SAFETY NOTE: Trails are marked with small plastic symbols nailed to trees. Each trail has its own symbol of unique color and shape. Trail descriptions below state which color shape matches which trail. As you hike, take note of the color and shape you are following. Some trails share routes for some distance, in which case you may see more than one colored symbol on the trail for a period of time. Most trail marker symbols have a small number embossed on them. These numbers do not indicate distance. However, they are commonly called "mile markers." If you have an emergency and call for help, please report which number "mile marker," color, and shape symbol you are near so help can locate you more quickly.

### Trails

**Hiking Trails**

- Hanging Rock Trail: 1.3 miles, moderate, orange
- Indian Creek Trail: 3.6 miles, strenuous, red
- Hidden Falls: 0.4 mile, strenuous, red
- Upper Cascades Trail: 0.2 mile, easy
- Rock Garden Trail: 0.1 mile, easy
- Moore's Wall Loop: 4.7 miles, strenuous, red
- Lower Cascades Trail: 0.4 mile, moderate
- Tory's Den Cave and Waterfalls Trail: 0.2 mile, easy
- Magnolia Springs Connector: 0.4 mile, moderate, blue
- Cook's Wall Trail: 2.2 miles, moderate, white
- House Rock Trail: 1.4 miles, moderate, white
- Wolf Rock Trail: 1.7 miles, moderate, blue
- Riverbluffs Trail: 1.3 miles, easy, red
- Chestnut Oak Nature Trail: 0.7 mile, easy
- Lake Trail: 1.0 mile, easy, white
- CCC Heritage Trail: 0.1 mile, easy
- Mountains-to-Sea Trail (MST): 7.4 miles, strenuous, white

**Equestrian Trails**

- Tory's Den Trail: 2.4 miles, moderate, blue
- Ruben Mountain Trail: 2.9 miles, moderate, orange

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**Legend**

- Hiking Trail
- Bridle Trail
- Picnic Area
- Picnic Shelter
- Family Camping
- Group Camping
- Canoe Access
- Concession Stand
- Parking Area
- Visitor Center
- Amphitheater
- Bathhouse
- Boat Rental
- Vacation Cabins
- Observation Tower
- Park Boundary
- Park Gate
- Telephone
- Restrooms
- Roads
- Swimming
- Point of Interest
- Visitor Center
- Picnic Shelter
- Parking Area

**Additional Information**

- **Address:** Hanging Rock Park Road, Danbury, NC 27016
- **Contact:** hanging.rock@ncparks.gov (336) 593-8480
- **Amenities:**
  - Amphitheater
  - Bathhouse
  - Boat Rental
  - Vacation Cabins
  - Observation Tower
  - Park Boundary
  - Park Gate
  - Swimming
  - Visitor Center
- **Reservations:**
  - **1-877-722-6762**
- **Website:** www.ncparks.gov