

TRAILS

A
Linville Gorge Wilderness Area

TRAIL	DISTANCE	DIFFICULTY
Dugger's Creek Falls	0.4	easy
Linville Gorge Loop	20.7	hard
Linville River	28.6	hard
Wiseman's View Trail	0.4	easy

B
East Rim of Linville Gorge

TRAIL	DISTANCE	DIFFICULTY
Brushy Ridge	4.1	moderate
Chimbric Ridge Trail	1.5	hard
Devil's Hole Trail	3	hard
Jonas Ridge		
Little Table Rock Trail	2.7	hard
Mountains to Sea Trail: The Chimneys and Table Rock Mountain	15.1	hard
Shortoff Mountain Trail	5.5	moderate
Sitting Bear Mountain and Gingercake Mountain	3.2	moderate
Spence Ridge Trail	2.8	moderate
Table Rock Summit Trail	1.4	moderate
The Chimneys	1.7	moderate

C
West Rim of Linville Gorge

TRAIL	DISTANCE	DIFFICULTY
Babel Tower	2.4	hard
Bynum Bluff Trail	2.0	moderate
Cabin Trail	0.75	hard
Conley Cove Trail	2.2	hard
Linville Falls	0.9	easy
Pinchin Trail	2.6	hard
Pine Gap Trail	1.2	moderate
Rock Jock Trail	2.8	hard
Sandy Flats	1.0	hard

D
Fonta Flora State Trail

TRAIL	DISTANCE	DIFFICULTY
Fonta Flora County Park	3.7	moderate
Mountains-to-Sea Trail Connector	2.6	moderate
Fonta Flora State Trail	27.0	moderate

E
Lake James State Park
Paddy's Creek Access
& Long Arm Peninsula

TRAIL	DISTANCE	DIFFICULTY
East Wimba Loop	4.4	moderate
Holly Discovery Trail	0.75	easy
Homestead Trail	0.7	easy
Lower Tindo Loop	1.4	easy
Mills Creek Trail	3.6	moderate
Overmountain Victory Trail	2.0	easy
Paddy's Creek Trail	1.0	moderate
Upper Tindo Loop	1.4	easy
West Wimba Loop	6.0	moderate

F
Lake James State Park
Catawba River Access

TRAIL	DISTANCE	DIFFICULTY
Fishing Pier	0.3	easy
Fox Den Loop	2.25	moderate
Lake Channel Overlook	1.5	moderate
Sandy Cliff Overlook	0.5	moderate

G
Oak Hill Park

ENTRANCE OFF OF HWY 126
 Hiking & Beginner Mountain Bike Trails

H
South Mountain State Park

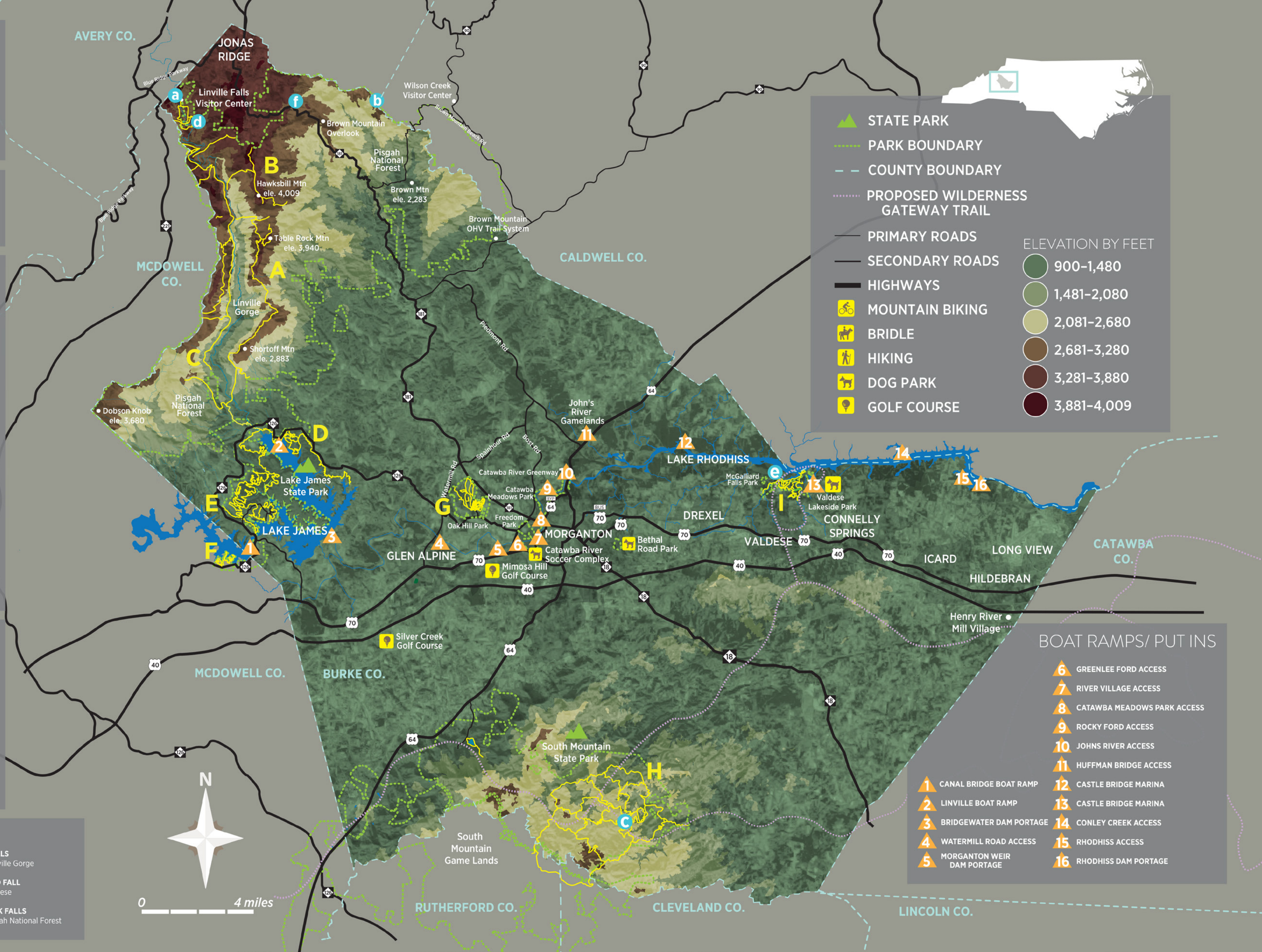
TRAIL	DISTANCE	DIFFICULTY
Benn Knob	2.9	moderate
Chestnut Knob	5.3	moderate
Clear Creek Trail	3.2	moderate
Fox Trail	3.6	hard
Headquarters Tail	1.9	hard
Hemlock Nature Tail	0.3	easy
Hidden Cove Trail	1.5	moderate
High Shoals Falls Loop	2.7	hard
Horseridge Trail	3.3	hard
Jacob Branch Trail	1.1	moderate
Lake View Trail	1.3	moderate
Little River Trail	2.1	moderate
Lower CCC Trail	2.5	moderate
Possum Trail	1.8	hard
Raven Rock Trail	5.2	hard
River Trail	0.5	easy
Saddleback Trail	3.4	moderate
Sawtooth Trail	2.2	hard
Shinny Trail	2.6	hard
Turkey Ridge Trail	1.7	moderate
Upper CCC Trail	1.6	moderate
Upper Falls Trail	3.7	hard

I
Valdese Lakeside Park

TRAIL	DISTANCE	DIFFICULTY
Green Way Trail	1.9	Easy
High Line	0.85	Easy
Hoyle Creek	1.2	Easy
Lakeside Loop	0.7	Easy
Meditation Point Trail	0.12	Easy
Outer Loop	2.0	Easy
Rostan Creek Trail	0.35	Easy
Shade Seeker	0.2	Easy
Tributary Trail	1.1	Easy

WATERFALLS

a DUGGERS CREEK FALLS 10ft tall, Blue Ridge Parkway	d LINVILLE FALLS 150ft tall, Linville Gorge
b HARPER CREEK FALLS 50ft tall, Wilson Creek	e MCGALLIARD FALL 40ft tall, Valdese
c HIGH SHOALS FALLS 80ft tall, South Mountain State Park	f UPPER CREEK FALLS 80ft tall, Pisgah National Forest



BOAT RAMPS/ PUT INS

6 GREENLEE FORD ACCESS	12 CASTLE BRIDGE MARINA
7 RIVER VILLAGE ACCESS	13 CASTLE BRIDGE MARINA
8 CATAWBA MEADOWS PARK ACCESS	14 CONLEY CREEK ACCESS
9 ROCKY FORD ACCESS	15 RHODISS ACCESS
10 JOHNS RIVER ACCESS	16 RHODISS DAM PORTAGE
11 HUFFMAN BRIDGE ACCESS	
1 CANAL BRIDGE BOAT RAMP	
2 LINVILLE BOAT RAMP	
3 BRIDGEWATER DAM PORTAGE	
4 WATERMILL ROAD ACCESS	
5 MORGANTON WEIR DAM PORTAGE	



Mountain Biking in Burke County

Lake James State Park Paddys Creek

East Wimba Loop	4.4 miles / moderate
West Wimba Loop	6.0 miles / moderate
Lower Tindo Loop	1.4 miles / easy
Upper Tindo Loop	1.4 miles / easy
South Wimba Trail	1.4 miles / easy

Fonta Flora State Trail

All of the Trail

South Mountains State Park

Benn Knob	2.9 miles / moderate
Headquarters Trail	1.9 miles / moderate
Lower CCC Trail	2.5 miles / moderate
Raven Rock Trail	5.2 miles / strenuous
Upper Falls Trail	3.7 miles / strenuous

Valdese Lakeside Park

All Trails - Difficulties on Map

Oak Hill Park

Beginner Mountain Bike Trail to Right

DISCOVER BURKE COUNTY
NORTH CAROLINA

Hiking Guide



Valdese Lakeside Park

📍 1149 Lake Rhodiss Dr NE Valdese, NC 28690 (828) 879-2132

Valdese Lakeside Park is a 300 acre forested property outside of Valdese, NC. The park boasts 8.5 miles of mixed use trails for hiking and mountain biking, including the 2 mile long Greenway Trail that connects McCalliard Falls Park to Valdese Lakeside Park via a 160 foot Suspension Bridge. This trail is made of crushed cinder and is 10 feet wide which makes it great for group outings as well as solo adventures. The trail is considered easy due to its flat surface. Valdese Lakeside Park also features a dog park, bathrooms, kayak and canoe launches for Lake Rhodiss, and a meditation point.



DIFFICULTY MODE
Easy

FAVORITE HIKE
Greenway Trail



South Mountains State Park

📍 3001 S. Mountain Park Road, Connelly Springs, NC 28612 (828) 433-4772

South Mountains State Park offers 20,000 acres of forested property across three counties and it's the largest state park in Carolina. The park boasts 50 miles of mixed use trails with elevations up to 3,000 feet for hiking, mountain biking, and horseback riding. South Mountains State Park is the home to High Shoals Falls, an 80 foot waterfall that can be accessed via a 2.7 mile loop trail. The park offers rugged terrain for the adventurous hiker with twenty-four backpack camping sites, picnic shelters, and restrooms.



DIFFICULTY MODE
Moderate

FAVORITE HIKE
High Shoals Falls Loop



Linville Falls

📍 Blue Ridge Parkway Milepost 316, Linville Falls, NC (828) 765-1045

Linville Falls is the highest volume waterfall in North Carolina. There are multiple overlooks accessible from the Linville Falls Visitor Center off of the Blue Ridge Parkway. To the left of the visitor center, the trail has a natural surface and is known to have many roots which makes it a little more precarious. This route takes you to the bottom of the falls in the Linville Gorge. To the right of the visitor center, an 8 foot wide pea-gravel trail leads you up to the upper and lower falls viewing areas which is typically easier. One of our favorites, Chimney View overlook, is a 0.75 mile hike to the top, then back down. Year-round, the views of the falls from all angles are breathtaking! The Visitor Center is open May - October 10am - 5pm.



DIFFICULTY MODE
Moderate

FAVORITE HIKE
Chimney View



Linville Gorge East Side

📍 Table Rock Road, Pisgah National Forest, NC (828) 652-2144

Linville Gorge East Side covers 12,000 acres and is one of Eastern America's most scenic gorges. Known as the "Grand Canyon of the East," the Gorge offers 39 miles of trails and offers majestic rock formations including Sitting Bear, Table Rock, the Chimneys and one of our most favorite hikes, Hawksbill Mountain. The trail from Table Rock road to the top of Hawksbill Mountain is about 1 mile (2.1 mile round trip) and features beautiful views of Grandfather Mountain on the way up and the Linville Gorge and Lake James (even Charlotte on a clear day) from the top.



DIFFICULTY MODE
Moderate

FAVORITE HIKE
Hawksbill Mountain



Discover Burke County North Carolina Nature's Playground



Linville Gorge West Side

📍 Old NC-105, Linville Falls, NC (828) 652-2144

Wiseman's View is the only paved and ADA accessible trail along the rim of the Linville Gorge. A short walk down the trail leads to a spectacular overlook. From here, one can view Table Rock and Hawksbill located over a mile away. Peering down into the gorge, you can see, and sometimes hear the Linville River, which runs through the 12 miles of the gorge from Linville Falls to Lake James. The best access is from the small village of Linville Falls. Take old NC Highway 105 south until you reach the Wiseman's View turnoff. This is a gravel road and can be slick during wet or wintry weather. We recommend a high clearance and All Wheel or 4 Wheel Drive vehicle on Old Highway 105 due to the condition of the road and elevation climb.



DIFFICULTY MODE
Easy

FAVORITE HIKE
Wiseman's View



Fonta Flora State Trail

📍 126 NC-126, Morganton, NC 28655 (828) 433-6793

Fonta Flora was once a farming community that was prone to flooding at the base of the Linville Gorge. Duke Energy purchased the land and created what is now Lake James to harness hydro-electric power for the region. A new trail system was created around Lake James in 2015 and was named Fonta Flora in honor of the historic community. It is still actively being built and will one day span 100 miles, connecting downtown Morganton with downtown Asheville. One of the most prolific icons along the trail is the large Iron "Tree" at the county park, an access to the trail on highway 126. The trail starts just behind the tree and winds through a white pine forest until reaching the expansive views of Lake James.



DIFFICULTY MODE
Easy

FAVORITE HIKE
County Park to Wolf Pit Parking Area



Lake James State Park

📍 2229 Lake James State Park Road, Nebo, NC 28761 (828) 584-7728

Lake James State Park is a 6,800 acre lake with 154 miles of shoreline just outside Morganton, NC. The cool lake temperatures during the summer make this a great go-to destination for boating, fishing, and relaxing on the swim beach during warmer months. The park also has 20 miles of multi-use trails great for hiking or mountain biking year round. A great family-friendly hike is the Holly Discovery Trail. The 0.7 mile loop trail provides hands-on, interpretive activities for children to engage them with nature. While at the state park, check out the beautiful visitor center opened in 2023.



DIFFICULTY MODE
Easy

FAVORITE HIKE
Holly Discover Trail



Oak Hill Community Park & Forest

📍 820 NC-126, Morganton, NC 28655 (828) 437-9930

Oak Hill Community Park is 652 acres of green space located only 10 minutes from downtown Morganton, NC. The land was built as a free public resource with recreational opportunities such as hiking, beginner biking trails, and birding. Foothills conservancy owns and operates the park and hosts educational events focused on the natural habitat, archeological, historical exploration and agriculture. They plan to have a community garden space and be able to use the area as an outdoor classroom for students young and old. Enjoy the spectacular views within the park and along the Loop B hiking trail. **For more information please visit their website: www.foothillsconservancy.org/oakhillpark.**



DIFFICULTY MODE
Easy

FAVORITE HIKE
Hiking Loop B



VISITOR CENTER

140 N STERLING STREET
MORGANTON, NC 28655

(828) 433-6793
discoverburkecounty.com



Plan & Prepare

- Burke County is home to endless opportunities for outdoor recreation. Before you travel, learn about our destination, its regulations and safety matters.
- To reduce your impact, choose lesser-known areas and times of high use.
- Have a backup plan in case your chosen destination is crowded or parking areas are full.

Stick to Trails & Overnight Right

- Keep to designated trails and durable surfaces to protect trailside plants. Camp at existing or designated sites.
- In the backcountry, confine your impact to places that already show use, and limit the area of disturbance.
- Take rest breaks on durable surfaces off the designated trail so that others can pass.

Trash Your Trash

- Pack it in, pack it out. Place all trash in garbage bags and carry it home. Food scraps, cigarette butts and other litter can take years to decompose and are unhealthy for wildlife.
- If adventuring with pets, plan to pack out their waste as well.
- When camping in remote areas, have a plan to dispose of human waste properly.

Leave it as You Find it

- Burke County is home to an amazing diversity of indigenous plants and animals. Snap a picture instead of picking flowers, gathering shells and collecting pine cones.
- Leave rocks as you find them to protect critters' sensitive habitats, preventing erosion and avert other ecological impacts.
- Forgo carving into trees, which inflicts lasting damage and can kill the vegetation.

Be Careful With Fire

- If you choose to have a fire, check on regulations, secure a permit if needed, and keep the fire small. If allowed, gather wood from the ground instead of breaking branches from the trees. Buy firewood locally to avoid bringing in invasive species.
- Burn all wood to ash. Before leaving, check that the fire is completely out and ashes are cold.
- On overnight camping trips, use a stove for cooking.

Keep Wildlife Wild

- From black bears and wild horses to salamanders and birds, all wildlife should be treated with respect in the natural areas you are visiting.
- Observe creatures from a distance. Getting too close causes undue stress and harm.
- Refrain from feeding wild animals. It alters their natural behavior and puts them and you at risk.