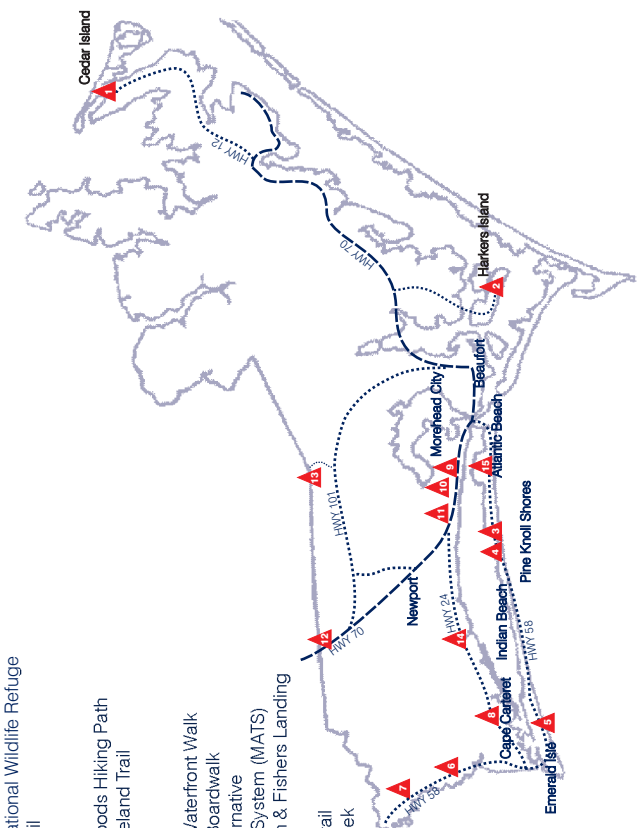


1. Cedar Island National Wildlife Refuge
2. Willow Pond Trail
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4. Roosevelt Trail
5. Emerald Isle Woods Hiking Path
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7. Weetock Trail
8. Patsy Pond Trail
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10. Calico Creek Boardwalk
11. Morehead Alternative Transportation System (MATS)
12. Flanners Beach & Fishers Landing
13. Neusiok Trail
14. Owls Nature Trail
15. Hoop Pole Creek

# Welcome to Carteret County

More detailed information on an individual trail is usually available from the contact information source listed.

Most of the trails in our coastal region are relatively flat with moderate changes in topography. Often times the difference in difficulty level is based on the type of soil-sandy or hard surface.

As is the case in all outdoor activities, beware of biting insects, venomous snakes and poisonous plants.

*Have Fun and Stay Healthy!*

Carteret County parks & recreation dept.

For more information, contact
Carteret County Parks and Recreation
(252) 808-3301
www.ccparksrec.com

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# Welcome to Carteret County

# TRAIL GUIDE

*Trails In and Around Carteret County*

## Neusiok Trail

**Difficulty**: Moderately easy on some short trail sections. The entire trail is more difficult with uneven terrain.
**Length**: 22 miles
**Parking Availability**: Ample parking at Pine Cliff Recreation Area. Limited parking at Newport River end.
**Entry/Exit Point(s)**: Several access points along the trail. Pine Cliff Recreation Area at the north end, Newport River at the south end. Other access points include Cherry Branch Rd, Hwy 101, Little Deep Creek Rd., Alligator Tram Rd and Mill Creek Rd.
**Facilities**: Restrooms and campgrounds at Recreation Area. 2 open front shelters with fire pits, no trash pickup.
**Directions**: Pine Cliff Recreation Area is located off Cherry Branch Rd and can be reached off of NC 101. Mill Creek Road (SR 1154) entrance is near the Newport River.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Wooden bridges over some low-lying areas. Several miles of dry trail are available. |
| VIEWING SCENERY | "Neusiok" is the name of a Native American tribe that inhabited the banks of the Neuse River. Many reminders of human history: barrels, jars and copper coils-the remainders of stills blown up by law enforcement. Several old graves along the trail. Carnivorous plants such as the Venus fly trap and variety of orchids. Views of the Neuse and Newport Rivers; winds through hardwood ridges, pine flat woods, cypress swamps, pocosins, and salt marsh. |
| POTENTIAL WILDLIFE | Songbirds, wild turkeys, hawks, ospreys, eagles, ducks, geese, woodpeckers, occasional bobcat, white-tailed deer, raccoons, opossum. Watch for venomous snakes. Alligators in NW region of trail. |

**CONTACT INFORMATION**:
Croatan National Forest, 141 East Fisher Ave., New Bern, NC 28560; 252 638-5628; www.cs.unca.edu/nfsnc
Carteret Co. Wildlife Club, www.clis.com/canoe 2

## Flanners Beach And Fishers Landing

**Difficulty**: Moderately easy with hills
**Length**: 1 mile or less on each side
**Parking Availability**: Ample parking at recreation sites
**Entry/Exit Point(s)**: Trails begin at parking lots and picnic areas.
**Facilities**: Restrooms, picnic areas, showers, camping, fishing, swimming.
**Directions**: Flanners Beach is approx. 7 miles north of Havelock off Hwy 70 on FSR 1107 to the Neuse River. Fishers Landing is about 9 miles north of Havelock. Go 1 mile on FSR 141.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Short informal trails around recreation site |
| VIEWING SCENERY | Bluffs. Trail winds through hardwood forests, cypress swamps and sandy beach. Panorama of Neuse River estuary from high bluffs. |
| POTENTIAL WILDLIFE | Songbirds, wading birds, osprey, woodpeckers, occasional white-tailed deer, gray squirrel, snake |

**CONTACT INFORMATION**:
Croatan National Forest, 141 E Fisher Ave., New Bern, NC 28560
252 638-5628; www.cs.unca.edu/nfsnc

## Roosevelt Trail

**Difficulty**: Easy
**Length**: 1.25 miles
**Parking Availability**: Ample parking at NC Aquarium.
**Entry/Exit Point(s)**: NC Aquarium parking lot. Trail closed until Aquarium reopens Spring 2006.
**Facilities**: Restrooms available in NC Aquarium - admission to get in.
**Directions**: The NC Aquarium is in Pine Knoll Shores in Bogue Banks. The Aquarium is going through major renovations and plans are to reopen Spring 2006.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Maritime forest trail takes approximately 1 hour at a comfortable pace. Short loop at the end and hikers must retrace trail to parking lot. |
| VIEWING SCENERY | Trail crosses high dune ridges, borders, expansive marsh and ends at small soundside beach. |
| POTENTIAL WILDLIFE | Birds, insects, occasional mammal, lizard, turtle and/or snake. |

**CONTACT INFORMATION**:
NC Aquarium at Pine Knoll Shores, NC 28512
252 247-4003; www.ncaquariums.com

## Willow Pond Trail

**Difficulty**: Easy
**Length**: 1/4 mile
**Parking Availability**: Parking available at Core Sound Waterfowl Museum.
**Entry/Exit Point(s)**: Behind Core Sound Waterfowl Museum
**Facilities**: Core Sound Waterfowl Museum
**Directions**: Follow Hwy 70 heading east of Beaufort. Follow signs to Harkers Island. Continue on Island Road to the end. Look for Core Sound Waterfowl Museum signs.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Easy trail with one downed log at western end. Future plans include connection to the Cape Lookout National Seashore walking trail. |
| VIEWING SCENERY | Observe coastal plants in maritime forest on walk to observation blind. |
| POTENTIAL WILDLIFE | Primarily song birds, herons, ibis, egrets |

**CONTACT INFORMATION**:
Core Sound Waterfowl Museum and History Center,
Harkers Island, NC
252 728-1500; www.coresound.com

## Cedar Island National Wildlife Refuge

**Difficulty**: Easy as well as arduous trails -marshy, uneven
**Length**: 5 separate firebreaks totaling 16 miles
Lola Rd Firebreak - 2.5 mi (arduous)
Office Firebreak - 2 mi (arduous)
Cudduggan Firebreak - 2.5 mi, dead end into marsh (easy)
Wolf Den Firebreak - 4 mi (arduous)
Shoreline Walk - 6 mi from Headquarters Building to NC Ferry landing along shore.
**Parking Availability**: Parking at Refuge Office for Office Firebreak and Lola Rd Firebreak. Parking on side of Hwy 12 for others. Park off highway, 2 ft from white line.
**Entry/Exit Point(s)**: One firebreak trail located off of Hwy 70 before Monroe Gaskill Bridge. Four firebreak trails located at end of Cedar Island.
**Facilities**: None
**Directions:** Take Hwy 70E from Beaufort. At Sea Level, continue on Hwy 12 to Cedar Island. Turn right onto Lola Rd and continue to end. Cedar Island NWR Headquarters building at end of the road.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Walking only. No motorized vehicles, camping, firearms, campfires, or alcohol. Dogs must be leashed. Daylight hours use only. |
| VIEWING SCENERY | Largest marsh on the eastern seaboard. 3,480 acres of pocosin and woodland habitat. Undisturbed woodland marsh. |
| POTENTIAL WILDLIFE | Ducks, waterfowl, small mammals, black bear, snakes. Insects - take repellant! |

**CONTACT INFORMATION**:
Cedar Island Wildlife Refuge, c/o Mattamuskeet National Wildlife Refuge
252 926-4021; www.mattamuskeet@fws.gov.
Cedar Island NWR Staff, 252 225-2511
Headquarters Building, 879 Lola Rd, Cedar Island, NC 28520

## Emerald Isle Woods Park

**Difficulty**: Easy/Moderate (some inclines and declines)
**Length**: .5 miles currently available. Additional trails in planning stage, nature trail leading from Coast Guard Rd to Bogue Sound.
**Parking Availability**: Ample at parking area at entrance to park on Coast Guard Rd.
**Entry/Exit Point(s)**: Main entrance to park on Coast Guard Rd.
**Facilities**: None at present time; restrooms, picnic areas and pier planned for future.
**Directions**: Take NC 58 onto Emerald Isle, make 1st right onto Coast Guard Rd. Go 1/4 mile. Emerald Isle Woods is on the right.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Walking, jogging, beautiful views of Bogue Sound and Cameron Langston Bridge. |
| POTENTIAL WILDLIFE | White-tailed deer, grey squirrels, osprey, egrets, wading birds, woodpeckers, shore birds |

**CONTACT INFORMATION**:
Town of Emerald Isle Parks & Recreation
252 354-6350

# Cedar Point Tideland Trail

**Difficulty**: Easy even surface
**Length**: 1.4 mile loop
**Parking Availability**: Ample parking at trailhead
**Entry/Exit Point(s)**: At trailhead parking lot just off Cedar Point Campground on Highway 58
**Facilities**: Restrooms, picnic tables, boat ramp and campground
**Directions**: From the junction of NC 58 and NC 24 in Cape Carteret, drive north approximately one mile. Turn left onto VFW Road and follow signs.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Easy walk over tidal salt marsh boardwalks and loops through a hardwood and pine forest. Even surface. |
| VIEWING SCENERY | Panorama of White Oak River estuary and salt marshes with a distant view of town of Swansboro. |
| POTENTIAL WILDLIFE | Wading birds, songbirds, osprey and ducks. Fiddler crabs and invertebrates in the marsh. Raccoon tracks usually visible in the mud. |

**CONTACT INFORMATION**:
Croatan National Forest, 141 E. Fisher Ave. New Bern, NC 28560
252 638-5628; www.cs.unca.edu/nfsnc

# Weetock Trail

**Difficulty**: Moderately easy on short trail sections. Entire trail is more difficult with uneven terrain and hills.
**Length**: 11 miles
**Parking**: Ample parking at Haywood Landing (north end), limited roadside parking on Hill Field Rd (south end).
**Entry/Exit Point(s)**: North end begins just off NC 58 near Haywood Landing. South end begins off NC 58 and Hill Field Rd. Other access points include Haywood Landing & Long Pt.
**Facilities**: Restrooms, boat ramp and primitive campsites are available at Haywood Landing and Long Pt.
**Directions**: Travel 10 miles north from the intersection of NC 58 and NC 24 at Cape Carteret, turn left onto Long Point Rd (FSR 120). The trail begins near the intersection of Loopy Rd (FSR 157) and Long Point Rd (FSR 120). The south end of the trail begins approximately 9 miles north of Cape Carteret. Turn left onto Hill Field Rd (FSR 603) and proceed to the end. Follow the blazes.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Foot access only. Smoking, fires, alcohol, dirt bikes, 4-wheels, dumping and firearms are not permitted. The trail is new and maybe difficult to follow in places. |
| VIEWING SCENERY | "Weetock" is named for the Algonquian word for the White Oak River. The trail follows Hunter's Creek, the White Oak River and Holston Creek. |
| POTENTIAL WILDLIFE | Songbirds, wild turkey, occasional white-tailed deer, bear, snake. Alligators often inhabit the rivers and creeks. |

**CONTACT INFORMATION**:
Croatan National Forest, 141 E. Fisher Ave. New Bern, NC 28560
252 638-5628; www.cs.unca.edu/nfsnc
Carteret Co. Wildlife Club; www.clis.com/canoe2

# Patsy Pond Trail

**Difficulty**: Easy
**Length**: Short Trail - 3/4 mile
Long Trail - 1.75 miles
**Parking Availability**: Parking available at site
**Entry/Exit Point(s)**: Begins on Hwy 24 between Morehead City and Cape Carteret, across from NC Coastal Federation.
**Facilities**: No restrooms. Trail open daylight hours only.
**Directions**: Trailhead is located on Hwy 24 midway between Morehead City and Cape Carteret, in the Community of Ocean. Entrance is 1/2 mile west of Croatan High School and across the highway from the NC Coastal Federation.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Foot access only. Smoking, fires, alcohol, dirt bikes, 4 wheels, dumping and firearms are not permitted. Numbered signs correspond to brochure available at trailhead and at NC Coastal Federation. During hunting season, orange vests are available at the entrance. |
| VIEWING SCENERY | Longleaf pine flat woods, natural ponds and sinkholes, native flora and fauna. |
| POTENTIAL WILDLIFE | Songbirds, wading birds, ospreys, wild turkeys, red-cockaded woodpecker and occasional white-tailed deer, gray fox, gray squirrel, flying squirrel, black bear, lizard, turtle, snake |

**CONTACT INFORMATION**:
NC Coastal Federation, 3609 Hwy 24, Ocean, NC 28570
252 393-8185; www.nccoast.org
Croatan National Forest, 141 E. Fisher Ave., New Bern, NC 28560
252 638-5628; www.cs.unca.edu/nfsnc

# OWLS Nature Trail

**Difficulty**: Easy
**Length**: 1/2 mile loop
**Parking Availability**: Parking available
**Entry/Exit Point(s)**: Outer Banks Wildlife Shelter
Monday - Saturday 9 am-5 pm; Sunday 2-5 pm
Fee: $2.00 donation (subject to change without notice)
**Facilities**: None
**Directions**: The Outer Banks Wildlife Shelter is located on Hwy 24, just outside Morehead City. Approx. 1/8 mile east of Hibbs Rd.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Nature trail takes approx. 15-20 minutes to walk at a comfortable pace. |
| VIEWING SCENERY | A nature trail with over 40 native plant species labels. Duck pond, permanent raptor enclosures and interactive education exhibits. |
| POTENTIAL WILDLIFE | Songbirds, occasional mammals, lizards, turtles, snakes |

**CONTACT INFORMATION**:
Outer Banks Wildlife Shelter, 100 Wildlife Way, Newport, NC 28570
252 240-1200; owls@owlsonline.org

# Hoffman Trail

**Difficulty**: Easy
**Length**: 1/2 mile
**Parking Availability**: Ample parking at NC Aquarium
**Entry/Exit Point(s)**: Must visit NC Aquarium during open hours to access trail. Aquarium fees apply. Aquarium closed for major expansion. Trail access closed until Spring 2006.
**Facilities**: Restrooms at Aquarium
**Directions**: The NC Aquarium is located in Pine Knoll Shores on Bogue Banks.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Loop forest trail takes approx. 30 minutes to walk at comfortable pace. |
| VIEWING SCENERY | Trail has bird blind at East Pond and floating bridge over small freshwater pond and view of Bogue Sound. |
| POTENTIAL WILDLIFE | Birds, insects, occasional mammals, lizards, turtles, snakes |

**CONTACT INFORMATION**:
NC Aquarium at Pine Knoll Shores, NC 28512
252 247-4003; www.ncaquariums.com

# Hoop Pole Creek

**Difficulty**: Easy
**Length**: 1/2 mile walk to sound - other short trails off main trail are marked.
**Parking Availability**: Parking available at adjacent shopping center.
**Entry/Exit Point(s)**: Trailhead just off Hwy 58 in Atlantic Beach, across from Hardees. Turn into Atlantic Station Shopping Center entrance sign.
Open - daylight hours.
**Facilities**: None available. Signage at trail.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Easy hiking through native maritime forest, salt marsh. Interpretive signs along trail. |
| VIEWING SCENERY | See Hoop Pole Creek open up to Bogue Sound, both of which are estuaries - diverse bodies of water with a mixture of salt and fresh water. Observe maritime plants and shrubs as well as grasses along the estuarine shoreline. |
| POTENTIAL WILDLIFE | White ibis, egrets, herons, snakes, raccoons, deer, turtles, red fox, migratory birds, insects, fiddler crabs |

**CONTACT INFORMATION**:
NC Coastal Federation, 3609 Hwy 24, Ocean, NC 28570
252 393-8185; www.nccoast.org

# Promise Land Waterfront Walk
## A Fitness Heritage Trail

**Difficulty**: Easy, even surface
**Length**: 2.3 miles
**Parking Availability**: Ample parking
**Entry/Exit Point(s)**: Morehead City Park on Arendell Street.
**Facilities**: Restrooms available.
**Directions**: Walk through park to get to Evans St. Turn left onto Evans St. Continue east to 4 St. Return on Evans St. to 7th St. Follow Shepard St. to 13th St. Turn left onto Shackleford St. Continue on Shackleford to 17th. Turn right and then left onto Shepard St. At 15th St., turn right and then left onto Evans St. Continue until you reach City Park.
**Remarks**: Easy walk through historic residential neighborhoods with views of Bogue Sound. Downtown area offers a sidewalk trail along boat docks. Brochures are available

| ACTIVITY | REMARKS |
|---|---|
| VIEWING SCENERY | Enjoy the architecture and history of the Promise Land homes. Views of Bogue Sound and Sugarloaf Island. |

**CONTACT INFORMATION**:
Morehead City Downtown Revitalization Association
811 Arendell Street, Suite 3, Morehead City, NC 28557
252 808-0440; www.downtownmoreheadcity.com

# Calico Creek Boardwalk

**Difficulty**: Easy, sidewalks and boardwalks
**Length**: 1.14 miles
**Parking Availability**: Plentiful parking on 17th Street
Limited to 4 cars on 20th Street
**Entry/Exit Point(s)**: 17th at Community Center to 20th Street; north on sidewalks to Mayberry Loop Road or cross 20th Street to 22nd Street.
**Facilities**: At Community Center, 1600 Fisher Street, restrooms, water fountains
**Directions**: Hwy 70 turn north on 17th Street, 2 blocks, 1700 Fisher Street.

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Biking, Jogging, Walking. |
| VIEWING SCENERY | Scenic waterview and sunsets |
| POTENTIAL WILDLIFE | Various waterfowl |

**CONTACT INFORMATION**:
Morehead City Parks & Recreation Department
706 Arendell Street, Morehead City, NC 28557
252 726-5083; mcrec@starfishnet.com

# Morehead Alternative Transportation System (MATS)

**Difficulty**: Easy, asphalt and boardwalk
**Length**: 2 miles
**Parking Availability**: Various locations along the trail.
**Entry/Exit Point(s)**: N 35th Street to Country Club Road
**Facilities**: None
**Directions**: North side of Bridges Street Extension in Morehead City

| ACTIVITY | REMARKS |
|---|---|
| HIKING AND WALKING | Walking, Jogging, Biking |

**CONTACT INFORMATION**:
Morehead City Parks & Recreation Department
706 Arendell Street, Morehead City, NC 28557
252 726-5083; mcrec@starfishnet.com