventually the trail narrows as it passes through a laurel thicket. You can see and hear the river below.
- 74.8 Cross a footbridge over a small creek after which the MST makes a sharp left to ascend. The unmarked path to the right heads down to the river.
- 75.1 Reach a junction with the Cabe Lands Trail. The MST heads right to follow conjunctively with the red-blazed loop trail. The Cabe Lands Trail goes left and slightly uphill, reaching parking at the Howe St. trailhead in about 0.2 mile. 

- 75.3 Reach the Eno and turn left to cross two footbridges. The unmarked path to the right eventually links up with the trail mentioned in Mile 74.8.
- 75.5 After negotiating a rocky treadway, the trail turns left by some wooden posts to start a steep ascent. As the ascent levels, reach a trail junction. The MST heads right to join the blue-blazed Quarry Trail in a descent. The Cabe Lands Trail goes left 0.4 mile to join itself near the Howe St. trailhead.
- 76.0 After rock-hopping Rhodes Creek, arrive at the former Eno Quarry, which is the “lake” before you. This is a scenic area and a nice spot for a break. The MST turns right to follow the quarry loop (total loop is 0.4 mile).
- 76.2 At a trail junction, the MST rejoins the yellow-blazed LBT and heads right at some trail signage. It passes large rock piles as you return to follow the Eno upstream. The Quarry Trail continues to the left.
- 76.4 Walk through an open pine forest as the trail veers away from the river. After passing through the forest there are some Eno views.
- 77.0 The trail narrows as it traverses a laurel thicket.
- 77.2 Cross a footbridge over a small creek, then go over another creek as the trail descends to the river.
- 77.6 After passing under Pleasant Green Rd., reach the end of Segment 10 at a parking area, originally for small craft access, now also a trailhead. The gravel road to the left goes to Pleasant Green Rd., immediately south of the Eno River bridge. *Note:* To reach the trailhead and parking area by vehicle, take Exit 170 on I-85 and head north on US 70. (If you are coming from eastbound I-85, you will need to head south from the exit about ¼ mile, then make a U-turn.) Just north of I-85, where the US 70 median narrows, turn right on Pleasant Green Rd. The parking area will be on the left after 0.4 mile. 



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic