

This section of the North Carolina Mountains-to-Sea Trail map was made in cooperation with:

NC Department of Environment and Natural Resources  
Division of Parks and Recreation

Friends of the Mountains to Sea Trail

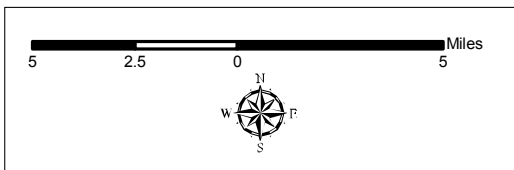
State Trails Program  
Recreational Trails Program Grant

PTCOG  
Piedmont Triad Council of Governments

04/25/2006

**Mountains To Sea Trail**  
**Eastern Piedmont Section**  
**Central MST Planning Region**  
**From Lake Townsend to Falls Lake Dam**

- |                                    |                |
|------------------------------------|----------------|
| Mountains to Sea Existing Trail    | County         |
| Mountains to Sea Primary Route     | Municipality   |
| Mountains to Sea Alternative Route | Water Body     |
| Initial Undesignated MST Route     | Streams/Creeks |
| Major Parks                        | Abandoned RR   |
|                                    | Railroad       |



**Proposed MST Route:  
 Eastern Piedmont Section  
 Central MST Planning Region**

The following proposed routes will provide an outstanding regional trail system with loop-trail options for the Eastern Piedmont:

Primary Route: From Lake Townsend to Haw River State Park; down the Haw River through portions of Rockingham and Guilford Counties and much of Alamance County; up Cane Creek in Orange County to and through Hillsborough; along the Eno River through Orange and Durham Counties; and along Falls Lake through Durham and Wake Counties.

Alternative Routes: 1) Lake Townsend to the Haw River; 2) NE Guilford Park to Lake Mackintosh and the Haw River; 3) Town of Haw River to Hillsborough; 4) down the Haw River to Jordan Lake and then north to the Eno River via the New Hope Creek or the American Tobacco Trail.