



A horse grazes below Pilot Mountain.
Photo by Sharon McCarthy

The Sauratown Mountains—MST Segment 7

PILOT MOUNTAIN STATE PARK TO HANGING ROCK STATE PARK

By Jim Grode

This 36-mile segment, located in Stokes and Surry Counties, encompasses some of the most beautiful areas of North Carolina’s Piedmont. It runs entirely along the Sauratown Mountains, an isolated remnant of the ancient Appalachian Mountains. This range is also sometimes called “the mountains away from the mountains.”

Segment 7 begins in the west at Pilot Mountain State Park. Pilot Mountain is a quartzite monadnock, or isolated mountain. Known to the Saura people

as *Jomeokee*—the “Great Guide”—Pilot Mountain rises to 2,421 feet and is capped by vertical cliff walls rising to a forested dome known as Big Pinnacle. Big Pinnacle is closed to all public access for ecological and safety reasons; the trail loops around the northwest of the peak. “The Pilot” has served as a navigational landmark for centuries, and even today it is a near-constant presence throughout Segment 7 and the surrounding countryside.

East of Pilot Mountain, the MST joins the Sauratown Trail, one of the earliest long-distance trails in the state. Winding through farmland, forests, and country roads, this trail skirts the northern flank of Sauratown Mountain. The trail is unusual in that it is mostly on private lands, and is open to trail users through the generosity of many individual landowners. As you hike the trail, please be respectful.

At its eastern end, Segment 7 enters Hanging Rock State Park, the third-oldest state park in North Carolina. In the park, the MST passes within a few feet of the summit of Moore’s Knob, the highest point in the Sauratown Mountains. The views from the summit fire tower are spectacular! From the rocky slopes of Moore’s Knob, the trail descends through oak-hickory forest to Hanging Rock Lake, popular for swimming and boating in the summer and home to a CCC-built pavilion and bathhouse, and on to its eastern end at the Hanging Rock State Park Visitor Center.

The Sauratown Trail is maintained by the Sauratown Trails Association (www.sauratowntrails.org), and the portion of Segment 7 within the state parks is maintained by Friends of the Sauratown Mountains (www.sauratownfriends.org). Both organizations hold regular trail workdays. As a result, this segment is built to very high standards, and it is a joy to walk.

This segment provides a sense of isolation that is rare in the Piedmont. There are no towns or stores on the segment, and only a few businesses of any sort. At the same time, much of the trail passes through working farmland, even within a few feet of active farm buildings. The nearest towns for resupply or lodging are Pinnacle, about a mile south of the trail on Old 52 Rd.; Pilot Mountain, about 3 miles north of Pilot Mountain State Park; King, about 8 miles south on US 52; and Danbury, which MST Segment 8 passes through about 4 miles east of the eastern end of Segment 7.

In contrast to the majority of the MST, most of Segment 7 is open to horseback riders, and equestrians make up a large portion of the trail’s

users and advocates. All of the Sauratown Trail is equestrian trail, and the Corridor Section of Pilot Mountain State Park and the Ruben Mountain Trail (also marked as Tory's Den Trail) in the western part of Hanging Rock State Park are both open to horses. Hikers should be aware of the potential of encountering equestrians and that horses always have the right-of-way. When encountering equestrians, hikers should calmly greet the rider and avoid quick movements to keep from frightening the horse. To avoid dangerous interactions, dogs are not allowed on the Sauratown Trail.

HIGHLIGHTS INCLUDE

- The iconic views of Pilot Mountain throughout the trail
- Several waterfalls on the Sauratown Trail
- Close encounters with working farms along the Sauratown Trail
- The 360-degree views from the fire tower atop Moore's Knob
- A quick dip in Hanging Rock State Park lake on a hot summer day
- The cool climate vegetation of the "mountains away from the mountains," unusual for the Piedmont

Total Distance: 36.0 miles (27.5 miles on trail, 1.9 miles on gravel roads, 6.6 miles on paved roads)
Difficulty: Moderate to strenuous

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. In addition, sauratowntrails.org/trailchanges.html generally has the most current trail status and known issues for the Sauratown Trail.

Special Note Regarding Access

The privately owned stretches of the Sauratown Trail, which make up the majority of this segment, are closed for hunting season between November and early January. Hiking the trail during this time period is strictly prohibited. See the "Alternate Road Route" section for information about a detour when the trail is closed.

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 7 and the services they can provide, see MountainstoSeaTrail.org/the-trail/trail-angels.

Camping/Lodging

Camping is prohibited throughout Segment 7 except where specifically allowed. Camping and lodging on the trail are available as listed below; additional lodging within driving distance of the trail is available in Pilot Mountain, Danbury, and farther away, Winston-Salem. See the additional information section of this guide for tourism websites.

EB Mile 10.4; WB Mile 25.7

Pilot Mtn. State Park Campground, 1792 Pilot Knob Park Rd., Pin-nacle, 27043. This campground, open from March 15 to November 30, has hot showers, restrooms, and water. Its 49 sites cost \$10-15/night. For

reservations call 1-877-7-CAMP-NC or go to northcarolinastateparks.reserveamerica.com.

EB Mile 12.0; WB Mile 24.1

Pilot Knob Inn, 361 New Pilot Knob Ln., Pinnacle, 27043, 336-325-2502, pilotknobinn@surry.net; www.pilotknobinn.com. Rooms and cabins at this bed-and-breakfast range from \$129-\$249 per night. It is 0.5 mile down New Pilot Knob Ln. from the MST.

EB Mile 20.9; WB Mile 15.2

Mountain Trail Stables, 1630 Merridon Dr., Pinnacle, 27043, 336-351-5654, mtn.trailstables@yahoo.com; www.mtntrailstables.com. This horse facility allows hikers to camp on the site for \$10/night, including hot showers. Call in advance to make arrangements. To reach the campsite, follow blue blazes to join an old roadbed. Turn right at intersection, pass around a cable, then go behind a house. Turn left on Merridon Dr. The camping area is at the blue-roofed barn on the left 0.3 mile farther.

EB Mile 35.1; WB Mile 1.0

Hanging Rock State Park Campground and Cabins, 1790 Hanging Rock Park Rd., Danbury, 27016, 336-593-8480. This campground has water, restrooms, and showers. Campsites cost \$15 per night, and cabins are \$97 per night. There is generally a two-night minimum stay for cabins, but the park will sometimes waive this requirement based on availability. For reservations call 1-877-7-CAMP-NC or go to northcarolinastateparks.reserveamerica.com.

Also check Friends' "Trail Angels" page at MountainstoSeaTrail.org/the-trail/trail-angels for additional camping and lodging options.

Food/Supplies/Post Office

The only facilities on Segment 7 offering any supplies other than water are:

EB Mile 35.7; WB Mile 0.4

The Hanging Rock State Park lake bathhouse, open daily in the summer and on weekends in the spring and fall, offers drinks and a variety of snacks.

EB Mile 36.0; WB Mile 0.0

The Hanging Rock State Park Visitor Center has a few drinks for sale year-round.

Otherwise, there are no stores of any type directly on the trail. The nearest towns for resupply are Pinnacle, Pilot Mountain, King, and Danbury.

Water/Restrooms

Although surface water is plentiful throughout this segment, we strongly advise using water from drinking-water fountains and spigots or bottled water from convenience stores in this area. All surface water should be treated before drinking.

Water and restrooms can be found at several locations on the trail.

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|----------------------------|--|
| EB Mile 0.0; WB Mile 36.0 | Hauser Rd. parking area has a vault toilet.  |
| EB Mile 6.5; WB Mile 29.6 | Pinnacle Hotel Rd. parking area has a vault toilet.  |
| EB Mile 10.4; WB Mile 25.7 | Pilot Mountain State Park campground has water and restrooms available March 15-November 30.   |
| EB Mile 11.3; WB Mile 24.8 | Pilot Mountain State Park office has water and restrooms.   |
| EB Mile 20.0; WB Mile 16.1 | The landowners make treated drinking water available on the back side of the barn at the farm at the intersection of Old Mill Rd. and Mazie's Ln.  |
| EB Mile 35.1; WB Mile 1.0 | Hanging Rock State Park Campground has water and restrooms.   |
| EB Mile 36.0; WB Mile 0.0 | Hanging Rock State Park Visitor Center has water and restrooms.   |

Hunting

Although the Sauratown Trail is closed during the gun and black-powder deer hunting season from November to early January, it remains open during bow hunting and turkey seasons. Always wear blaze orange when walking on private property in this segment, and learn more about hunting

seasons and regulations before your trip at www.ncwildlife.org/Hunting. Hunting is prohibited in Pilot Mountain and Hanging Rock State Parks.

Signs/Blazing

The MST and Sauratown Trail in Segment 7 is generally very well marked with the MST blaze—a 3-inch white circle—and Sauratown Trail signs. In a few locations, where trail is newly designated or trees have fallen, there may be gaps in the blazing, but these are rare, and the Sauratown Trails Association regularly replaces them. Because the trail is designed for equestrian use, the blazes are often higher than expected on a hiking trail. The sections of trail within Pilot Mountain and Hanging Rock State Parks, in addition to the white MST blazes, also have a second set of colored blazes corresponding to the state park trail systems.

Dogs

Dogs are prohibited on the Sauratown Trail. Elsewhere in this segment, dogs are allowed, but should be on leashes at all times.

ADDITIONAL INFORMATION

Friends office: 919-825-0297 or info@MountainstoSeaTrail.org

Trail Maps

Google map of the entire MST: MountainstoSeaTrail.org/map

Pilot Mountain State Park (Mountain Section): files.nc.gov/ncparks/maps-and-brochures/pilot_mountain_park_map_mountain_0.pdf

Sauratown Trail: sauratowntrails.org/trailsection.html

Hanging Rock State Park: files.nc.gov/ncparks/maps-and-brochures/hanging-rock-park-map.pdf

Park Sites

Pilot Mountain State Park: www.ncparks.gov/pilot-mountain-state-park

Hanging Rock State Park: www.ncparks.gov/hanging-rock-state-park

Links for Other Points and Organizations of Interest

Yadkin Valley/Surry County Tourism: yadkinvalleync.com

Danbury/Stokes County: www.townofdanbury.org/index.php?option=com_content&view=article&id=50&Itemid=63

Stokes County: www.hangingrock.com

Town of Pilot Mountain: www.pilotmountainnc.org

Town of King: www.kingnc.com

Winston-Salem Tourism: www.visitwinstonsalem.com

Stokes County Historical Society: www.sc-hs.org

Historic Martin Rock House: www.sc-hs.org/rock-house.php

Sauratown Trails Association: www.sauratowntrails.org, and Sauratown Trail questions can go to info@sauratowntrails.org

Friends of Sauratown Mountains: www.sauratownfriends.org

PRIMARY PARKING LOCATIONS

Hauser Rd. Parking Area (Horse-Trailer Parking; State Park)

EB Mile 0.0; WB Mile 36.0



N36.26745, W80.49578

Pinnacle Hotel Rd. Parking Area (Horse-Trailer Parking; State Park)

EB Mile 6.5; WB Mile 29.6



N36.32805, W80.46304

Pilot Mtn. State Park Office Parking Area (State Park)

EB Mile 11.3; WB Mile 24.8



N36.34219, W80.4636

Old Winston Rd. Parking Area (Horse-Trailer Parking)

EB Mile 13.7; WB Mile 22.4



N36.35083, W80.44178

Brim's Grove Parking Area (Horse-Trailer Parking)

EB Mile 17.8; WB Mile 18.2



N36.37133, W80.41874

Rock House Rd. Parking Area

EB Mile 26.9; WB Mile 9.2



N36.40273, W80.33889

Tory's Den Parking Area (Horse-Trailer Parking; State Park)

EB Mile 30.6; WB Mile 5.5



N36.40181, W80.29954

Hanging Rock Lake Parking Area (State Park)

EB Mile 35.7; WB Mile 0.4



N36.39107, W80.26657

Hanging Rock State Park Visitor Center (State Park)

EB Mile 36.0; WB Mile 0.0



N36.39476, W80.26596

If you plan to leave your car overnight or longer at any of the state park parking areas (noted in parentheses), you must notify a park ranger. Otherwise they will assume you are lost and start a search for you.

During wet conditions, the parking areas at Hauser Rd. and Pinnacle Hotel Rd. may be gated to prevent horse damage. The trails remain open to hikers, and roadside parking is allowed as long as your car is fully off the road and not blocking the gate. Roadside parking is limited at Hauser Rd.; if there is not enough room to park here, go east on Hauser Rd. 0.2 mile to a right turn on the gravel access road for the Yadkin River Section of Pilot Mtn. State Park. Additional parking is available approximately 0.2 mile down this road, and a spur trail returns to the Hauser Rd. parking area.



The MST at Pilot Mountain State Park
Photo by Steven Mierisch

HIKING DIRECTIONS, EASTBOUND

0.0 From the Hauser Rd. parking area, cross Hauser Rd. to begin the Corridor Trail and Segment 7. You are entering the Corridor Section of Pilot Mtn. State Park. For the next 6.5 miles, the trail is open to equestrian use. *Note:* The parking area here has a vault toilet and accommodates horse trailers. To reach the parking area from US 52, take Exit 129 (Perch Rd.) and go west, following the signs to Horne Creek Living Farm Historical Site. The route comes to several forks, but always follow the signs. The parking area is about 0.1 mile beyond the entrance to the historic site on the left. See the “Primary Parking” section for this segment for information about parking and hiking here during wet conditions when the parking area is gated.  



Camping



Lodging



Parking



Food



Restrooms



Supplies

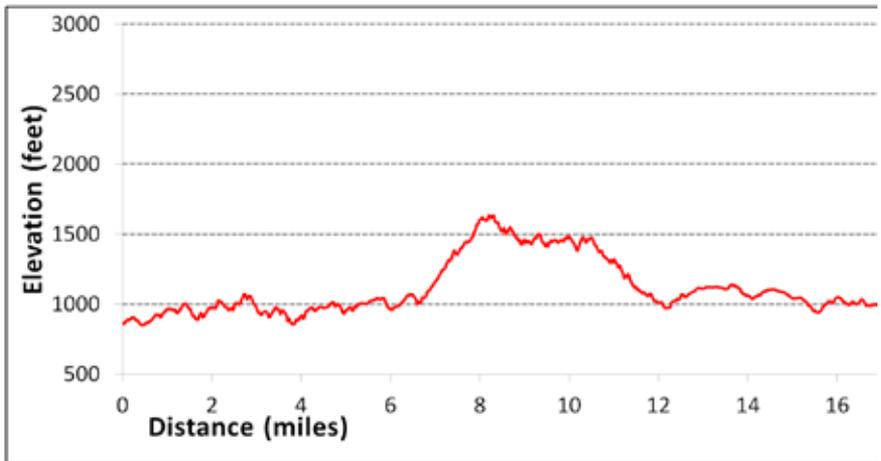


Water



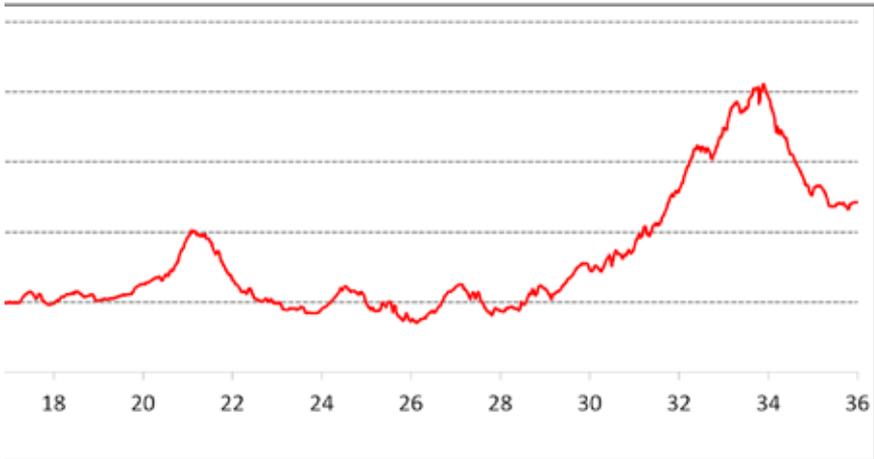
Picnic

Segment 7 Eastbound

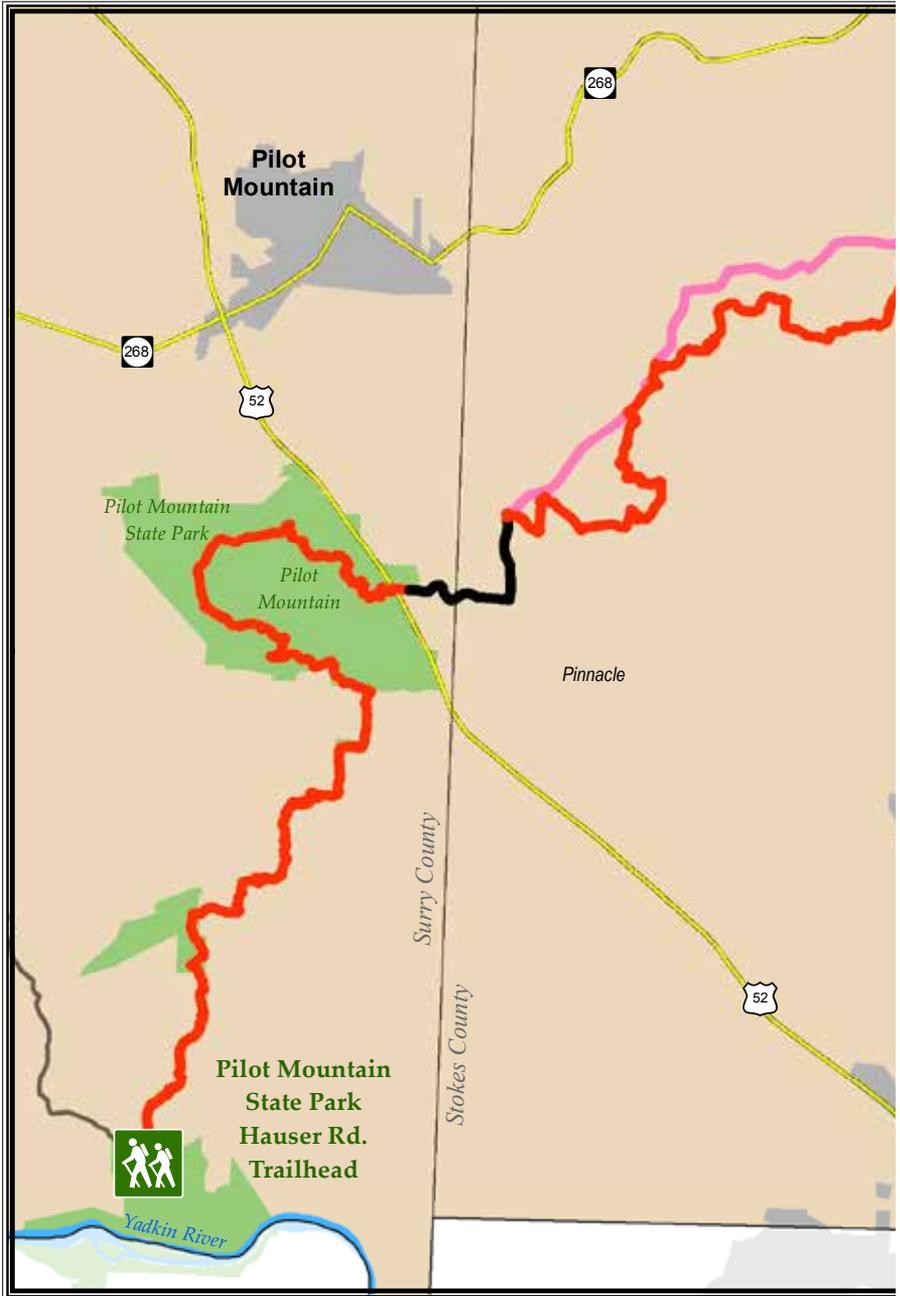


- 1.4 Cross Caudle Rd.
- 3.4 Cross Stony Ridge Rd.
- 3.8 Cross a small culverted creek.
- 4.9 Cross Mt. Zion Rd.
- 6.5 Cross between wooden posts into Pinnacle Hotel Rd. parking area with vault toilet. *Note:* The parking area accommodates horse trailers. See the “Primary Parking” section for this segment for information about parking and hiking here during wet conditions when the parking area is gated.  
- 6.6 At far end of parking area, go around wooden fence, then cross Pinnacle Hotel Rd. and return to trail on Mountain Trail, marked with red blazes and white circles. You are entering the Mountain Section of Pilot Mtn. State Park. *Note:* Do not follow the Grassy Ridge Trail, which intersects the road about 75 yards east of the Mountain Trail.
- 7.1 At T-intersection, turn left, following sign to campground.
- 8.7 Cross small stream on set of boulder steps.
- 10.0 Turn left at trail crossing, following MST sign onto trail marked with blue blazes and white blazes. Just before reaching well pump house, turn right to continue on trail.
- 10.3 Continue straight across jeep road.

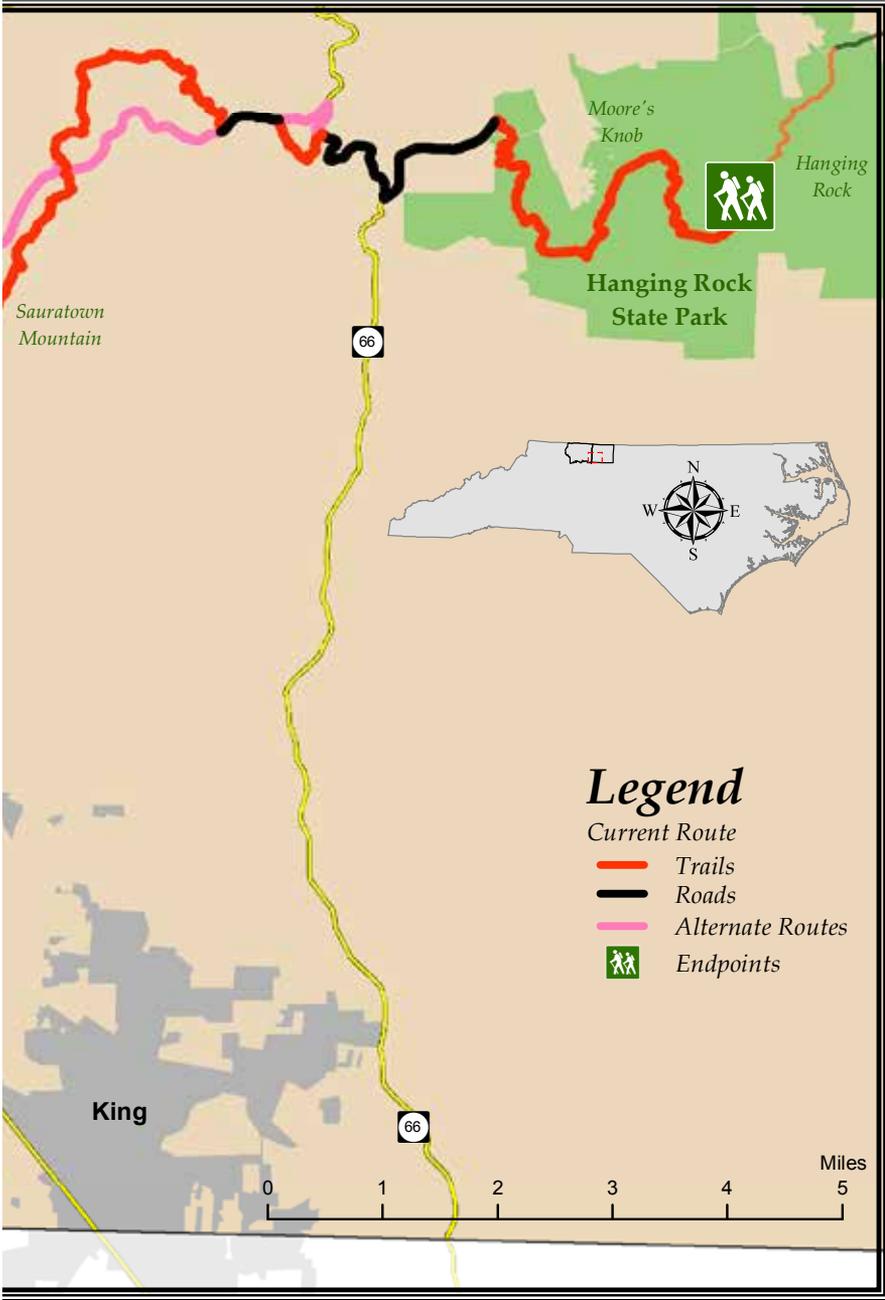
Elevation Profile



- 10.4 At campground, turn right to stay on trail. *Note:* See the “Camping/Lodging” section for this segment for information about camping here. All facilities here are closed from December 1 through March 14.   
- 10.8 Continue straight across jeep road.
- 10.9 Cross Pilot Knob Park Rd. near stone park building and continue through parking lot on driveway, turning right to stay on trail. 
- 11.3 Pass information kiosk at spur to park office and continue onto Grassy Ridge Trail. *Note:* The park office, across the road, has water, restrooms, and parking. The park will begin construction of a new visitor center in 2018, which will necessitate a detour between here and Mile 11.8. Consult Friends’ updates page (MountaintoSeaTrail.org/updates) for more information.   
- 11.4 Continue straight past Mountain Trail on right.
- 11.6 Bear right to join jeep road, then, at trail intersection with MST sign, turn left onto Sauratown Bridle and Hiking Trail. For the next 20.6 miles, the trail is open to equestrian use. *Note:* You are joining the Sauratown Trail here. See the introduction for this segment for more information about the Sauratown Trail and the association that manages it. The Sauratown Trail is divided into sixteen sections;



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





Hiking by a twisted tree on the Sauratown Trail

Photo by Steven Mierisch

- the MST encompasses all of Sections 2-15 and parts of Sections 1 and 16.
- 11.8 Cross under US 52 and continue on shoulder of Pilot Mountain Park Rd., and begin Section 15 of the Sauratown Trail. *Note:* Parking is available on the shoulder, but parking is prohibited outside park hours. 
 - 12.0 Continue straight past New Pilot Knob Ln. on left. *Note:* The Pilot Knob Inn is approximately 0.5 mile down New Pilot Knob Ln. See the “Camping/Lodging” section for this segment for information about staying here. 
 - 13.0 At T-intersection, turn left on Old Winston Rd.
 - 13.7 Reach parking area with picnic shelter just before Coon Rd. and begin Sauratown Trail Section 14. Cross railroad tracks at Coon Rd., then return to trail. *Note:* The parking area accommodates horse trailers. For an alternate route when the Sauratown Trail is closed during hunting season, see the “Alternate Road Route” at the end of these directions.  
 - 13.8 Cross Old 52 Rd.
 - 14.1 Cross creek on wooden footbridge, then continue along right edge of field.

- 14.5 Turn right on Bradley Rd. and begin Sauratown Trail Section 13.
- 14.9 Turn left on Frank Gordon Rd.
- 15.1 Pass Darnell Family Cemetery on left.
- 15.3 At end of road, turn left at sign.
- 15.5 Cross Mill Creek.
- 15.6 Continue straight past ATV track on left.
- 15.8 Continue along right edge of field.
- 16.0 At end of field, next to old barn, continue straight into woods.
- 16.5 Just before reaching a field, turn right at Sauratown Trails Association sign.
- 16.6 Turn left at T-intersection.
- 17.1 Cross wooden footbridge.
- 17.2 Turn right on Coon Rd.
- 17.5 Cross Volunteer Rd. and continue on gravel road to begin Sauratown Trail Section 12.
- 17.6 Turn left onto trail.
- 17.7 Turn right on Brim's Grove Rd.
- 17.8 At curve in road near bottom of hill, turn right onto trail to begin Sauratown Trail Section 11. *Note:* The Brim's Grove parking area, which accommodates horse trailers and has a picnic shelter, is just down the hill, across the street.  
- 17.9 Cross West Prong of the Little Yadkin River. Bear left from sandy road onto smaller trail at Y-intersection just before field, then continue straight across farm road. *Note:* During periods of extreme high flow, this river crossing may not be possible. At the time of this writing, there is no good alternative route.
- 18.6 At T-intersection, turn left onto small farm road, then turn right onto smaller trail.
- 19.2 Cross wooden footbridge.
- 19.6 Cross wooden footbridge.
- 19.7 Turn right on Old Mill Rd. to begin Sauratown Trail Section 10.
- 20.0 At crest of hill, turn left on gravel Mazie's Ln. *Note:* Treated drinking water is available on the back side of the barn just after this intersection, courtesy of the landowner. 
- 20.3 At second Y-intersection, in front of sign for 1201 Mazie's Ln., bear left.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic

- 20.4 At Y-intersection, bear right onto smaller trail.
- 20.9 Ascend a series of switchbacks. *Note:* At the top of the switchbacks, a blue-blazed trail on the left leads to Mountain Trail Stables, which offers camping for MST and Sauratown Trail hikers. See the “Camping/Lodging” section for this segment for more information. 
- 21.5 Where roadbed is blocked, make an s-turn to your left.
- 21.6 Cross Mackay Ln. (a private road) to begin Sauratown Trail Section 9.
- 22.6 Cross wooden footbridge.
- 23.0 Turn left on Flat Rock Rd. to begin Sauratown Trail Section 8, then turn right on Thore Rd. about 100 yards later.
- 23.2 Pass Rider Falls on right.
- 24.0 Cross bridge over South Double Creek.
- 24.2 Pass Thore Family Cemetery on right.
- 24.5 Turn right on Rock House Rd. to begin Sauratown Trail Section 7, then turn left onto trail just past Marshall Ridge Rd. *Note:* The historic Martin Rock House, a major Stokes County landmark that is open to the public, is about 0.5 mile south of this intersection. To reach it, continue on Rock House Rd. about 0.4 mile, then turn right on Col. Jack Martin Rd. The house will be on your left.
- 25.0 Cross gravel driveway.
- 25.1 Cross gravel road.
- 25.3 Cross dirt road.
- 25.6 Turn right from road to smaller trail and begin Sauratown Trail Section 6, then descend a series of switchbacks.
- 25.8 Pass R.M. Collins Memorial Saddle on left. *Note:* R.M. Collins was one of the founders of the Sauratown Trails Association, and on his last trail workday, he placed his saddle here, where it has remained ever since. He passed away in 2006.
- 26.1 Cross South Double Creek.
- 26.2 Pass waterfall on left.
- 26.3 Turn left on Rock House Rd.
- 26.9 At small parking area, turn right into field and continue on right edge to begin Sauratown Trail Section 5. 
- 27.1 Cross Taylor Rd. to begin Sauratown Trail Section 4, then continue on trail to right of barn.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic



Sauratown Trail after snowfall
Photo by Steven Mierisch

- 27.2 Emerge to field and follow signs around the edge. *Note:* The land-owner has requested that hikers not cut across this field. Please do not take the shortcut, as doing so could jeopardize access.
- 27.4 Continue straight across field to sign on opposite side.
- 27.7 Turn right on NC 66 to begin detour of incomplete Sauratown Trail Sections 2 and 3. *Note:* Do not cross NC 66 to continue onto trail on other side.
- 28.0 Cross bridge over Vade Mecum Creek.
- 28.1 Pass abandoned garage on left, then cross culvert over small stream.
- 28.9 Turn left onto Moores Springs Rd.
- 29.4 Turn right onto Mickey Rd.
- 29.7 Pass Stoney Ridge Rd. on left.
- 30.2 Pass Charlie Young Rd on right.
- 30.3 Turn right on trail to begin Sauratown Trail Section 1.
- 30.4 At T-intersection, turn right on trail marked to Tory's Den. *Note:* You have just entered Hanging Rock State Park.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic



Main route to Moore's Knob
 Photo by PJ Wetzel, www.pjwetzel.com

- 30.6 At sign pointing to lake parking area, turn right to cross Charlie Young Rd. You are leaving the Sauratown Trail here. *Note:* The Torry's Den parking area, which accommodates horse trailers, is 0.2 mile straight ahead on the Sauratown Trail. **P**
- 30.7 Cross bridge over creek.
- 31.9 Hikers turn left at sign for hikers only, to lake parking, continuing to follow blue circles and white circles. *Note:* Equestrians turn right

to follow Ruben Mountain Trail; the remainder of the MST is not open to horses.

- 32.8 At sign reading “Parking Area 1.5 mi.,” turn left onto Moore’s Wall Loop Trail, also marked with red circles.
- 34.0 At T-intersection, turn right toward lake parking. *Note:* Turning left leads a few yards to Moore’s Knob lookout tower, with fine vistas over the Piedmont, the Sauratown Mountains, Pilot Knob and, in the distance, the Blue Ridge.
- 35.0 Cross Cascade Creek, then continue up stairs curving to left.
- 35.1 Turn right on Campground Rd. *Note:* You are in the Hanging Rock State Park Campground. See the “Camping/Lodging” section for this segment for more information about camping here.    
- 35.2 Turn left on trail at sign for Moore’s Wall Loop trailhead.
- 35.4 Bear left where trail comes in from right, then bear right at Y-intersection. Cross a footbridge and two wooden boardwalks.
- 35.7 Pass trail to Cook’s Wall on right, then turn right across driveway at bathhouse and continue on trail. *Note:* There is a parking area at the end of the driveway, and the Hanging Rock Lake bathhouse, open daily in the summer and on weekends in the spring and fall, has drinks, water, and snacks for sale, as well as restrooms.     
- 35.8 Turn right after second picnic table, then join the paved path.
- 35.8 Turn left at road.
- 35.9 At end of guardrail, turn right and cross road.
- 36.0 Reach wooden Hanging Rock Overlook at the Hanging Rock State Park Visitor Center parking area, and the western end of Segment 8. *Note:* The visitor center has water, restrooms, drinks, and a small museum of the cultural and natural history of the park area. To reach the parking area, drive west from Danbury on NC 8 & 89 approximately 1.7 miles, then turn left to follow Hanging Rock Park Rd. a little more than 3 miles.    

ALTERNATE ROAD ROUTE

- 0.0 At Mile 13.7 of the main route, turn right on Coon Rd. to begin alternate road route.  
- 1.8 Turn left on Volunteer Rd., then almost immediately turn right on Brim’s Grove Rd.

- 2.0 Pass Brim's Grove parking area on left. *Note:* The parking area accommodates horse trailers and has a picnic shelter.  
- 2.7 Turn right on Oscar Frye Rd. at intersection just past small telephone company building.
- 3.2 Turn right on Flat Rock Rd.
- 3.9 At T-intersection, turn left to stay on Flat Rock Rd. *Note:* For about 200 yards after this intersection, you can see the large Flat Rock for which the road is named to your left through the woods.
- 4.5 Pass private road, Merridon Dr., on right. *Note:* Camping is available about 0.4 mile down Merridon Dr. at Mountain Trail Stables. For more information, see the "Camping/Lodging" section for this segment at EB Mile 20.4; WB Mile 15.6. 
- 4.7 Pass private road, Mackay Ln., and Mountaintop Youth Camp on right. *Note:* The camp does not have accommodations for backpackers.
- 5.7 Continue straight past gravel Thore Rd. on left.
- 6.6 Continue straight past Col. Jack Martin Rd. on left. *Note:* The historic Martin Rock House, a major Stokes County landmark that is open to the public, is less than 0.1 down Col. Jack Martin Rd. It has roadside parking and restrooms.  
- 6.7 At T-intersection, turn right on Rock House Rd., then pass Martin Cemetery on left.
- 8.1 Continue straight past small parking area on right. 
- 8.3 At T-intersection next to tobacco barn, turn left on Taylor Rd.
- 8.6 At T-intersection, turn right on NC 66S.
- 8.9 Turn right on NC 66S to resume main route at Mile 27.7.



An autumn view from Moore's Knob in Hanging Rock State Park
Photo by Chris Mulcahy

Hiking Directions, Westbound

- 0.0 Begin Segment 7 at the edge of the Hanging Rock State Park Visitor Center parking lot, at the wooden Hanging Rock overlook. *Note:* The visitor center has water, restrooms, drinks, and a small museum of the cultural and natural history of the park area. To reach the parking area, drive west from Danbury on NC 8 & 89 approximately 1.7 miles, then turn left to follow Hanging Rock Park Rd. a little more than 3 miles.    
- 0.2 Cross road, then turn left and walk along guardrail.
- 0.2 Turn right onto paved path at sign for Hanging Rock Lake public fishing area.
- 0.3 Veer right at the bench before a picnic table, passing along lower side of earthen mound, then veer left toward the blazes.
- 0.4 Just before bathhouse, turn left up wooden stairs. At top of stairs, continue on trail marked with red blazes (which will become the



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic

- Moore's Wall Loop Trail), then pass trail to Cook's Wall on left. *Note:* There is a parking area at the end of the driveway, and the Hanging Rock Lake bathhouse, open daily in the summer and on weekends in the spring and fall, has drinks, water, and snacks for sale, as well as restrooms.     
- 0.6 Cross two wooden boardwalks and a footbridge, then bear right toward family campground at Y-intersection.
 - 0.9 Turn right on Campground Rd. *Note:* You are in the Hanging Rock State Park Campground. See the "Camping/Lodging" section for this segment for more information about camping here.    
 - 1.0 Turn left onto trail at white marker.
 - 1.1 Cross Cascade Creek.
 - 2.1 Turn left at sign to lookout tower. *Note:* Continuing straight leads a few yards to Moore's Knob lookout tower, with fine vistas over the Piedmont, the Sauratown Mountains, Pilot Knob and, in the distance, the Blue Ridge.
 - 3.3 At T-intersection, turn right onto Tory's Den Trail toward Tory's Den, which is also marked with blue circles.
 - 4.1 At T-intersection, turn right onto horse trail, continuing to follow blue circles and white circles. For the next 20.6 miles, the trail is open to equestrian use.
 - 5.3 Cross bridge over creek.
 - 5.5 Cross road and turn left on trail marked "horse trails." *Note:* You are joining the Sauratown Trail here. See the introduction for this segment for more information about the Sauratown Trail and the association that manages it. The Sauratown Trail is divided into sixteen sections; the MST encompasses all of Sections 2-15 and parts of Sections 1 and 16. Parking is 0.2 mile to the right at Tory's Den parking area, which accommodates horse trailers. 
 - 5.7 Turn left at trail marked toward Pilot Mountain. *Note:* You are leaving Hanging Rock State Park here and will be on private property for the next 18.5 miles. The trail straight ahead, Booth Loop, is also marked with white circles but is not currently part of the MST.
 - 5.8 Turn left on Mickey Rd. to begin detour of incomplete Sauratown Trail Sections 2 and 3.
 - 5.9 Pass Charlie Young Rd. on left.



Riders on the Sauratown Trail
Photo by Steven Mierisch

- 6.3 Pass Stoney Ridge Rd. on right.
- 6.7 Turn left on Moores Springs Rd.
- 7.1 Turn right on NC 66.
- 7.9 Cross culvert over small stream, then pass abandoned garage on right.
- 8.0 Cross bridge over Vade Mecum Creek.
- 8.4 Turn left on trail to begin Sauratown Trail Section 4. *Note:* For an alternative route when the Sauratown Trail is closed during hunting season, see the “Alternate Road Route” at the end of these directions.
- 8.6 Continue straight across field to sign on opposite side.
- 8.7 After emerging from the woods again, continue around the bottom edge of the field, following the signs. *Note:* The landowner has requested that hikers not cut across this field. Please do not take the shortcut, as doing so could jeopardize access.
- 8.9 Cross Taylor Rd. to begin Sauratown Trail Section 5. Continue along left edge of field.
- 9.2 Turn left on Rock House Rd. at small parking area to begin Sauratown Trail Section 6. **P**
- 9.7 Turn right into woods at sign.
- 9.9 Pass waterfall on right.
- 9.9 Cross South Double Creek.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



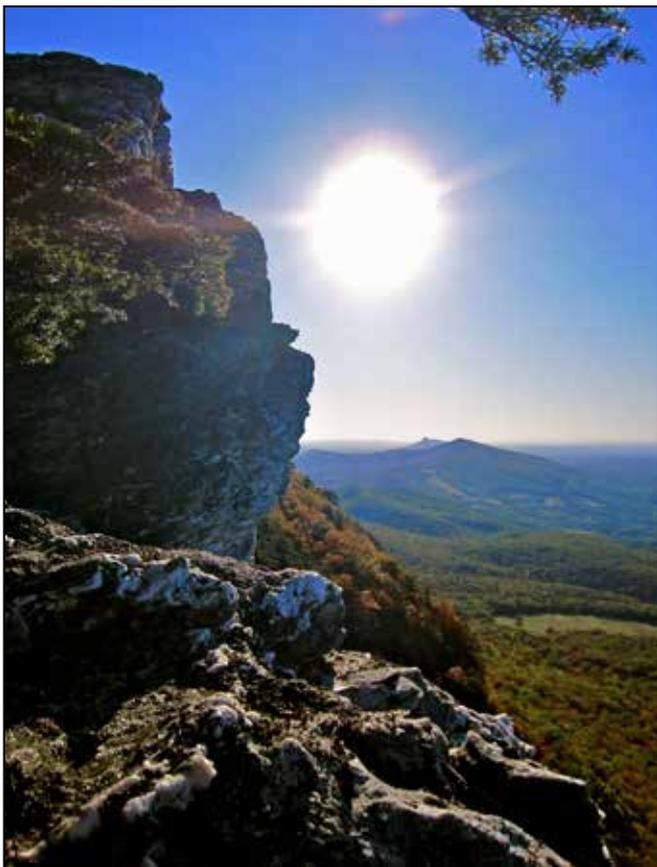
Picnic



Sauratown Trail waterfall
Photo by Jim Grode

- 10.3 Pass R.M. Collins Memorial Saddle on right, then ascend a series of switchbacks. *Note:* R.M. Collins was one of the founders of the Sauratown Trails Association, and on his last trail workday, he placed his saddle here, where it has remained ever since. He passed away in 2006.
- 10.5 Turn left onto road and begin Sauratown Trail Section 7.
- 10.7 Cross dirt road.
- 10.9 Cross gravel road.
- 11.1 Cross gravel driveway.
- 11.5 Turn right on Rock House Rd., then turn left on Thore Rd. to begin Sauratown Trail Section 8. *Note:* The historic Martin Rock House, a major Stokes County landmark that is open to the public, is about 0.5 mile south of this intersection. To reach it, turn left on Rock House Rd. and continue about 0.4 mile, then turn right on Col. Jack Martin Rd. The house will be on your left.
- 11.9 Pass Thore Family Cemetery on left.
- 12.1 Cross bridge over South Double Creek.
- 12.9 Pass Rider Falls on left.

- 13.0 Turn left on Flat Rock Rd. at T-intersection. About 100 yards later, turn right on trail to begin Sauratown Trail Section 9.
- 13.4 Cross wooden footbridge.
- 14.4 Cross Mackay Ln. (a private road) to begin Sauratown Trail Section 10.
- 14.5 Make an s-turn up to roadbed.
- 15.2 Descend a series of switchbacks. *Note:* At the top of the switchbacks, a blue-blazed trail on the right leads to Mountain Trail Stables, which offers camping for MST and Sauratown Trail hikers. See the “Camping/Lodging” section for this segment for more information. 
- 15.6 Bear left onto dirt road.
- 15.7 Turn right on gravel road, Mazie’s Ln.
- 16.1 At T-intersection, turn right on Old Mill Rd. *Note:* Treated drinking water is available on the back side of the barn just before this intersection, courtesy of the landowner. 
- 16.3 At right-hand curve at bottom of hill, turn left onto trail to begin Sauratown Trail Section 11.
- 16.5 Cross wooden footbridge.
- 16.8 Cross wooden footbridge.
- 17.4 At T-intersection, turn left onto small farm road, then turn right onto smaller trail at sign.
- 18.1 Continue straight across farm road. Bear right onto sandy road that quickly turns left to roughly parallel stream, then cross West Prong of the Little Yadkin River at ford. *Note:* During periods of extreme high flow, this river crossing may not be possible. At the time of this writing, there is no good alternative route.
- 18.2 Turn left on Brim’s Grove Rd. to begin Sauratown Trail Section 12. *Note:* The Brim’s Grove parking area, which accommodates horse trailers and has a picnic shelter, is just down the hill, across the street.  
- 18.3 About halfway up hill, turn left onto trail at sign.
- 18.4 At T-intersection, turn right onto private gravel road.
- 18.5 Cross Volunteer Rd. and continue straight onto Coon Rd. to begin Sauratown Trail Section 13.



View of Sauratown and Pilot Mountains from Moore's Knob
Photo by Ken Hackney

- 18.8 Across from 1795 Coon Rd. (the last house), bear left onto trail into woods.
- 18.9 Cross wooden footbridge.
- 19.5 Bear right at Y-intersection.
- 19.6 Turn left at T-intersection.
- 20.0 Emerge to field next to old barn and continue straight along left edge.
- 20.2 At end of field, continue straight into woods.
- 20.4 Continue straight past ATV track on right.
- 20.5 Cross Mill Creek.

- 20.7 Turn right on gravel Frank Gordon Rd.
- 21.0 Pass Darnell Family Cemetery on right.
- 21.1 At T-intersection, turn right on Bradley Rd.
- 21.5 Turn left on trail across from mailbox for 1854 Bradley Rd., then continue on left edge of field to begin Sauratown Trail Section 14.
- 21.9 Return to woods, then cross creek on wooden footbridge.
- 22.2 Cross Old 52 Rd.
- 22.4 Turn left on Coon Rd., then cross railroad tracks and enter parking area with picnic shelter. Continue straight on Old Winston Rd. to begin Sauratown Trail Section 15 (currently on roads). *Note:* The parking area accommodates horse trailers.  
- 23.1 Turn right on Pilot Knob Park Rd.
- 24.1 Continue straight past New Pilot Knob Ln. on right. *Note:* The Pilot Knob Inn is approximately 0.5 mile down New Pilot Knob Ln. See the “Camping/Lodging” section for this segment for information about staying here. 
- 24.2 Cross under US 52, then turn left onto trail to begin Section 16 of the Sauratown Trail. *Note:* Parking is available on the shoulder, but parking is prohibited outside park hours. Pilot Mountain State Park will begin construction of a new visitor center in 2018, which will necessitate a detour between here and Mile 24.8. Consult Friends’ updates page (MountainstoSeaTrail.org/updates) for more information. 
- 24.5 At T-intersection, turn right on Grassy Ridge Trail, then bear left onto smaller trail. *Note:* Although the trail may be a bit indistinct, it is well-marked with white blazes.
- 24.7 Continue straight past Mountain Trail on left.
- 24.8 Pass information kiosk at spur to park office and continue onto Grindstone Trail, marked with blue blazes in addition to MST white blazes. *Note:* The park office, across the road, has water, restrooms, and parking.   
- 25.1 Turn left onto driveway to stone park building and parking lot, then cross Pilot Knob Park Rd. 
- 25.3 Continue straight across jeep road.

- 25.7 At campground, turn left to stay on Grindstone Trail. *Note:* See the “Camping/Lodging” section for this segment for information about camping here. All facilities here are closed from December 1 through March 14.   
- 25.8 Continue straight across jeep road.
- 26.0 Turn left at T-intersection near well pump house on right, then, at trail crossing, turn right onto Mountain Trail, marked with red blazes and white circles.
- 27.3 Cross small stream on set of boulder steps.
- 29.0 Turn right on trail marked “To Corridor Trail parking.”
- 29.5 Cross Pinnacle Hotel Rd., then go around wooden fence and enter parking area.
- 29.6 Continue past vault toilet, between wooden posts, and onto Corridor Trail, beginning the Corridor Section of Pilot Mtn. State Park. For the next 6.5 miles, the trail is open to equestrian use. *Note:* The parking area accommodates horse trailers. See the “Primary Parking” section for this segment for information about parking and hiking here during wet conditions when the parking area is gated. The Corridor Trail is marked with white diamonds as well as the MST white circles.  
- 31.2 Cross Mt. Zion Rd.
- 32.2 Cross a small culverted creek.
- 32.6 Cross Stony Ridge Rd.
- 34.6 Cross Caudle Rd.
- 36.0 Reach Hauser Rd. and the end of Segment 7. *Note:* The parking area here has a vault toilet and accommodates horse trailers. To reach the parking area from US 52, take Exit 129 (Perch Rd.) and go west, following the signs to Horne Creek Living Farm Historical Site. The route comes to several forks, but always follow the signs. The parking area is about 0.1 mile beyond the entrance to the historic site on the left. See the “Primary Parking” section for this segment for information about parking and hiking here during wet conditions when the parking area is gated.  

ALTERNATE ROAD ROUTE

- 0.0 At Mile 8.4 of the main route, continue straight on NC 66S to begin alternate road route.

- 0.3 Turn left on Taylor Rd.
- 0.6 Turn right on Rock House Rd. just before tobacco barn.
- 0.8 Continue straight past small parking area on left. 
- 2.2 Just after passing Martin Cemetery on right, turn left on Flat Rock Rd.
- 2.3 Continue straight past Col. Jack Martin Rd. on right. *Note:* The historic Martin Rock House, a major Stokes County landmark that is open to the public, is less than 0.1 down Col. Jack Martin Rd. It has roadside parking and restrooms.  
- 3.2 Continue straight past gravel Thore Rd. on right.
- 4.2 Pass private road, Mackay Ln., and Mountaintop Youth Camp on left. *Note:* The camp does not have accommodations for backpackers.
- 4.4 Pass private road, Merridon Dr., on left. *Note:* Camping is available about 0.4 mile down Merridon Dr. at Mountain Trail Stables. For more information, see the “Camping/Lodging” section for this segment at EB Mile 20.4; WB Mile 15.6. 
- 5.0 Turn right to stay on Flat Rock Rd. *Note:* For about 200 yards after this intersection, you can see the large Flat Rock for which the road is named to your left through the woods.
- 5.7 At T-intersection, turn left on Oscar Frye Rd.
- 6.2 At T-intersection, turn left on Brim’s Grove Rd.
- 6.9 Pass Brim’s Grove parking area on right. *Note:* The parking area accommodates horse trailers and has a picnic shelter.  
- 7.2 At T-intersection, turn left on Volunteer Rd., then almost immediately turn right on Coon Rd.
- 8.9 At T-intersection, turn left on Old Winston Rd. to join main route at Mile 22.3.  



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic