



The Neuse River in the Let'Lones  
Photo by Andy Christensen

## Neuse River Greenways and the Let'Lones —MST Segment 11

### FALLS LAKE DAM TO HOWELL WOODS ENVIRONMENTAL LEARNING CENTER

By Crawford Crenshaw, Kate Dixon, and Jim Grode

This 65-mile segment parallels the Neuse River as it flows from the outskirts of Raleigh—North Carolina's capital city—to Johnston County's rural southeastern corner. Almost 37 miles of the route are on three segments of paved, multi-use greenway, the longest of which is 33 miles. The

trail crosses the Neuse River several times, affording scenic views of the river, the surrounding floodplain, and wildlife.

The route also leads hikers to the bustling downtowns of Johnston County's two largest towns—Clayton and Smithfield, the county seat—and past rolling farmland used to grow tobacco, cotton, grapes for wine, fruits, and vegetables. The eastern end of the route is at Howell Woods Environmental Learning Center in the heart of a vast, wilderness Neuse floodplain known as the Let'Lones.

Most of the greenway is called the Neuse River Trail (NRT), but when it enters Johnston County, it changes its name to the Clayton River Walk, then to Sam's Branch Greenway in Clayton. After a road-walking stretch, the greenway resumes in Smithfield as the Buffalo Creek Greenway. Travelers will have numerous wildlife viewing opportunities and an education through the many interpretive signs, which bring alive the history and abundance of natural resources along the trail.

This segment is a great place to explore by bicycle as well as on foot as the entire route is on multi-use, paved trails and on roads.

## HIGHLIGHTS INCLUDE

- The Neuse River, the primary natural feature of this segment. The river is named for the Neusiok tribe that lived far downstream near present-day New Bern and Havelock. (Another section of the MST in that area is named the Neusiok Trail.) Around 1700, the remaining 15 warriors of the Neusiok tribe probably joined the Tuscarora tribe that lived along the Neuse River near current-day Raleigh.
- Pedestrian bridges over the river, including two graceful suspension bridges: one at Skycrest Road and one at Louisburg Road in Raleigh
- Raleigh parks along the greenway including Horseshoe Farm, Milburnie, and Anderson Point
- The annual public art project along the Clayton MST/River Walk. Each year, the project has a different theme to enhance the greenway and engage young people in the arts.

- Downtown Clayton, with its vibrant mix of restaurants, breweries, shops, and historic buildings
- Smithfield's 2.8-mile greenway, which meanders along a wooded waterway to the Neuse River Commons in the center of Smithfield's downtown, home to the Ava Gardner Museum
- Howell Woods (Rudolph Howell and Son Environmental Learning Center), a 2,800-acre preserve owned by Johnston Community College. The center has camping, hiking trails, and other programs to help people learn about and enjoy this extraordinary natural place.



Smithfield's Ava Gardner Museum at night  
Photo courtesy of Downtown Smithfield Development Corp.

Thanks to Michael Homberg and Benjamin Trotter who developed the connecting road route for this segment, which was then reviewed and approved by leaders in Johnston County.

**Total Distance: 64.8 miles (37.5 greenway or similar paved multi-use path, 27.3 road)**

**Difficulty: Easy**

## 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 11 and the services they can provide, see [MountainstoSeaTrail.org/the-trail/trail-angels](http://MountainstoSeaTrail.org/the-trail/trail-angels).

## Camping/Lodging

*Note:* All prices listed in this guide are for comparison only and are subject to change at any time.

Eastbound (EB) Mile 15.1; Westbound (WB) Mile 49.7

Quality Inn East Raleigh, 4716 New Bern Ave., Raleigh, 27610, 919-231-2727; [www.choicehotels.com](http://www.choicehotels.com). About 0.9 mile from trail as it passes through Milburnie Park. Look for an access trail to the right, eastbound, or left, westbound, that will take you to Raleigh Beach Rd. Head west on Raleigh Beach Rd. and then west on New Bern Ave. Rooms approximately \$70.

EB Mile 34.3; WB Mile 30.1

Comfort Suites, 761 Enterprise Dr., Clayton, 27520, 919-553-1234; [www.choicehotels.com](http://www.choicehotels.com). 1.3 miles west of the intersection of Main and O'Neil Sts. in Clayton. Head north on W. Main St. In 0.5 mile, turn left on S. Moore St. In 0.5 mile, turn right on US 70. Hotel is 0.4 mile up US 70 on right. Rooms approximately \$100.

EB Mile 34.9; WB Mile 29.9

Morning Glory Inn, 507 E. Second St., Clayton, 27520, 919-550-8547; [morning-glory-inn.com](http://morning-glory-inn.com). The inn is 1½ blocks off the route. To reach it,

head southwest on Smith St., and then left on Second St. Rooms are approximately \$99 to \$119.

EB Mile 56.2; WB Mile 8.6

Four Oaks Lodging Motel and RV Center, 4606 US 301 South, Four Oaks, 27524, 919-963-3596; [www.fouroakslodging.com](http://www.fouroakslodging.com). On US 301, 0.4 mile west from the intersection of US 701 and US 301. This motel also offers tent camping. Rooms range from about \$30 to \$50, and tent sites are \$19 and \$38.

EB Mile 56.6; WB Mile 8.2

Travelers Inn, 97 NC 96, Four Oaks, 27524, 919-934-4194. About 200 feet from the US 701/Devils Racetrack Rd. intersection on NC 96.

EB Mile 56.6; WB Mile 8.2

Raleigh Oaks RV Resort and Cottages, 527 US 701 S., Four Oaks, 27524, 919-934-3181; [raleighoaksvresort.com](http://raleighoaksvresort.com). The campground, 0.1 mile south of the MST on US 701, is RV-only, but cottages are available for \$85/night and up.

EB Mile 64.8; WB Mile 0.0

Howell Woods Environmental Learning Center, 6601 Devils Racetrack Rd., Four Oaks, 27524, 919-938-0115. Call ahead or email [jtastoske@johnstoncc.edu](mailto:jtastoske@johnstoncc.edu) to arrange for hiking, camping, lodging in cabins (including hot showers, restrooms, and full kitchens), shuttles, or supply runs. Available on site are picnic facilities, water, WiFi, and a vending machine.

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/Post Office

EB Mile 1.4; WB Mile 63.4

Food and supplies at Shops of Bedford, 0.3 mile from MST; see hiking directions for route

EB Mile 8.8; WB Mile 56.0

Groceries, food, and provisions approximately 0.3 mile from MST; see hiking directions for route





EB Mile 15.7; WB Mile 49.0

Grocery store 0.4 mile from the MST; see hiking directions for route

- EB Mile 19.1; WB Mile 45.7 Convenience store 0.1 mile from MST; see hiking directions for route
- EB Mile 22.0; WB Mile 42.7 Convenience store 0.5 mile from MST; see hiking directions for route
- EB Mile 30.1; WB Mile 34.7 Food and supplies about 1.0 mile away from MST; see hiking directions for route
- EB Mile 34.3; WB Mile 30.4 Numerous services in downtown Clayton and along US 70, running parallel to Main St. 6 blocks away
- EB Mile 35.1; WB Mile 29.7 Clayton post office
- EB Mile 36.0; WB Mile 28.8 Convenience store at intersection of Bent Branch Loop Rd. and NC 42
- EB Mile 43.4; WB Mile 21.4 Wilsons Mills post office
- EB Mile 51.3; WB Mile 13.4 Smithfield post office
- EB Mile 52.7; WB Mile 12.1 Convenience store and supermarkets at intersection of S. Third St. and S. Brightleaf Blvd., Smithfield
- EB Mile 56.6; WB Mile 8.2 Convenience stores and country store at intersection of US 701 and Devils Racetrack Rd.
- EB Mile 64.8; WB Mile 0.0 Picnic facilities and a vending machine with drinks only at Howell Woods Environmental Learning Center

## Water/Restrooms

The best sources of water on this section are water fountains, well water from spigots, and bottled water from convenience stores (see list of stores above). Avoid drinking surface water.

- EB Mile 0.0; WB Mile 64.8 Restrooms and water fountains at Tailrace Fishing Area parking lot  
- EB Mile 11.5; WB Mile 53.3 Restrooms and drinking water at Buffalo Athletic Park 0.1 mile from MST; see hiking directions for route  



Camping



Lodging



Parking



Food



Restrooms













Supplies



Water



Picnic

EB Mile 17.6; WB Mile 47.1	Restrooms and water fountains  
EB Mile 33.0; WB Mile 31.8	Port-a-john at Sam's Branch Greenway parking lot 
EB Mile 34.3; WB Mile 30.4	Numerous services in downtown Clayton  
EB Mile 48.7; WB Mile 16.1	Water and restrooms at Smithfield Community Park and Smithfield Recreation & Aquatics Center  
EB Mile 53.1; WB Mile 11.7	Restrooms at E.J. Wellons Park 
EB Mile 64.8; WB Mile 0.0	Water and port-a-johns  

## Hunting

The only land open for hunting in this segment is Howell Woods Environmental Learning Center.

## Signs/Blazing

Raleigh's Neuse River Trail and Clayton's River Walk and Sam's Branch Greenway are marked with mileposts every ¼ mile. Raleigh's Neuse River Trail has blades on its mileposts that designate the route of the MST. The many bridges on these greenways are all numbered. The Buffalo Creek Greenway (also known on maps as Smithfield Neuse Riverwalk) has mileposts every 0.2 mile. Each of these also has signs bearing the name of the greenway. As of this writing, there are no MST markings on the road portions of this segment; however, we are developing plans for wayfinding on the road sections of this trail segment and expect to be installing signs and blazes in 2019.

## Special Considerations

This segment is a great place to explore by bicycle as well as on foot, as it is entirely on paved roads or paths.

Watch for traffic and narrow shoulders throughout the route.

Dogs are allowed throughout this segment, but should be on a leash at all times.

## ADDITIONAL INFORMATION

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

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

Clayton Tourism: [www.visitclayton.org](http://www.visitclayton.org)

Johnston County Tourism: [www.johnstoncountync.org](http://www.johnstoncountync.org)

Smithfield Tourism: [www.visitsmithfield.org](http://www.visitsmithfield.org)

## Trail Maps

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

Raleigh MST/Neuse River Trail (scroll to middle of page for link to pdf): [www.raleighnc.gov/parks/content/ParksRec/Articles/Greenways/NeuseRiverTrail.html](http://www.raleighnc.gov/parks/content/ParksRec/Articles/Greenways/NeuseRiverTrail.html)

Clayton River Walk on the Neuse map: [www.townofclaytonnc.org/uploads/files/Parks%20%26%20Recreation/clayton%20river%20walk%20signage%20map%2024x36.pdf](http://www.townofclaytonnc.org/uploads/files/Parks%20%26%20Recreation/clayton%20river%20walk%20signage%20map%2024x36.pdf)

## Links for Parks and Historic Sites Along the Route

Horseshoe Farm Park: [www.raleighnc.gov/parks/content/PRecDesignDevelop/Articles/HorseshoeFarmPark.html](http://www.raleighnc.gov/parks/content/PRecDesignDevelop/Articles/HorseshoeFarmPark.html)

Anderson Point Park: [www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/AndersonPoint.html](http://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/AndersonPoint.html)

Clayton History: [www.townofclaytonnc.org/Downtown-Clayton/historic-preservation.aspx](http://www.townofclaytonnc.org/Downtown-Clayton/historic-preservation.aspx)

Johnston County Heritage Center: [www.johnstonnc.com/heritage2/index.cfm?CFID=31004939&CFTOKEN=45552114](http://www.johnstonnc.com/heritage2/index.cfm?CFID=31004939&CFTOKEN=45552114)

Ava Gardner Museum: [www.avagardner.org](http://www.avagardner.org)

Howell Woods Environment Learning Center: [www.johnstoncc.edu/howellwoods](http://www.johnstoncc.edu/howellwoods)

## Other Valuable Links

Sound Rivers: [www.soundrivers.org](http://www.soundrivers.org)



## PRIMARY PARKING LOCATIONS (Page 1)

### Tailrace Fishing Area Parking Lot (Just below Falls Lake Dam)

*Note:* Overnight parking is prohibited here and at the next parking area 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 0.0; WB Mile 64.8



N35.94004, W78.58061

### Additional NRT Parking Lot

EB Mile 0.4; WB Mile 64.4



N35.93918, W78.57567

### 3324 Falls River Ave. (Parking Lot 0.1 Mile Away on Side Trail)

EB Mile 1.6; WB Mile 63.2



N35.92887, W78.55897

### 10888 Bedfordtown Dr. (Parking Lot 0.2 Mile Away on Side Trail)

EB Mile 2.8; WB Mile 62.0



N35.92009, W78.55976

### Thornton Dr. (Parking Lot 0.2 Mile Away on Side Trail)

EB Mile 4.5; WB Mile 60.3



N35.90218, W78.54030

### WRAL Soccer Park Parking

EB Mile 6.6; WB Mile 58.1



N35.88582, W78.54364

### Trailhead Ln. (Parking Lot 0.1 Mile Away on Side Trail)

EB Mile 8.8; WB Mile 56.0



N35.87675, W78.53489

### Buffaloe Rd. Boat Access (4901 Elizabeth Dr.)

EB Mile 11.0; WB Mile 53.8



N35.84776, W78.53097

### Buffaloe Athletic Park

EB Mile 11.5; WB Mile 53.3



N35.84064, W78.53453

### Abington Ln. (Parking Lot 0.2 Mile Away on Side Trail)

EB Mile 13.7; WB Mile 51.1



N35.81589, W78.54298

### Milburnie Park

EB Mile 14.9; WB Mile 49.9



N35.80136, W78.54099

### Neuse River East Canoe Launch

EB Mile 15.2; WB Mile 49.6



N35.79871, W78.53905

## PRIMARY PARKING LOCATIONS (Page 2)

### Anderson Point Park

EB Mile 17.3; WB Mile 47.5



N35.77471, W78.54226

### 1721 Riverview Parking Lot

EB Mile 19.1; WB Mile 45.7



N35.75477, W78.53363

### Auburn Knightdale Rd. (Parking Area 0.1 Away on Side Trail)

EB Mile 22.0; WB Mile 42.7



N35.72561, W78.51467

### 6090 Mial Plantation Rd. Parking Lot

EB Mile 26.3; WB Mile 38.4



N35.70407, W78.47785

### Covered Bridge Rd. Parking Lot

EB Mile 30.8; WB Mile 34.0



N35.67580, W78.43397

### Sam's Branch Greenway

EB Mile 33.0; WB Mile 31.8



N35.66242, W78.44212

### East Clayton Community Park

EB Mile 37.7; WB Mile 27.1



N35.63787, W78.41598

### Smithfield Recreation and Aquatics Center

EB Mile 48.7; WB Mile 16.1



N35.53063, W78.32913

### Smithfield River Access Point

EB Mile 51.3; WB Mile 13.5



N35.51427, W78.34797

### Bob Wallace Jaycee Kiddie Park, South End of Buffalo Creek Greenway

EB Mile 51.9; WB Mile 12.9



N35.50911, W78.34926

### US 701/Devils Racetrack Rd. Intersection

EB Mile 56.6; WB Mile 8.2



N35.45555, W78.38867







### Howell Woods Environmental Learning Center

EB Mile 64.8; WB Mile 0.0



N35.37052, W78.30611

## Hiking Directions, Eastbound

- 0.0 Begin Segment 11 at Tailrace Fishing Area parking lot, just below the Falls Lake dam. From the parking lot, walk towards Falls of Neuse Rd. and immediately go left onto ramp access. Descend and go under bridge to start paved Neuse River Trail (NRT) asphalt greenway. Note “Falls” to left. *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 here unless prior approval has been granted. To request permission to park overnight, contact the US Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil).   
- 0.4 Pass parking lot for NRT on right. *Note:* Overnight parking is prohibited here unless prior approval has been granted. To request permission to park overnight, contact the US Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil). 
- 0.6 Cross under double bridges of New Falls of Neuse Rd. *Note:* The Banks D. Kerr Family YMCA in Raleigh offers free showers to MST hikers from 2:00-4:30 PM Monday through Friday and on Saturdays after 12:00 PM. Hikers must show an ID to be admitted, and may take packs into the locker rooms with them. To reach the YMCA, take the access path on the upstream side of the bridge to New Falls of Neuse Rd. and cross the bridge over the river. After 0.3 mile, turn left on Townfield Rd. In 0.2 mile, turn right on Sycamore Grove Ln. The YMCA is on the left after 0.3 mile. If you have questions, contact Shannon Young at 919-562-9600.
- 0.9 Cross bridge #200 with homes on right.
- 1.0 Cross bridge #201.
- 1.4 Continue straight past trail to Falls River Ave. on right. *Note:* To reach upscale restaurants and shops, take trail to the right for 0.2 mile. Go right on Falls River Ave.; after 0.1 mile, Shops of Bedford are on left.  



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water






Picnic



The tailrace at the Falls Lake dam

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

- 1.6 Continue straight past second trail on right leading to River Ave. *Note:* If you go right about 0.1 mile, you reach 3324 Falls River Ave. parking lot. To reach the restaurants and shops referenced at 1.4-mile point above, go right on Falls River Ave.; after 0.2 mile, Shops at Bedford are on left. **P**
- 2.4 Pass benches and trash receptacles with interpretive sign, “Floodplain and Stream Buffer.”
- 2.8 Continue straight past trail on right leading to Bedfordtown Dr. Cross bridge #202, then continue straight past trail on right leading to Grassy Creek Pl. *Note:* You can go right on first asphalt trail and follow power line for 0.2 mile to reach parking lot at 10888 Bedfordtown Dr. or right on the second trail about 100 yards to reach Grassy Creek Pl. cul-de-sac. **P**
- 2.9 Continue straight past Abbotts Creek Trail on right.
- 3.2 Cross bridge #207.
- 3.4 Cross bridge #208 then cross under railroad trestle. *Note:* A roof built over the NRT protects hikers from the working train tracks above.

- 3.7 Cross bridge #210 then cross under Capital Blvd./US 1 and cross bridge #211
- 4.3 Cross bridge #212.
- 4.5 Continue straight past unnamed asphalt path on right heading to Thornton Dr. parking lot in 0.2 mile. 
- 4.7 Pass River Access Junction on left. *Note:* If you walk to the river you will see the canoe launch area and a tributary feeding into the Neuse River. River Access Junction has picnic tables, trash, and interpretive sign, "River Dynamics." 
- 4.8 Continue straight under pedestrian bridge going over the Neuse River. *Note:* If you turn right on the asphalt path to cross over bridge #216, you can turn left after crossing the Neuse River and head towards Wake Forest on the Smith Creek Greenway.
- 6.2 Cross bridge #217 and take sharp right to stay on NRT.
- 6.3 Pass benches, trash receptacles, and interpretive sign, "Beavers and Wetlands."
- 6.4 Pass trail on right leading to Myakka Ct. *Note:* If you turn right, you will reach Myakka Ct. in 0.1 mile.
- 6.6 Just before soccer fields and large parking area, turn left to stay on NRT. 
- 6.8 Cross bridge.
- 7.0 Pass path on right leading to baseball fields and track.
- 7.1 Continue straight past tennis courts and housing development on right.
- 8.0 Continue straight where path to footbridge over Neuse River joins from right.
- 8.1 Continue straight under double bridge overpass of US 401/Louisburg Rd.
- 8.2 Cross bridge #225.
- 8.4 Cross bridge #226.
- 8.6 Cross bridge #227.
- 8.8 Continue straight past trail on right leading to Trailhead Ln., then cross bridge #228. *Note:* To reach groceries, food, and provisions, take trail to the right. Go 0.1 mile from NRT to reach Trailhead Ln. with parking lot, bench, and trash receptacles. Walk 100 feet uphill from parking lot, left on Averette Field Dr., and walk on sidewalk in



Camping



Lodging



Parking



Food



Restrooms














Supplies



Water



Picnic

- front of townhomes. After 0.1 mile, go left on Ramble Way. Go 0.1 mile and cross Perry St.; food and grocery store are on left. Total distance from NRT is 0.3 mile.     
- 9.2 Cross bridge #229.
- 9.4 Cross bridge #230.
- 9.7 Cross bridge #231.
- 10.3 Cross bridge #232.
- 10.5 Cross under I-540.
- 10.9 Cross bridge #233. A scenic wetland area is on the right.
- 11.0 Cross under Buffaloe Rd., then pass junction with trail on right. *Note:* On right is parking area at Raleigh Sewage Pump Station #62. This is the Buffaloe Rd. boat access point at 4901 Elizabeth Dr. 
- 11.2 Cross bridge #224 with houses on right.
- 11.5 Cross bridge #225, then continue past trail on left leading to Buffaloe Athletic Park. *Note:* For restrooms and drinking water at the park, take trail. From NRT, go 0.1 mile to River Landing cul-de-sac. From cul-de-sac, follow asphalt trail towards Buffaloe Athletic Park. After 100 yards, turn left to cross street with white pedestrian crossing markings. Across the street by the parking lot at the baseball field is a small building with restrooms and drinking water.   
- 11.6 Cross Neuse River on long bridge (#237-239).
- 12.1 Cross bridge #240.
- 12.4 Cross bridge #241.
- 13.2 Cross bridge #242.
- 13.6 Cross Neuse River on suspension bridge #243-245.
- 13.7 Pass trail leading to Abington Ln. on right. *Note:* If you turn right, you reach parking lot in 0.2 mile. 
- 13.8 Cross bridges #246 and #247.
- 14.6 Pass trail leading to Crag Burn Ln. on right.
- 14.7 Pass interpretive sign, "A Wetland's Work is Never Done." In a few yards, cross bridge #98, which is an old bridge with great views of the wetland around the Neuse River.
- 14.9 Pass trail leading to Allen Dr. and Milburnie Park on right. *Note:* If you turn right, you reach parking 0.2 mile away. 
- 15.1 Pass trail on right heading to Raleigh Beach Rd. *Note:* Lodging is available about 0.9 mile from the trail. Take the trail to the right



Camping

Lodging

Parking

Food


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Water

Picnic

and head west on Raleigh Beach Rd. and then west on New Bern Ave. 

- 15.2 Go straight past trail on left leading to Loch Raven Pkwy. *Note:* If you turn left and cross the bridge over the Neuse River, in 0.1 mile you reach canoe launch area with a dirt parking lot and railroad-tie steps down to the Neuse River. Follow dirt road uphill 0.2 mile to 5611 Loch Raven Pkwy. and road entrance with sign, “Neuse River East Canoe Launch.” The Raleigh Parks and Recreation Capital Area Greenway System map lists the address as 1101 Old Milburnie Rd. 
- 15.3 Cross bridge #250, then pass trail on right leading to Raleigh Beach Rd.



One of two suspension bridges on MST/Neuse River Trail in Raleigh  
Photo by PJ Wetzel, [www.pjwetzel.com](http://www.pjwetzel.com)



Camping



Lodging



Parking



Food



Restrooms













Supplies



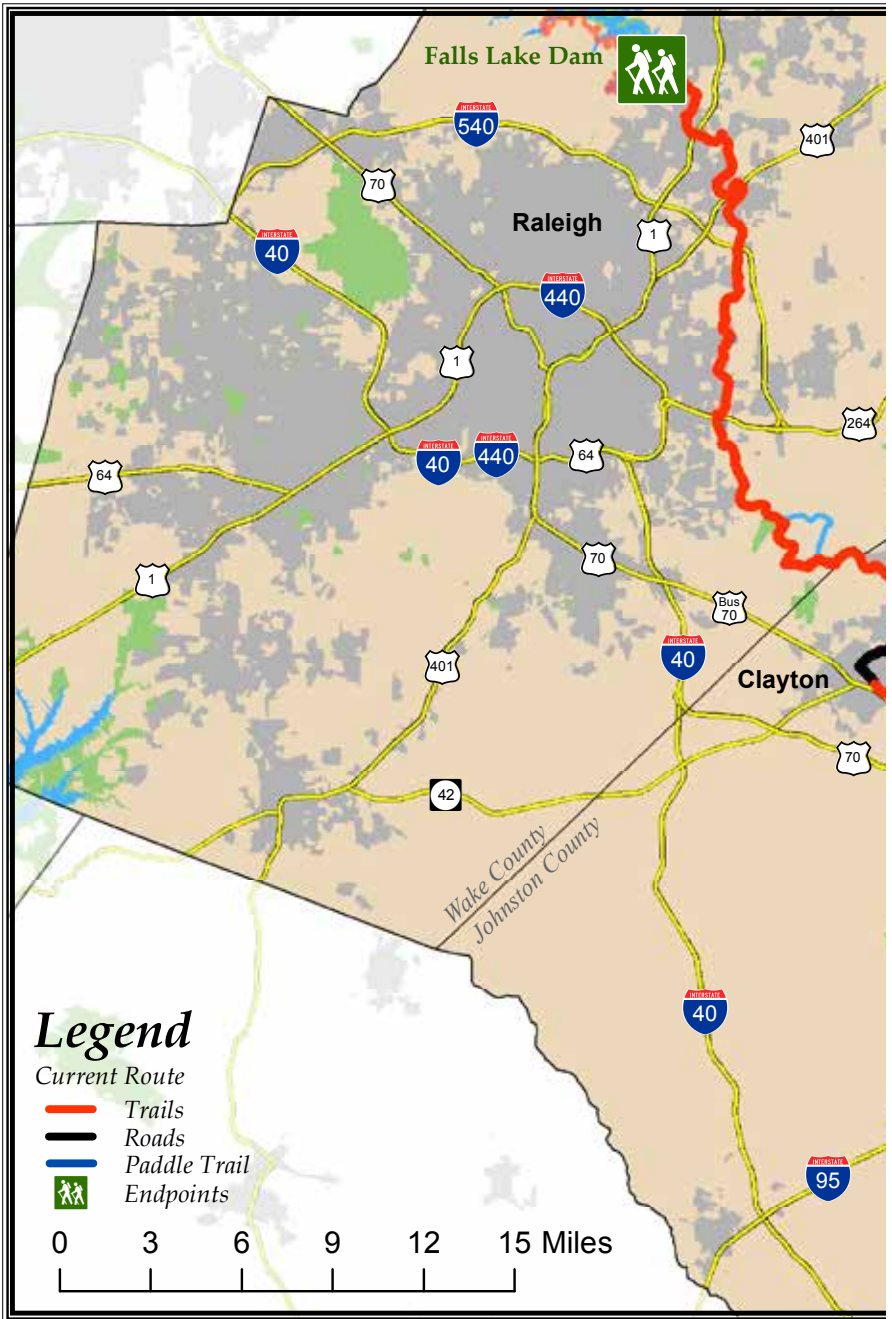
Water



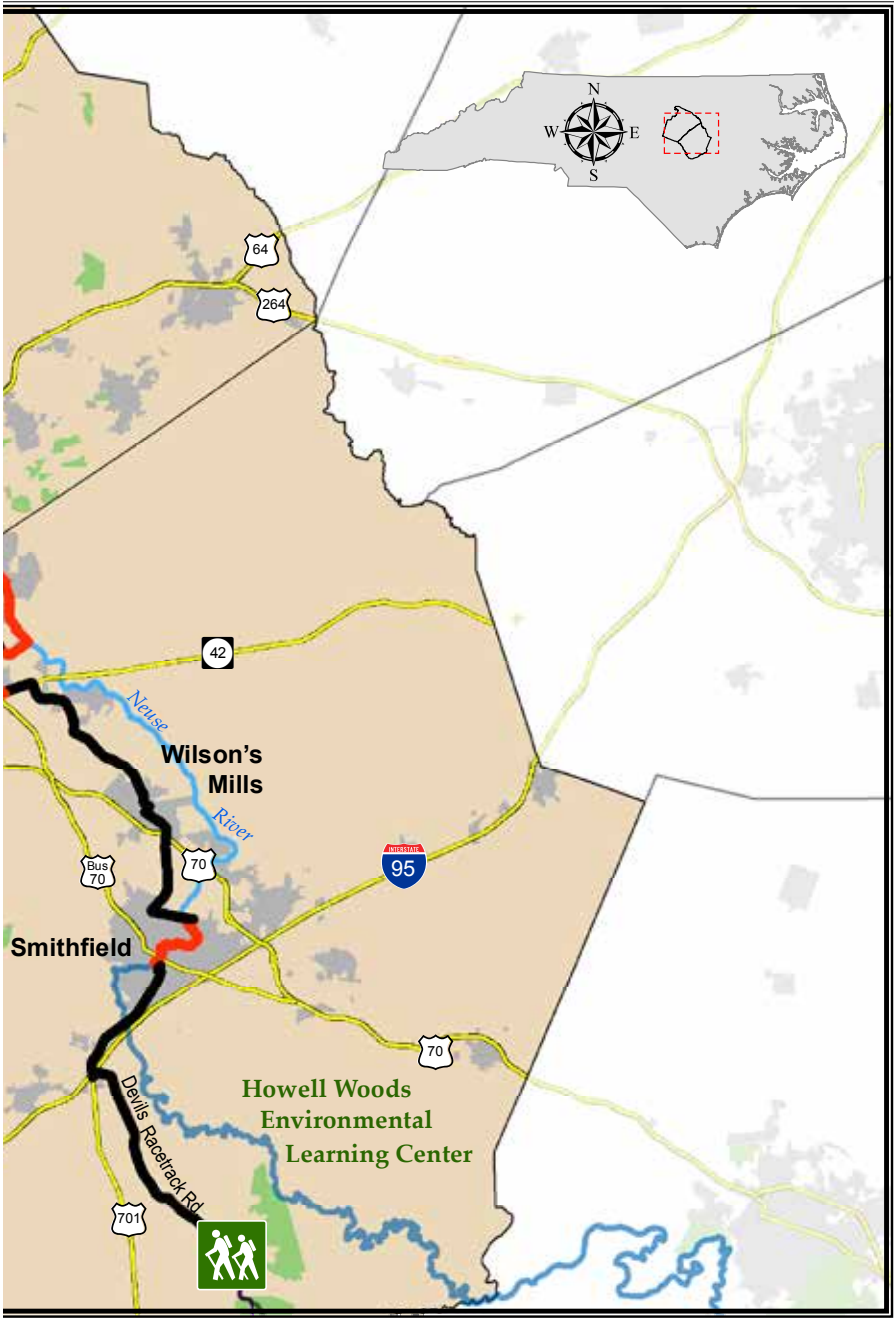
Picnic







- 15.7 Cross under US 64 Business/New Bern Ave. *Note:* Just after NRT sign, a dirt trail comes in from the right leading uphill to the highway. A grocery store is 0.4 mile from the NRT. Walk 10 yards uphill and then 50 more yards along the highway. Turn right into woods and then immediately turn left (after 10 yards note abandoned stone pillar on left) and walk under power line parallel to highway for 75 yards. Turn left on abandoned asphalt road and go 10 yards. Asphalt road turns to right. Go 0.3 mile uphill on asphalt road to reach grocery on the left.   
- 16.1 Cross bridge #96, which is a long boardwalk.
- 16.3 Cross bridge #95.
- 16.7 At Y-intersection, bear left to stay on NRT. *Note:* The side trail is paved only for a few feet and then turns to gravel.
- 16.8 Cross bridge #251.
- 16.9 Cross bridge #252.
- 17.0 Continue straight past trail marked Mingo Creek on left, then cross bridge #255.
- 17.2 Continue straight past canoe launch on left.
- 17.3 Pass large parking lot for Anderson Point Park on right, then left at T-intersection on Anderson Point Dr. 
- 17.5 Cross bridge over US 64/264 on red faux-brick sidewalk and enter Anderson Point Park, following small “Capital Area Greenway” signs to stay on NRT.
- 17.6 Pass restrooms and water fountains on right.  
- 17.7 Bear right after passing white “Retreat Cottage” on right.
- 17.9 Cross long winding bridge (#256-258) over Crabtree Creek.
- 18.9 Cross bridge #259.
- 19.1 Cross bridge #260. Continue straight past trail leading to 1721 Riverview parking on right, then cross under Poole Rd. *Note:* The parking area fronts onto Poole Rd. From the parking area, turn right onto Poole Rd., away from Neuse River; 0.1 mile on the left at the stoplight is a convenience store (open 7 days/wk).    
- 19.4 Cross bridge #261-263 then continue straight as Walnut Creek Trail intersects from the left.
- 19.5 Just before 19½-mile marker, see interpretive display, “Stone’s Mills.”
- 19.7 Cross bridges #264 and #265.





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



- 19.9 Cross bridge #266. *Note:* 10 MPH signs on trails warn bikers not to travel too fast.
- 20.4 After 20¼-mile marker, see interpretive display, “How a Forest Changes.”
- 20.5 Cross bridge #267.
- 20.8 Cross bridges #268 and #269.
- 21.0 Cross bridges #270 and #271.
- 21.2 Cross long bridge (#272-274) over brook.
- 21.9 Cross bridges #275 and #276.
- 22.0 Cross under Auburn Knightdale Rd. Continue straight past trail junction on right, then cross bridge #277. *Note:* Go 0.1 mile to right to reach Auburn Knightdale Rd. parking area. If you need provisions, go left on Auburn Knightdale Rd. (away from river) and walk 0.5 mile to reach convenience and gas store on right at Battle Bridge Rd.     
- 22.2 Cross bridge #278.
- 23.2 Cross bridge #279.
- 23.4 Cross bridge #280, then walk through narrow tunnel underneath Battle Bridge Rd.
- 23.5 Cross bridge #282.
- 24.0 Cross Brownfield Rd. at stop sign, then take immediate right on NRT to parallel Brownfield Rd.
- 24.7 Turn left at Old Baucom Rd, continuing on NRT. See interpretive display “Brownfield Rd.”
- 25.5 Follow NRT as it bears left into woods.
- 25.9 Cross gravel path at stop sign. (*Warning:* Cross-traffic does not stop.) After passing interpretive display, “NRWWTP,” cross long iron bridge (#283-284) over Neuse River.
- 26.1 Cross bridge #285.
- 26.3 Cross bridge #286 and pass trail on left leading to 6090 Mial Plantation Rd. parking lot, which is visible on left. There are no restrooms, water, supplies, or stores nearby. 
- 26.4 Continue straight under Mial Plantation Rd.
- 26.8 Cross bridge #287.
- 27.1 Cross bridges #288 and #289.
- 27.3 Cross bridge #290.



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic



Farm fields along the MST/Neuse River Trail in Raleigh  
Photo by Jim Suiter

- 27.7 After crossing bridge #291, enter Johnston County, where trail name changes from NRT to Clayton River Walk.
- 29.4 Cross long bridge over Marks Creek. See sign for Riverwood neighborhood and the first of four neighborhood asphalt trails coming in from the left.
- 30.1 Leave the Riverwood neighborhood. *Note:* Food and supplies are about 1.0 mile away. Go 75 feet past the 30.0-mile marker and turn left on asphalt path. Follow the path into the Riverwood subdivision. After 0.4 mile, take right fork on the asphalt trail and go 0.1 mile to wood bridge. Cross bridge and go 150 feet, then turn right on Woodson Rd. (no sign) for 0.2 mile to stop sign at Peyton Dr. Cross



Camping



Lodging



Parking



Food



Restrooms









Supplies



Water



Picnic

- Peyton Dr. Turn left onto asphalt trail running behind the school parallel to Peyton Dr. After 0.2 mile, reach Athletic Club Blvd. See shops on left with food. For grocery and other food options, turn right on Athletic Club Blvd., then in 0.2 mile, cross Pritchard Rd. to find shopping complex.   
- 30.4 Continue straight past private canoe launch area on right.
- 30.8 Continue straight under Covered Bridge Rd. Asphalt path on left leads to Covered Bridge Rd. parking. 
- 31.1 Bridge crosses Neuse River with a spacious view of the Neuse.
- 31.7 See “Hearing Shots:” sign on your right, which explains that the Clayton police firearm training facility is safe, but can be heard. Then turn sharply to right where signpost shows Clayton River Walk changes its name to Sam’s Branch Greenway. *Note:* Here you can walk a few yards to the left to the banks of Neuse River.
- 31.9 Reach public art installation. Greenway goes between wooden fences decorated with large colorful paintings, followed by a park-like area with a decorated bench.
- 32.1 Leave public art installation and cross over the first of 4 low wooden bridges with caution signs for “Narrow Bridge.”
- 32.5 Pass two black bollards with yellow stripes, which stop motorized vehicles.
- 33.0 Sam’s Branch Greenway ends at 1358 N. O’Neil St. in Clayton. Bear right from trail to enter parking lot with one port-a-john. Walk uphill towards the road.  
- 33.1 From parking lot turn left onto N. O’Neil St. towards Clayton. You will walk along this well-traveled two-lane country road for 1.2 miles.
- 33.9 At Georgetown Dr., sidewalk begins on right side of N. O’Neil St. One block later, at W. Wilson St., additional sidewalk begins on left. Continue on N. O’Neil St.
- 34.2 Pass First Baptist Church on left.
- 34.3 Cross railroad tracks, then turn left on W. Main St. (becomes E. Main St. in one block) through downtown Clayton, with numerous services. *Note:* It is tempting to turn left and walk along the railroad tracks to avoid traffic, but it is illegal to hike on railroad tracks. Lodging is 1.3 miles west of here. Instead of turning left to continue on MST, turn right here on W. Main St. In 0.5 mile, turn left on



Camping



Lodging



Parking



Food



Restrooms

















Supplies







Water

















Picnic

- S. Moore St. In 0.5 mile, turn right on US 70. Hotel is 0.4 mile up US 70 on right.     
- 34.9 Continue straight past Smith St. *Note:* To reach lodging at Morning Glory Inn, 1½ blocks off the trail, turn right on Smith St., and then left on Second St. 
- 35.0 Turn left on Central St. (no sign) at light just beyond Second St., then cross railroad tracks.
- 35.1 Turn right on Front St. at post office. The sidewalk ends shortly and becomes a 10-foot-wide asphalt multi-use path.
- 35.6 Follow the multi-use path around traffic circle.
- 35.9 Return to Front St. where the multi-use path leaves the road.
- 36.0 Turn left on NC 42. A convenience store is on the right. 
- 37.0 Turn right onto Glen Laurel Rd. at light just beyond Caterpillar facility.
- 37.3 Pick up asphalt path running parallel to road on left.
- 37.7 Return to road and pass entrance to East Clayton Community Park. 
- 39.5 Turn left at T-intersection onto Powhatan Rd.
- 43.2 At T-intersection, turn right on Fire Dept. Rd.
- 43.3 Cross railroad tracks.
- 43.4 Pass Wilsons Mills post office on right. At T-intersection with convenience store, turn left on Wilsons Mills Rd. 
- 45.6 Pass convenience store and barbecue restaurant on right and Family Dollar on left, then continue straight across divided US 70.  
- 47.3 At next traffic light, turn left on M. Durwood Stephenson Hwy.
- 47.7 Cross bridge over Neuse River.
- 48.5 Continue straight through intersection with Buffalo Rd.
- 48.7 Turn right into Smithfield Community Park and Smithfield Recreation & Aquatics Center (600 E. Booker Dairy Rd.) at the brick marker with a football, baseball bat, soccer, and basketball on top. Go a few steps and hit white sidewalk, which meanders 0.4 mile on the right of the park (parking, water, restrooms, picnic area). Note the sculptures of child athletes, the educational panels along the walk, and the exercise stations with signs.   
- 49.1 Just before returning to baseball fields, turn right on the asphalt Buffalo Creek Greenway (also known on maps as Smithfield Neuse

















Riverwalk) at sign post with map. This 10-foot-wide, 2.9-mile asphalt greenway has mileposts about every 0.2 mile, trash cans, and benches. It accommodates hikers, runners, and bikers.

- 50.4 Cross under Buffalo Rd.
- 50.7 After Milepost (MP) 1.4, reach additional trailhead entrance to Buffalo Creek Greenway at N. Second St. and Hospital Rd. Bear right to stay on greenway.
- 51.3 At MP 0.6, see “Where Does the Water Go” and “After the Storm” educational displays. *Note:* There is a boat ramp as well as beautiful views of Buffalo Creek/Neuse River with paved parking along Front St. (200 S. Front St.). If you want to visit Historic Downtown Smithfield, take wooden steps (just behind “After the Storm”) up from greenway and turn right on Front St. After one block (less than 0.1 mile), turn left on W. Market St. at The Little Brown Jug (a bar). Go 0.2 mile past S. Third St. The library and the Ava Gardner Museum are on your left. Smithfield is quite proud of Ava. In addition, the Smithfield post office is 1½ blocks away on Bridge St. 
- 51.5 Cross under W. Market St. *Note:* Just before the crossing, note the old stone bridge piling with a plaque as you cross a boardwalk bridge. The covered bridge that used to stand here was built after the Civil War and used until 1907. Just after the crossing, on the left, is Legion Hut, Home of the Neuse Little Theatre (with two port-a-johns just off the greenway at 100 S. Front St.) and the Neuse River Amphitheatre. You can take an asphalt path to the left to reach Front St. Turn left on Front St. and after less than 0.1 mile, turn right on W. Market St. to reach the Ava Gardner Museum.
- 51.9 After passing the church cemetery on the left, reach educational display on Buffalo Creek Greenway, MP 0.0 and Girl Scout Hut. This is the south end of the Buffalo Creek Greenway, at Bob Wallace Jaycee Kiddie Park. Turn right on S. Second St. 
- 52.1 Turn left on E. Davis St.
- 52.2 At T-intersection, turn right onto S. Third St.
- 52.7 Stay straight as S. Third St. merges into S. Brightleaf Blvd. (US 301/NC 96). You will walk along this road for 4.7 mile. *Note:* There is a BP convenience store on the left and supermarkets on both sides of the road.  

- 53.1 Pass E.J. Wellons Park and the Civitas Field, home of Smithfield Youth Baseball, on the right (1220 S. Brightleaf Blvd.; restrooms available, when open). 
- 53.6 Pass Asbury United Methodist Church on right.
- 54.3 Cross over Neuse River.
- 55.5 Cross over Holt Lake.
- 56.2 After crossing railroad track, continue straight on US 701 where US 301 bears right. *Note:* Bear right on US 301 and go 0.3 mile to reach Four Oaks Lodging Motel and RV Center, which offers rooms and tent camping.  
- 56.4 Cross over I-95 (this is Exit 90 off of I-95).
- 56.6 Turn left on Devils Racetrack Rd. (SR 1009). Stay on this road for 8.2 miles until you reach Howell Woods Environmental Learning Center. *Note:* The Travelers Inn is visible to the right on NC 96 (about 200 feet) and there are convenience stores and a country store at this intersection. Lodging is also available at Raleigh Oaks RV Resort and Cottages 0.1 mile south on US 701.     
- 60.2 Pass Stewart's Chapel Church Pentecostal Free Will Baptist Church on right.
- 60.5 Pass Stewart Rd. (SR 1179) on right.
- 62.4 Pass Word of Faith Christian Church on right.
- 62.6 Pass Joyner Bridge Rd. on right.
- 63.0 Pass Hickory Grove Disciples Church on right.
- 64.8 Reach entrance to Howell Woods Environmental Learning Center and the end of Segment 11 on left. See "North Carolina Civil War Trails" sign at entrance and Hannah's Creek Bridge educational panel. *Note:* If you walk 0.1 mile into Howell Woods, you will reach the office and parking. See the "Camping/Lodging" section for this segment for more information about other facilities and services available here. To reach Howell Woods by vehicle, head east on Devils Racetrack Rd. 8.2 miles from the intersection with US 701 just south of the I-95/US 701 interchange (I-95 Exit 90). The entrance is on your left.      



## Hiking Directions, Westbound

- 0.0 From Howell Woods Environmental Learning Center entrance, turn right on Devils Racetrack Rd. to begin Segment 11. *Note:* If you walk 0.1 mile into Howell Woods, you will reach the office and parking. See the “Camping/Lodging” section for this segment for more information about other facilities and services available here. To reach Howell Woods by vehicle, head east on Devils Racetrack Rd. 8.2 miles from the intersection with US 701 just south of the I-95/US 701 interchange (I-95 Exit 90). The entrance is on your left.  
-    
- 1.7 Pass Hickory Grove Disciples Church on left.
- 2.2 Pass Joyner Bridge Rd. on left.
- 2.4 Pass Word of Faith Christian Church on left.
- 4.2 Pass Stewart Rd. (SR 1179) on left.
- 4.5 Pass Stewart’s Chapel Church Pentecostal Free Will Baptist Church on left.
- 8.2 Just beyond I-95 entrance ramp, turn right on US 701 at Sunoco and BP gas stations. *Note:* The Travelers Inn is visible ahead on NC 96 (about 200 feet) and there are convenience stores and a country store at this intersection. Lodging is also available at Raleigh Oaks RV Resort and Cottages 0.1 mile south on US 701.     
- 8.4 Cross over I-95 (this is Exit 90 off of I-95).
- 8.6 Where US 301 comes in from left, continue straight (road changes name to Brightleaf Blvd.), then cross railroad track. *Note:* Turn left on US 301 and go 0.3 mile to reach Four Oaks Lodging Motel and RV Center, which offers rooms and tent camping.  
- 9.2 Cross over Holt Lake.
- 10.5 Cross over Neuse River.
- 11.2 Pass Asbury United Methodist Church on left.
- 11.7 Pass E.J. Wellons Park and the Civitas Field, home of Smithfield Youth Baseball on the left (1220 S. Brightleaf Blvd., restrooms available, when open). 
- 12.1 At Y-intersection just beyond light at Wellons St., bear left onto S. Third St. *Note:* There is a BP convenience store on the right and supermarkets on both sides of the road.  



A mother killdeer guards her eggs along the trail.  
Photos by Dave Owen

- 12.6 Turn left on E. Davis St.
- 12.7 Turn right on S. Second St.
- 12.9 Turn left into parking area at Bob Wallace Jaycee Kiddie Park and begin walking on Buffalo Creek Greenway (also known on maps as Smithfield Neuse Riverwalk). This 10-foot-wide, 2.9-mile asphalt greenway has mileposts about every 0.2 mile, trash cans, and benches. It accommodates hikers, runners, and bikers. **P**
- 13.3 Cross under W. Market St. *Note:* Just before the crossing, on the right, is Legion Hut, Home of the Neuse Little Theatre (with two port-a-johns just off the greenway, 100 S. Front St.) and the Neuse River Amphitheatre. You can take an asphalt path to the right to reach Front St. Turn left on Front St. and after less than 0.1 mile turn right on W. Market St. to reach the Ava Gardner Museum. Just after the crossing, note the old stone bridge piling with a plaque as



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water

















Picnic



Butterfly Garden, the 2012 public art project on the MST/Clayton River Walk  
Photo by Lori Foushee

you cross a boardwalk bridge. The covered bridge that used to stand here was built after the Civil War and used until 1907.

- 13.5 At MP 0.6, see “After the Storm” and “Where Does the Water Go” educational displays. *Note:* There is a boat ramp as well as beautiful views of Buffalo Creek/Neuse River with paved parking along Front St. (200 S. Front St.). If you want to visit Historic Downtown Smithfield, take wooden steps (just behind “After the Storm”) up from greenway and turn right on Front St. After one block (less than 0.1 mile), turn left on W. Market St. at The Little Brown Jug (a bar). Go 0.2 mile past S. Third St. and the library and the Ava Gardner Museum is on your left. Smithfield is quite proud of Ava. In addition, the Smithfield post office is 1½ blocks away on Bridge St. **P**
- 14.0 Reach additional trailhead entrance to Buffalo Creek Greenway at N. Second St. and Hospital Rd. Bear left to stay on greenway.
- 14.4 Cross under Buffalo Rd.
- 15.7 At T-intersection with concrete sidewalk, turn left. You are entering Smithfield Community Park and Smithfield Recreation & Aquatics Center. Continue meandering on the sidewalk 0.4 mile through the

- facility, noting the sculptures of child athletes, the educational panels along the walk, and the exercise stations with signs.
- 16.1 At T-intersection, turn left on E. Booker Dairy Rd.   
  - 16.3 Continue straight through intersection with Buffalo Rd., where E. Booker Dairy changes its name to M. Durwood Stephenson Hwy.
  - 16.5 Cross bridge over Neuse River.
  - 17.5 At next traffic light, turn right on Wilsons Mills Rd.
  - 19.2 Continue straight across divided US 70, then pass Family Dollar on right and convenience store and barbecue restaurant on left.  
  - 21.3 Turn right on Fire Dept. Rd. at intersection with convenience store on left. 
  - 21.4 Pass Wilsons Mills post office on left.
  - 21.5 Cross railroad tracks.
  - 21.6 Take the next left onto Powhatan Rd.
  - 25.3 Turn right on Glen Laurel Road.
  - 27.1 Pass entrance to East Clayton Community Park. Continue on asphalt path parallel to road. 
  - 27.5 Return to road.
  - 27.8 Turn left on NC 42.
  - 28.8 At traffic light just before Clayton city limit sign, turn right on Front St. A convenience store is just beyond the intersection. 
  - 28.9 Continue along 10-foot-wide multi-use path.
  - 29.1 Follow the multi-use path around traffic circle and continue.
  - 29.7 Turn left on Central St. at post office, then cross railroad tracks. Turn right on E. Main St. at T-intersection.
  - 29.9 Continue straight past Smith St. You are entering downtown Clayton, with numerous services. *Note:* To reach lodging at Morning Glory Inn, 1½ blocks off the trail, turn left on Smith St., and then left on Second St. Address is 507 E. Second St., Clayton; 919-550-8547.     
  - 30.4 Turn right on O'Neil St. *Note:* Lodging is 1.3 miles west of here. Instead of turning right to continue on MST, continue straight on W. Main St. In 0.5 mile, turn left on S. Moore St. In 0.5 mile, turn right on US 70. Hotel is 0.4 mile up US 70 on right. 
  - 30.5 Cross railroad tracks.
  - 30.6 Pass First Baptist Church on right.



Camping



Lodging



Parking



Food



Restrooms









Supplies



Water



Picnic

- 30.9 Sidewalk ends at Georgetown Dr. Continue on N. O'Neil St.
- 31.7 Turn right into parking area for Sam's Branch Greenway.
- 31.8 Go down hill through parking area, past port-a-john, and turn left on Sam's Branch Greenway.  
- 32.3 Pass two black bollards with yellow stripes, which stop motorized vehicles.
- 32.4 Cross over the first of 4 low wooden bridges with caution signs about "Narrow Bridge."
- 32.7 See "Hearing Shots?" sign on your right, which explains that the Clayton police firearm training facility is safe, but can be heard. Just beyond sign, reach public art installation. Beginning at a park-like area with a decorated bench, greenway goes between wooden fences decorated with large colorful paintings.
- 32.9 Leave public art installation.
- 33.0 Turn sharply to left where signpost shows Sam's Branch Greenway changes its name to Clayton River Walk. *Note:* Here you can walk a few yards ahead to the banks of Neuse River.
- 33.7 Bridge crosses Neuse River with a spacious view of the Neuse.
- 34.0 Continue straight under Covered Bridge Rd. Asphalt path on right leads to Covered Bridge Rd. parking. 
- 34.4 Continue straight past private canoe launch area on left.
- 34.7 Begin passing next to the Riverwood neighborhood. *Note:* Food and supplies are about 1.0 mile away. 75 feet before the 30.0-mile marker, turn right on asphalt path. Follow the path into the Riverwood subdivision. After 0.4 mile, take right fork on the asphalt trail and go 0.1 mile to wood bridge. Cross bridge and go 150 feet until trail hits Woodson Rd. (no sign). Go right on Woodson Rd. for 0.2 mile to stop sign at Peyton Dr. Cross Peyton Dr. and turn left onto asphalt trail running behind the school parallel to Peyton Dr. After 0.2 mile, reach Athletic Club Blvd. See shops on left with food. If you need groceries or other food options, turn right on Athletic Club Blvd. In 0.2 mile, cross Pritchard Rd. to find shopping complex.   
- 35.4 Cross long bridge over Marks Creek.
- 37.1 Enter Wake County, where trail name changes from Clayton River Walk to Neuse River Trail (NRT), then cross bridge #291.
- 37.4 Cross bridge #290.



People stroll the MST/Neuse Riverwalk in Smithfield  
Photo by Chris Johnson

- 37.7 Cross bridges #289 and #288.
- 38.0 Cross bridge #287.
- 38.4 Continue straight under Mial Plantation Rd. Pass trail on right leading to 6090 Mial Plantation Rd. parking lot, then cross bridge #286. There are no restrooms, water, supplies, or stores nearby. **P**
- 38.6 Cross bridge #285.
- 38.9 Cross long iron bridge (#284-283) over Neuse River, then pass interpretive display "NRWWTP." Cross gravel path at stop sign. *Warning:* Cross-traffic does not stop.
- 39.3 Emerge from woods and bear right to parallel Old Baucom Rd.
- 40.1 Turn right at intersection with Brownfield Rd., continuing on NRT. See interpretive display "Brownfield Rd."



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water















Picnic



Savanna Pond at Howell Woods Environmental Learning Center

Photo by Andy Christensen

- 40.8 At T-intersection, turn left on NRT, then cross Brownfield Rd. at stop sign.
- 41.3 Cross bridge #282.
- 41.4 Walk through narrow tunnel underneath Battle Bridge Rd., then cross bridge #280.
- 41.6 Cross bridge #279.
- 42.6 Cross bridge #278.
- 42.7 Cross bridge #277, then continue straight past trail junction on left. Cross under Auburn Knightdale Rd. *Note:* Go 0.1 mile to left to reach Auburn Knightdale Rd. parking area. If you need provisions, go left on Auburn Knightdale Rd. (away from river) and walk 0.5 mile to reach convenience store and gas station on right at Battle Bridge Rd.     
- 42.9 Cross bridges #276 and #275.
- 43.6 Cross long bridge (#274-272) over brook.
- 43.8 Cross bridges #271 and #270.
- 44.0 Cross bridges #269 and #268.
- 44.3 Cross bridge #267.
- 44.4 Just before 20¼-mile marker, see interpretive display “How a Forest Changes.”

- 44.9 Cross bridge #266. *Note:* 10 MPH signs on trails warn bikers not to travel too fast.
- 45.1 Cross bridges #265 and #264.
- 45.3 Just after 19½-mile marker, see display “Stone’s Mills.” Continue straight as Walnut Creek Trail intersects from the right, then cross bridge #263-261.
- 45.7 Continue straight under Poole Rd., then pass trail leading to 1721 Riverview parking on left. Cross bridge #260. *Note:* The parking area fronts onto Poole Rd. From the parking area, turn right onto Poole Rd., away from Neuse River; 0.1 mile on the left at the stoplight is a convenience store (open 7 days/wk).    
- 45.9 Cross bridge #259.
- 46.8 Cross long winding bridge (#258-256) over Crabtree Creek.
- 47.1 Pass “Retreat Cottage” on left.
- 47.2 Pass restrooms and water fountains on left. Bear right and follow small “Capital Area Greenway” signs.  
- 47.3 Leave Anderson Point Park and cross bridge over US 64/264 on red faux-brick sidewalk.
- 47.5 Turn right at NRT sign. Pass large parking lot for Anderson Point Park on left. 
- 47.6 Continue straight past canoe launch on right.
- 47.8 Cross bridge #255 and continue straight past trail marked Mingo Creek on right.
- 47.9 Cross bridge #252.
- 48.0 Cross bridge #251.
- 48.1 Continue straight past side trail on left. *Note:* The side trail is paved only for a few feet and then turns to gravel.
- 48.4 Cross bridge #95.
- 48.6 Cross bridge #96, which is a long boardwalk.
- 49.0 Cross under US 64 Business/New Bern Ave. *Note:* Just before NRT sign, a dirt trail comes in from the left leading uphill to the highway. A grocery store is 0.4 mile from the NRT. Walk 10 yards uphill and then 50 more yards along the highway. Turn right into woods and then immediately turn left (after 10 yards, note abandoned stone pillar on left). Walk under power line parallel to highway for 75 yards. Turn left on abandoned asphalt road and go 10 yards. Asphalt road



Camping



Lodging



Parking



Food



Restrooms



Supplies




















Water



Picnic



- turns to right. Go 0.3 mile uphill on asphalt road to reach grocery on the left.   
- 49.5 Pass trail on left leading to Raleigh Beach Rd., then cross bridge #250. *Note:* Lodging is available about 0.9 mile from the trail. Take the trail to the left and head west on Raleigh Beach Rd. and then west on New Bern Ave. 
- 49.6 Go straight past trail on right leading to Loch Raven Pkwy. *Note:* If you turn right and cross the bridge over the Neuse River, in 0.1 mile you reach canoe launch area with a dirt parking lot and railroad-tie steps down to the Neuse River. Follow dirt road uphill 0.2 mile to 5611 Loch Raven Pkwy. and road entrance with sign, “Neuse River East Canoe Launch.” The Raleigh Parks and Recreation Capital Area Greenway System map lists the address as 1101 Old Milburnie Rd. 
- 49.7 Pass trail on left heading to Raleigh Beach Rd.
- 49.9 Pass trail leading to Allen Dr. and Milburnie Park on left. *Note:* If you turn left, you reach parking 0.2 mile away. 
- 50.0 Cross bridge #98, which is an old bridge with great views of the wetland around the Neuse River, then pass interpretive sign, “A Wetland’s Work is Never Done.”
- 50.1 Pass trail leading to Crag Burn Ln. on left.
- 51.0 Cross bridges #247 and #246.
- 51.1 Pass trail leading to Abington Ln. on left. *Note:* If you turn left, you reach parking lot in 0.2 mile. 
- 51.2 Cross Neuse River on suspension bridge #245-243.
- 51.6 Cross bridge #242.
- 52.4 Cross bridge #241.
- 52.7 Cross bridge #240.
- 53.2 Cross Neuse River on long bridge (#239-237).
- 53.3 Continue past trail on right leading to Buffalo Athletic Park, then cross bridge #225. *Note:* For restrooms and drinking water at the park, take trail. From NRT, go 0.1 mile to River Landing cul-de-sac. From cul-de-sac, follow asphalt trail towards Buffalo Athletic Park. After 100 yards, turn left to cross street with white pedestrian crossing markings. Across the street by the parking lot at the baseball field is a small building with bathrooms and drinking water.   
- 53.6 Cross bridge #234 with houses on left.

- 53.8 Pass junction with trail on left, then cross under Buffalo Rd. *Note:* On left is parking area at Raleigh Sewage Pump Station #62. This is the Buffalo Rd. boat access point at 4901 Elizabeth Dr. 
- 53.9 Cross bridge #233. A scenic wetland area is on the left.
- 54.2 Cross under I-540.
- 54.5 Cross bridge #232.
- 55.1 Cross bridge #231.
- 55.3 Cross bridge #230.
- 55.6 Cross bridge #229.
- 56.0 Cross bridge #228, then continue straight past trail on left leading to Trailhead Ln. *Note:* To reach groceries, food, and provisions, take trail to the left. Go 0.1 mile from NRT to reach Trailhead Ln. with parking lot, bench, and trash receptacles. Walk 100 feet uphill from parking lot, go left on Averette Field Dr., and walk on sidewalk in front of townhomes. After 0.1 mile, go left on Ramble Way. Go 0.1 mile and cross Perry St.; food and grocery store are on left. Total distance from NRT is 0.3 mile.     
- 56.2 Cross bridge #227.
- 56.4 Cross bridge #226.
- 56.6 Cross bridge #225.
- 56.7 Continue straight under double-bridge overpass of US 401/Louisburg Rd.
- 56.8 Continue straight where path to footbridge over Neuse River joins from left.
- 57.7 Continue straight past housing development and tennis courts on left.
- 57.8 Pass path on left leading to baseball fields and track.
- 58.0 Cross bridge.
- 58.1 At T-intersection, turn right to stay on NRT. Soccer fields and a large parking area are to your left. 
- 58.4 Pass trail on left heading to Myakka Ct. *Note:* If you turn left, you will reach Myakka Ct. in 0.1 mile.
- 58.5 Pass benches, trash receptacles, and interpretive sign, “Beavers and Wetlands,” then cross bridge #217.
- 60.0 Continue straight under pedestrian bridge going over the Neuse River. *Note:* If you turn left on the asphalt path to cross over bridge



Lodging



Parking



Food



Restrooms



Supplies





Water











Picnic



Summer day in downtown Clayton  
Photo courtesy of town of Clayton

- #216, you can turn left after crossing the Neuse River and head towards Wake Forest on the Smith Creek Greenway.
- 60.1 Pass River Access Junction on right. *Note:* If you walk to the river you will see the canoe launch area and a tributary feeding into the Neuse River. River Access Junction has picnic tables, trash, and interpretive sign, “River Dynamics.” 
- 60.3 Continue straight past unnamed asphalt path on left heading to Thornton Dr. parking lot in 0.2 mile. 
- 60.5 Cross bridge #212.
- 61.1 Cross bridge # 211, then cross under Capital Blvd./US 1 and cross bridge #210.
- 61.3 Cross under railroad trestle. *Note:* A roof built over the NRT protects hikers from the working train tracks above.
- 61.4 Cross bridge #208.
- 61.6 Cross bridge #207.
- 61.8 Continue straight past Abbotts Creek Trail on left.
- 62.0 Continue straight past trail on left leading to Grassy Creek Pl., then cross bridge #202 and continue straight past trail on left leading to Bedfordtown Dr. *Note:* Go left on first trail about 100 yards to reach Grassy Creek Pl. cul-de-sac. If you go left on second asphalt trail

- and follow power line for 0.2 mile, you reach parking lot at 10888 Bedfordtown Dr. 
- 62.4 Pass benches and trash receptacles with interpretive sign, “Floodplain and Stream Buffer.”
- 63.2 Continue straight past trail on left leading to Falls River Ave. *Note:* If you go left about 0.1 mile, you reach 3324 Falls River Ave. parking lot. 
- 63.4 Continue straight past second trail to Falls River Ave. on left. *Note:* To reach upscale restaurants and shops, take trail to the left for 0.2 mile. Go right on Falls River Ave. and after 0.1 mile, see Shops of Bedford on left.  
- 63.8 Cross bridges #201 and #200.
- 64.2 Cross under double bridges of New Falls of Neuse Rd. *Note:* The Banks D. Kerr Family YMCA in Raleigh offers free showers to MST hikers from 2:00-4:30 PM Monday through Friday and on Saturdays after 12:00 PM. Hikers must show an ID to be admitted, and may take packs into the locker rooms with them. To reach the YMCA, take the access path on the upstream side of the bridge to New Falls of Neuse Rd. and cross the bridge over the river. After 0.3 mile, turn left on Townfield Rd. In 0.2 mile, turn right on Sycamore Grove Ln. The YMCA is on the left after 0.3 mile. If you have questions, contact Shannon Young at 919-562-9600.
- 64.4 Pass parking lot for NRT on left. *Note:* Overnight parking is prohibited here unless prior approval has been granted. To request permission to park overnight, contact the US Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil). 
- 64.8 Cross under bridge and ascend to Tailrace Fishing Area parking lot and end of Segment 11. *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 here unless prior approval has been granted. To request permission to park overnight, contact the US Army Corps of Engineers at 919-846-9332 or [falls@usace.army.mil](mailto:falls@usace.army.mil).   



Camping



Lodging



Parking



Food



Restrooms



Supplies



Water



Picnic