

**Hickory Greenway, Catawba County – Easy**  
**1515 12<sup>th</sup> Street Drive NW, Hickory**  
[Carolina Thread Trail Map on the web](#)

This 1.5-mile greenway is comprised of sidewalk and paved trail and is suitable for walking, running, and biking. The Hickory Greenway connects Jaycee Park and Geitner Park and there is parking at both locations. There are scenic views of Lake Hickory. There are also numerous trails through the woods on either side of the paved trail (moderate).

**Reep Park – Burke County – Easy (no web page, but there is a facebook page)**

4773 Johnson Bridge Road, Hickory. From I-40 W, take Exit 118 & turn left at exit. Travel approx. 1 mile. Turn left onto Johnson Bridge Road. Reep Park is on the left approx. 2 miles. Facilities include baseball, softball, football/soccer fields, concession/restrooms (under construction), children's playground area, covered picnic shelter, approximate two-mile walking trail that wanders through the woods and meanders by a creek with waterfalls.

**T. H. Broyhill Walking Park – Lenoir – Caldwell County – Easy**  
**945 Lakewood Street, SW (off Norwood Street)**

Roughly 20 acres, this park is most commonly known as the "Walking Park." The park provides a paved loop (approximately .43 of a mile) that winds around a lovely lake surrounded with flowers and trees.

**Lenoir Greenway, Caldwell County - Easy**  
[TrailLink - Lenoir Greenway Website](#)

You can access the Lenoir Greenway from five locations – check the website. The City of Lenoir Greenway consists of seven miles of several paved loop trails and endpoints meandering through an urban landscape of parks and open areas, recreation centers, the library and wooded tracts.

**Morganton Greenway System – Easy**  
[Morganton Greenway Website](#)

The Morganton Greenway System offers year-round biking, jogging and strolling and picnicking. The Morganton Greenway System includes the Catawba River Greenway and the Freedom Trail Greenway and currently has five pedestrian access points with parking.

The Catawba River Greenway Park offers a total of 3.8 miles of paved, fully accessible walking trail. The Catawba River Greenway runs along the Catawba River from the Rocky Ford Access area off Lenoir Road/NC 18 N. to the Greenlee Ford Access adjacent to the Catawba River Soccer Complex Loop located off Greenlee Ford Road. Along the trail there are picnic shelters and open tables, rest rooms (open year round), a playground, fishing piers, canoe launches, a gazebo, multilevel observation decks and pedestrian bridges which cross the river and tributaries. The National Park Service formally certified the Greenway as part of the Overmountain Victory Trail. The Park Service placed historical markers along the Greenway walking trail commemorating the historic King's Mountain March.

**Henry Fork River Regional Park – Hickory, Catawba County – Easy**  
**5655 Sweet Bay Lane**  
[Henry Fork on the web](#)

Featuring an 8000 square foot picnic shelter with a catering kitchen, rest rooms and tables and grills, 7 soccer fields, Alpine Tower, 2 playgrounds, concession stand, **an approximate one-mile paved walking trail** and a canoe launch.

**Lake James State Park – Burke County – Paddy's Creek Area – Mills Creek Trail – Easy to Moderate**  
**6883 NC Hwy 126, Nebo**  
[Lake James Trails](#)

The **3.60 mile loop trail** offers an undulating track through forested habitat along and adjacent to Lake James with some lake views along the way. Follow the blue triangle blaze. Several additional shorter hikes are available in the same area.

**Riverbend Park – Catawba County, Conover – Easy to Moderate**  
**6700 N NC 16 HWY, Conover**

## [Riverbend Park](#)

Near the border between Alexander County and Catawba County, you'll find Riverbend Park, located on the scenic Catawba River. Within view of the Oxford Dam, Riverbend features 450 acres of protected land and **12 miles of hiking trails**. This park encompasses a variety of ecosystems including forests and wetlands, and offers canoe and kayak access, shoreline for fishing, and 7.8 miles of mountain biking paths.

## **Tuttle Educational State Forest, Caldwell County – Easy to Moderate** **3420 Playmore Beach Road, Lenoir** [NCESF Website](#)

Located in the foothills of the Blue Ridge Mountains, Tuttle Educational State Forest boasts a wide variety of pines and hardwoods plus rolling terrain and clear streams. These features are accessible by a series of well-marked trails accented by exhibits and displays which explain the ecology of the managed forest. Open picnic sites with tables and grills are available at the forest, as well as a spacious shelter complete with a massive stone fire place and plenty of seating.

## **Baker's Mountain Park – Catawba County, Hickory – Moderate to Difficult** **6680 Baker's Mountain Road, Hickory** [Bakers Mountain website](#)

Bakers Mountain Park is located on the highest elevation point in Catawba County (1780 feet). The park features 189 acres of mature Chestnut Oak forest with **nearly 6 miles of trail** to explore. You will experience a variety of wildlife and plants that are native to the North Carolina Mountains. Abundant wildlife, rare plants, and a mixed hardwood forest comprised primarily of Chestnut Oak and Mountain Laurel, make the park a different recreation opportunity than can be found at lower elevations. An observation platform and gazebo are located near the top of the mountain giving hikers an excellent view of the Catawba Valley. A natural boulder out cropping, a turn of the century house site, and several open meadows make interesting stopping points along the way. Picnic shelters and restrooms are located near the park office.

## **South Mountain State Park, Catawba County – Easy to Difficult** **3001 South Mountain Park Avenue, Connelly Springs** [South Mountains State Park site](#)

In one of the state's most rugged areas, South Mountains State Park features elevations to 3,000 feet, an 80-foot waterfall, mountain streams and **more than 40 miles of trails** for hikers, equestrians and mountain bikers. There are two picnic areas and a picnic shelter for groups. A visitor center offers museum-quality exhibits on the cultural and natural history of the South Mountains. The Jacob Fork River and its tributaries offer miles of trout fishing.

## **Rocky Face Park Recreational Area, Alexander County – Moderate to Difficult** **3451 Rocky Face Church Road, Hiddenite** [Rocky Face Website](#)

Rocky Face Park is located on the southern edge of the Brushy Mountains. It consists of a dome shaped mass of granite. The maximum elevation is 1800 feet above sea level, but about 600 feet above the surrounding terrain. There are 318 acres with **five miles of hiking trails** leading to the summit. There is also a one-third mile paved walking trail located in the former quarry area. There is a picnic pavilion with restrooms.

## **Catawba Falls – moderate to strenuous** **56 miles from Hickory - Follow I-40 W to Exit 73 (Old Fort). Turn left and then turn right on Catawba River Rd.** [Catawba Falls Website](#)

One trail is located within this trailhead area, and it leads to the falls. Starting at the new parking area, the trail heads upriver on old road beds, crossing the river once on stepping stones. You may have to get your feet wet here, and it may be an impossible crossing in very high water. (A bridge is planned for this crossing in the future.) The trail climbs moderately past some old building foundations and an old dam, before ending at the base of the lower falls. It is not recommended continuing beyond the lower falls due to dangerous conditions.

Nice description of hike with pictures at: <http://www.ncwaterfalls.com/catawba1.htm>

## **Hikes off the Blue Ridge Parkway near Blowing Rock**

Price Lake - MP 296.9 – 2.3 mile loop around lake – easy to moderate

Moses Cone trails – 25 miles of gently sloping carriage roads - [on the web](#)

Rich Mountain – carriage road trail begins at Trout Lake – approx. 5 miles RT - moderate

Green Knob Hike – MP 295.9 – begins at Sims Pond – approx.. 2.5 miles loop trail - strenuous