

# Visit Our Top 10 Hikes in the Triangle



## 1 NC Botanical Garden

100 Old Mason Farm Rd., Chapel Hill

[ncbg.unc.edu](http://ncbg.unc.edu)

The NC Botanical Garden is operated by UNC Chapel Hill. Comprised of 1100 acres of garden and conservation areas its primary goal is to research, catalog, and promote the native plant species of NC. The display gardens and Piedmont Nature Trails are located on Old Mason Farm Rd. Three miles of trails follow creeks and wind around hills.

- Admission is Free
- Display garden hours: 9-5 Tues thru Sat; 1-5 Sun
- Parking is available in the gated lot. To avoid getting locked in while hiking, park in the overflow lot outside of the gates
- 13 miles from NCCU
- Level of difficulty – easy

## 2 Sarah P. Duke Gardens

420 Anderson St., Durham

[gardens.duke.edu](http://gardens.duke.edu)

The 55-acre Duke Gardens, consisting of landscaped and wooded areas is located in the heart of the Duke University campus. There are 5 miles of walks, and pathways throughout the gardens.

- Admission is Free
- Parking fee applies 8AM- 7PM 7 days a week
- 4 miles from NCCU
- Level of difficulty – easy



### 3 The George and Julia Brumley Family Nature Preserve

Brumley South New Hope Church entrance:  
3055 New Hope Church Rd., Chapel Hill

Brumley South University Station entrance:  
3801 University Station Rd., Chapel Hill

Brumley North entrance: 3620 Old State Hwy 10, Chapel Hill

[www.triangleland.org/explore/nature-preserves/brumley-forest-nature-preserve](http://www.triangleland.org/explore/nature-preserves/brumley-forest-nature-preserve)

The Brumley Family Nature Preserve, a model for sustainable land management practices, is a 673-acre compilation of mature and healthy hardwood, young pine and alluvial forests surrounding streams, wetlands, ponds, small elds, and the ruins of several homes. The northern section has approximately 5 miles of well-marked, hikers-only trails well-suited for young hikers due to a wide variety of habitats and a lack of major hazards.

- Admission is Free
- Check website to make sure trails are open
- No restrooms, no running water
- 11 miles from NCCU
- Level of difficulty – easy to moderate

### 4 Occoneechee Mountain State Natural Area

625 Virginia Cates Rd., Hillsborough

[www.ncparks.gov/state-parks/occonechee-mountain-state-natural-area](http://www.ncparks.gov/state-parks/occonechee-mountain-state-natural-area)

Occoneechee Mountain State Natural Area covers 221 acres and includes Occoneechee Mountain, the highest point (867 ft) in Orange County and a settlement of the Occaneechi tribe. The area features over 3 miles of trails, as well as fishing and picnic areas. The park's trail network connects to the paved Hillsborough Riverwalk trail, which extends east along the Eno River towards downtown Hillsborough.

- Admission is Free
- Restrooms at parking area
- 16 miles from NCCU
- Level of difficulty – easy to moderate



## 5 Blue Jay Point County Park

3200 Pleasant Union Church Rd., Raleigh

[www.wakegov.com/departments-government/parks-recreation-open-space/all-parks-trails/blue-jay-point-county-park](http://www.wakegov.com/departments-government/parks-recreation-open-space/all-parks-trails/blue-jay-point-county-park)

Located on the shores of Falls Lake in the Falls Lake section of the MST, this 236-acre park offers picnicking, 4 miles of hiking trails, play fields and a playground.

- Admission is Free
- Open 8AM to dusk
- Restrooms available
- 18 miles from NCCU
- Level of difficulty – easy

## 6 Museum Park at the NC Museum of Art

2110 Blue Ridge Rd., Raleigh

[ncartmuseum.org/visit/museum-park](http://ncartmuseum.org/visit/museum-park)

Hike, bike or just relax at the museum's park's trails and open lawns, ponds and pools, and larger than life outdoor art. The trail system of both paved and unpaved paths leads visitors through natural areas and to commissioned works of art.

- Admission is Free
- Restrooms in museum
- 18 miles from NCCU
- Level of difficulty – easy to moderate



## 7 MST Great Day Hike #20: Hillsborough's Riverwalk

Gold Park, 415 Dimmocks Mill Rd., Hillsborough

[www.hillsboroughnc.gov/community/recreation-facilities/riverwalk](http://www.hillsboroughnc.gov/community/recreation-facilities/riverwalk)

Lovely 4.2 miles, out and back hike on the MST following the Eno River on paved greenway, natural surface and boardwalk. Along the way enjoy the pollinator garden, Occaneechi Village Replica Site, and historic Occonechee Speedway Trail. Parking is available at the Speedway (320 Elizabeth Brady Rd.) if a one-way shuttle hike is preferred.

- Admission is Free
- Open 8AM – dusk
- Restrooms available
- 16 miles from NCCU
- Level of difficulty – easy

## 8 MST Great Day Hike #21: The Eno River

Cabe Lands Access, 4950 Howe St., Durham

<https://www.enotrails.com/cabe-land-trail.htm>

Follow the Eno River on this natural surface trail as it winds through the Cabe Lands on the MST passing by several homesite ruins. This 7-mile out and back starts at the Cabe Lands Access parking lot and turns around at the Pump Station Access. Along the way enjoy river views, bluffs and spring wildflowers. Parking is available at the Pump Station Access, 3931 Rivermont Rd. if a one-way shuttle hike is preferred.

- Admission is Free
- No restrooms, no running water
- 9 miles from NCCU
- Level of difficulty – moderate



## 9 MST Great Day Hike #22: The Falls Lake Trail

Rolling View State Recreation Area, 4201 Baptist Rd., Durham

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

- Get a taste of the Falls Lake area of the MST on this natural surface 9-mile out and back (4.5 miles one way) hike along the shore of Falls lake. Enjoy lake views, bluffs and mature Piedmont Forest. This hike starts at the Baptist Road Hiker's lot located at the entrance of the Rolling view State Recreation Aare and turns around at the Little Lick Creek Bridge.
- Admission is Free
- No restroom, no running water
- 9 miles from NCCU
- Level of difficulty – moderate

## 10 Cane Creek Mountains Natural Area

5075 Bass Mountain Rd., Snow Camp

[www.alamance-nc.com/recreation/outdoors/cane-creek-mountains-natural-area/](http://www.alamance-nc.com/recreation/outdoors/cane-creek-mountains-natural-area/)

Cane Creek Mountains Natural Area is a new nature park that provides public access to Alamance County's largest state-significant natural heritage area. Hikers will enjoy rolling Piedmont hills, abundant creeks, and streams, and some of the best views in the county.

- Admission is Free
- Open 8AM – 8PM
- Restrooms available
- 40 miles from NCCU
- Level of difficulty – easy to moderate

