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## Trail Guide Updates

Last Updated October 10, 2025

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**Special Notice:** As a result of damage suffered during Hurricane Helene in 2024, parts of the MST between Asheville and Stone Mountain State Park remain closed. For more details, see our "[Hurricane Helene Update](#)" blog post.

The current trail status and reroutes throughout Segments 1-5 are shown in this [trail recovery status table](#) and [Google Map](#). We will regularly update both of these as the trail continues to reopen.

**Currently Great Day Hikes 6, 7, and 11 are closed. All other Day Hikes in the mountains are open.**

[Jump to MST Segment Guide Updates](#)

[Jump to 40 Day Hike Guide Updates](#)

This document lists all known updates and corrections since the last published version of the Friends of the Mountains-to-Sea Trail (Friends) trail guides, including our segment guides and our day hike guide, *Great Day Hikes on North Carolina's Mountains-to-Sea Trail*. If you become aware of additional corrections, noteworthy trail conditions, or updates, please let us know by emailing Jim Grode, Friends' Trail Resource Manager, at [jgrode@mountaintoseatrail.org](mailto:jgrode@mountaintoseatrail.org).

Note that many websites and apps that show trails have incorrect or out-of-date routes for the MST. We recommend using only official resources – our guides, interactive map and/or FarOut – to plan and navigate your trail journeys.

Throughout the document, “EB” means eastbound and “WB” means westbound.

This document has an outline to help with navigation. If you do not see the outline, do one of the following:

- On a PC or Mac, click the square icon to the left of the screen; if you hover your mouse over it, it will say “Show document outline.”
- On an iOS (iPhone or iPad) or Android device, tap the icon with three dots in the top right corner, then tap “Document outline.”

In the outline, simply tap or click on the segment or day hike you are interested in to jump to that section.

### **Segment Guide Updates**

#### **Segment 1 (Kuwohi to Waterrock Knob)**

The current revision date of the Segment 1 guide is June 3, 2025. If you have an older edition, please visit our [“Trail Guides”](#) page.

The current edition is up to date.

#### **Segment 2 (Waterrock Knob to Pisgah Inn)**

The current revision date of the Segment 2 guide is June 3, 2025. If you have an older edition, please visit our [“Trail Guides”](#) page.

The current edition is up to date.

#### **Segment 3 (Pisgah Inn to Black Mountain Campground)**

The current revision date of the Segment 3 guide is June 3, 2025. If you have an older edition, please visit our [“Trail Guides”](#) page.

Part of Segment 3 remains closed due to impacts from Hurricane Helene. For more information, see this [trail recovery status table](#) and [Google Map](#).

EB Miles 20.6-21.1; WB Miles 50.3-50.7 (FarOut EB Miles 131.6-132.1; WB Miles 1040.4-1040.9)

Due to construction for the widening of I-26, the trail has been rerouted to the shoulder of the BRP through this stretch. The detour route is marked and easy to follow.

#### **Segment 4 (Black Mountain Campground to Beacon Heights)**

The current revision date of the Segment 4 guide is June 3, 2025. If you have an older edition, please visit our [“Trail Guides”](#) page.

Part of Segment 4 remains closed due to impacts from Hurricane Helene. For more information, see this [trail recovery status table](#) and [Google Map](#).

EB Mile 61.9; WB Mile 14.9 (FarOut EB Mile 243.9; WB Mile 928.6)

Due to road work on Brown Mtn. Beach Rd., the trailhead here is closed until at least Fall 2025. The road remains open, although there may be delays, and other trailheads on Pineola and Roseboro Rds. remain open and accessible via this road.

### **Segment 5 (Beacon Heights to Devil's Garden Overlook)**

The current revision date of the Segment 5 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

Part of Segment 5 remains closed due to impacts from Hurricane Helene. For more information, see this [trail recovery status table](#) and [Google Map](#).

#### **Entire Segment**

Beginning May 1, 2023, the Blue Ridge Parkway is undertaking a three-year repaving and rehabilitation project along the main road between Mileposts 229.6 and 305.1, encompassing virtually all of MST Segment 5. More information about the project is available at [www.nps.gov/blri/learn/news/blue-ridge-parkway-begins-major-road-project-in-northwest-north-carolina.htm](http://www.nps.gov/blri/learn/news/blue-ridge-parkway-begins-major-road-project-in-northwest-north-carolina.htm). During the project, full or partial closures will be implemented on a staggered basis, allowing for continuous access to all recreational areas and visitor amenities including the MST. The MST will remain open; however, access to some trailheads will be restricted, and long detours between access points may be required. In addition, some locations where the trail crosses or goes along the shoulder of the Parkway may be temporarily closed during active work.

These access limitations will, in turn, affect the ability of volunteer crews to perform trail maintenance. Although we will do our best to keep the trail in a passable condition, we may not be able to maintain our usual high standards.

The Blue Ridge Parkway's Alerts & Conditions page at [www.nps.gov/blri/planyourvisit/conditions.htm](http://www.nps.gov/blri/planyourvisit/conditions.htm) includes an up-to-date interactive map of all current closures. Additional closure information is available at [www.nps.gov/blri/planyourvisit/roadclosures.htm](http://www.nps.gov/blri/planyourvisit/roadclosures.htm), on message boards along the Parkway and in visitor centers along the route.

Approximately EB Mile 70.1; WB Mile 14.8 (FarOut EB Mile 328.8; WB Mile 843.7)  
Beginning the week of June 6, 2022, the Blue Ridge Parkway will be replacing the Laurel Fork Bridge at Milepost 248.8. The Parkway will be closed to all uses, including vehicles, pedestrians and cyclists, between milepost 248.1 and 249.3. The MST will remain open, but users should anticipate an approximately 200-yard

closure at the base of the bridge, at which point trail users should follow the marked route around the project site.

### **Segment 6 (Devils Garden Overlook to Pilot Mountain State Park)**

The current revision date of the Segment 6 guide is June 23, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 7 (Pilot Mountain State Park to Hanging Rock State Park)**

The current revision date of the Segment 7 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Miles 26.2-27.1; WB Miles 8.0-8.8 (FarOut EB Miles 439.0-439.8; WB Miles 732.7-733.5)

This section of trail is temporarily closed due to construction. Eastbound, turn right on NC 66 and follow it for 0.5 mile until it rejoins the guide route. Westbound, continue straight for 0.5 mile, then turn left on the trail.

### **Segment 8 (Hanging Rock State Park to Greensboro's Bryan Park)**

The current revision date of the Segment 8 guide is June 23, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Mile 14.3; WB Mile 50.4 (FarOut EB Mile 462.1; WB Mile 710.4)

Jim Booth's Catfish Pond, next to the trail here, offers camping, but has a reputation as a somewhat rowdy party location and may not be conducive to a good night's sleep for a tired hiker.

### **Segment 9 (Greensboro's Bryan Park to Eno River State Park)**

The current revision date of the Segment 9 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Miles 40.3-40.4; WB Miles 20.4-20.5 (FarOut EB Miles 548.5-548.7; WB Mile 623.8-624.0)

The gravel maintenance road is now a parking lot.

EB Mile 42.8; WB Mile 18.0 (FarOut EB Mile 551.1; WB Mile 621.4)

Lake Michael Park is closed for construction, and none of the facilities are available.

### **Segment 10 (Eno River State Park to Falls Lake Dam)**

The current revision date of the Segment 10 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Miles 4.8-8.6; WB Miles 70.0-73.9 (FarOut EB Miles 573.8-577.4; WB Miles 595.1-598.7)

The MST between Cole Mill Rd. and Guess Rd. within Eno River State Park is closed due to damage from Tropical Storm Chantal. Until the trail reopens, use the detour described at [mountainstoseatrail.org/eno-river-state-park-detour](https://mountainstoseatrail.org/eno-river-state-park-detour). Within the general closure area, a short stretch on the State Park's Pump Station Trail corresponding to EB Miles 5.4-6.1; WB Miles 72.5-73.1 (FarOut EB Miles 574.4-575.0; WB Miles 597.5-598.1) is open and can be hiked only as a loop from the Rivermont Rd. trailheads.

EB Miles 28.0-29.1; WB Miles 49.5-50.6 (FarOut EB Miles 597.3-598.5; WB Miles 574.0-575.2)

Beginning October 9, 2025, this section of trail is closed due to timber harvesting. During the closure, use the following detour, which is approximately 0.2 mile long:

Eastbound: After crossing the bridge over the lake on Redwood Rd., continue straight, then turn left on Hereford Rd., returning to the trail just before the end of the road.

Westbound: Turn left on Hereford Rd, then right on Redwood Rd., returning to the trail just after crossing the bridge over the lake.

Approximately EB Mile 43; WB Mile 36 (FarOut EB Mile 612; WB Mile 561)  
Beginning October 8, 2025, a timber harvest is occurring in this area. If you encounter any timber activities or obliterated trail, move to the lake shore and follow it past any disturbance, then return to the trail.

EB Mile 53.5; WB Mile 25.1 (FarOut EB Mile 623.0; WB Mile 549.5)

The bridge over the creek at this location washed out during heavy rains in July 2024. At normal lake levels, the creek can typically be crossed by rock-hopping after descending the bank slopes. During heavy rains or at high lake levels it will be a challenging crossing.

### **Segment 11 (Falls Lake Dam to Howell Woods Environmental Learning Center)**

The current revision date of the Segment 11 guide is June 3, 2025. The route in this version of the guide includes two road detours around long-term closures of parts of the Neuse River Greenway and a detour around a closure of part of the Sam's Branch Greenway in Clayton. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Miles 22.8-24.2; WB Miles 42.0-43.3 (FarOut EB Miles 670.6-672.0; WB Miles 500.5-501.9)

NCDOT has begun a project to extend I-540 on the southeast side of Raleigh. Construction of this project will require periodic stoppages of trail traffic, between Auburn Knightdale Rd and Battle Bridge Rd, to allow construction equipment and vehicles to cross the trail. Temporary closures will periodically be in place as construction advances. During trail closures, a temporary detour trail will be in place

adjacent to the existing Neuse River Trail, allowing trail users to pass through this corridor during the entire construction process. This work will begin in October 2025 and continue through September 2028.

EB Miles 31.6-33.9; WB Miles 32.4-34.6 (FarOut EB Miles 679.3-681.6; WB Miles 490.9-493.2)

Beginning October 6, 2025, the portion of Segment 11 between Covered Bridge Rd. and the Sams Branch Trailhead will be closed for bridge maintenance. The closure is anticipated to last about 3 weeks. Until the MST reopens, use the detour described at [mountaintoseatrail.org/covered-bridge-detour](http://mountaintoseatrail.org/covered-bridge-detour).

### **Segments 11A-16A (Neuse River Paddle Trail, Smithfield to the Neusiok Trail)**

The current revision date of the Segment 11A-16A guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 12 (Howell Woods to Suggs Mill Pond Game Land)**

The current revision date of the Segment 12 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 13 (Suggs Mill Pond Game Land to Singletary Lake State Park)**

The current revision date of the Segment 13 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Miles 0.0-5.4; WB Miles 33.8-39.2 (FarOut EB Miles 779.6-785.1; WB Miles 387.4-392.9)

Throughout hunting season, September-February and April-May, Suggs Mill Pond Game Land, except access to Horseshoe Lake via Campground and Lake Rds. from Live Oak Methodist Church Rd., is closed to non-hunters during permit hunts, which can happen as often as six days/week. Refer to our [online calendar](#) to see when hunts are scheduled.

### **Segment 14 (Singletary Lake State Park to Holly Shelter Game Land)**

The current revision date of the Segment 14 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 15 (Holly Shelter Game Land to Stella)**

The current revision date of the Segment 15 guide is September 15, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 16 (Stella to Oyster Point Campground)**

The current revision date of the Segment 16 guide is June 3, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 17 (Oyster Point Campground to Cedar Island Ferry)**

The current revision date of the Segment 17 guide is September 15, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

The current edition is up to date.

### **Segment 18 (Cedar Island Ferry to Jockey's Ridge State Park)**

The current revision date of the Segment 18 guide is September 15, 2025. If you have an older edition, please visit our "[Trail Guides](#)" page.

EB Mile 26.4; WB Mile 55.7 (FarOut EB Mile 1116.7; WB Mile 55.8)

In late January 2024, the National Park Service began a project to restore and rehabilitate the Cape Hatteras Lighthouse. Access to the lighthouse will be limited, but the store and restroom should remain open. To learn more about the project, which is expected to last at least 18 months, visit [www.nps.gov/caha/learn/news/construction-work-begins-at-cape-hatteras-lighthouse.htm](http://www.nps.gov/caha/learn/news/construction-work-begins-at-cape-hatteras-lighthouse.htm).

## **Day Hike Guide Updates**

### **Hike 4**

Several of the directions in the first half of the hike have incorrect mileage figures. The correct mileages are:

- |               |                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------|
| 0.0           | From the parking area, head east ...                                                                      |
| 0.1           | In the next 0.4 mile, cross a series of thirteen wooden bridges and boardwalks over a network of streams. |
| 0.8 (not 0.4) | Bear right at the top of a rock outcropping.                                                              |
| 1.1 (not 0.6) | Begin descending a series of switchbacks.                                                                 |

- 1.6 (not 0.9) Reach a clearing with a significant trail intersection and campsite. Continue straight, following the MST blaze and sign toward "BRP MP 417 Looking Glass Overlook."
- 2.8 (not 1.6) Continue straight past the Graveyard Ridge Trail on the right.

Beginning at mile 3.3, the mileages are correct.

The bridge over Yellowstone Prong (Mile 5.0) was washed away in Tropical Storm Fred. New steps and rockwork lead to an unbridged stream crossing that is passable for hikers of average ability.

### **Hike 6**

The Blue Ridge Parkway milepost listed in the hike summary for Trailhead 2, Tanbark Ridge Tunnel parking area, is incorrect. The correct milepost is 374.5. (The milepost in the driving directions is correct.)

### **Hike 8**

Forest Road 210 is closed. Replace the driving directions from Trailhead 1 to Trailhead 2 with the following:

To reach Trailhead 2 from Trailhead 1, return to NC 126 and turn left. After 1.3 miles, turn left on Fish Hatchery Rd. (Coming from Morganton, turn right on Fish Hatchery Rd. 9.9 miles after turning in front of Freedom High.) Travel 4.3 miles on this road to a left turn onto Table Rock Mtn. Rd. This turn is in a sharp righthand curve in the road and may be easy to miss. If you reach Mountain Grove Church and a graveyard, you are about 0.1 mile past the turn. Continue 6.5 miles on Table Rock Mtn. Rd. to the parking area.



## **Hikes 10-12**

Beginning May 1, 2023, the Blue Ridge Parkway is undertaking a three-year repaving and rehabilitation project along the main road between Mileposts 229.6 and 305.1, encompassing virtually all of MST Segment 5. The project is expected to continue until at least September 2025.

During the project, full or partial closures will be implemented on a staggered basis, allowing for continuous access to all recreational areas and visitor amenities including the MST. The MST will remain open; however, access to some trailheads will be restricted, and long detours between access points may be required. In addition, some locations where the trail crosses or goes along the shoulder of the Parkway may be temporarily closed during active work.

These access limitations will, in turn, affect the ability of volunteer crews to perform trail maintenance. Although we will do our best to keep the trail in a passable condition, we may not be able to maintain our usual high standards.

More information about the project, including a map of closed or partially closed road sections, is available at [www.nps.gov/blri/learn/news/blue-ridge-parkway-begins-major-road-project-in-northwest-north-carolina.htm](http://www.nps.gov/blri/learn/news/blue-ridge-parkway-begins-major-road-project-in-northwest-north-carolina.htm) and in visitor centers along the route.

## **Hike 13**

After the day hike guide went to press, we learned that the new MST route through Stone Mountain State Park would be different than we had expected. As a result, only the first 1.8 miles of the route described in Hike 13 are on the official MST route. Either route is enjoyable, and for purposes of the [40 Hike Challenge](#), we will accept either route. To follow the MST route, use the Eastbound directions available here. To finish the hike, continue straight at Mile 3.7 instead of turning right, and follow signs to the Upper Trailhead Parking Lot. The MST route is 4.6 miles long and somewhat less strenuous than the route described in the day hike guide.

In addition, the trailhead at the Backpack parking lot is in the back right corner, not the back left.

## **Hike 15**

At Mile 4.7, there is no longer an information kiosk, the park office is now closed, and the continuing trail is known as the Grindstone Trail rather than the Grassy Ridge Trail.

## **Hike 18**

The trail sign referred to in the directions (mile 0.2) is no longer present.

### **Hike 19**

Due to a structure fire at the old Carolina Mill, the MST in this area has been temporarily rerouted to roads for safety. For purposes of the 40 Hike Challenge, it is only necessary to hike the first 0.4 mile, from Great Bend Park to Glencoe. However, we encourage you to explore other parts of the trail upstream and downstream of the day hike.

### **Hike 20**

At mile 0.9, the trail has been reconfigured. The path leading to the farmers market is now paved, and there are multiple routes through the area. Any route crossing a bridge over the creek will take you to the correct place. If you reach the farmers market, simply retrace your steps to any trail junction before crossing back under Churton St.

### **Hike 21**

The trail to the right at mile 0.4 leading to the Howe St. lot has been closed. The path to the river on the left remains open. The hike is currently closed east of Cole Mill Rd. due to damage sustained during Tropical Storm Chantal in July 2025.

### **Hike 22**

We previously noted that due to repeated incidents of loud late-night partying, trespassing, blocking of driveways, vandalism, littering, gunfire, and other illicit behavior, parking had been prohibited at Jimmy Rogers Rd. and at Santee Rd. The parking at Jimmy Rogers Rd. has reopened (Santee Rd. remains closed). Therefore, it is no longer necessary to do Hike 22 as an out-and-back hike from the Baptist Rd. hikers' lot or by continuing another 4.8 miles to Cheek Rd.

### **Hike 24**

We have learned that some but not all GPS navigation systems are routing people incorrectly to Trailhead 1, the Buffalo Road boat access. Be sure to turn on Elizabeth Dr., not the gated driveway about 200 yards to the east (closer to the river). In addition, parking at this location is somewhat limited, and street parking is prohibited. At busy times, you may want to park at the other trailhead instead.

Part of this hike is currently closed for sewer replacement. The hike currently ends a bit beyond the trail leading to Abington Ln. at Mile 2.7. There is a parking lot 0.2 mile away at the deadend of Abington Ln., making this hike still feasible as a one-way hike.

### **Hike 26**

The trail has been rerouted at the end near the Bentonville Battlefield Visitor Center and Harper House. After crossing Mill Creek Church Rd., walk diagonally across the parking lot to where the trail enters the woods near the northeast corner. There are no earthworks or cannon at this location.

### **Hike 29**

Parking is currently available at the Turnbull Creek Experimental State Forest office only from 9-5 Tues.-Fri. and 11-6 Sat./Sun. Outside these hours, parking is available at the Jones Lake State Park office. Limited roadside parking may also be available near the state forest office, but do not block any gates or other access points.

### **Hike 30**

At Miles 0.1 and 0.2, Negro Head Point Rd. is now called Old Black River Rd.

### **Hike 38**

In the table of hiking information, the trailheads are reversed. Trailhead 1 should be Hatteras Island Visitor Center, and Trailhead 2 should be Cape Hatteras National Seashore parking—Park Rd. At Mile 5.0, the directions should say to continue through the campground staying right, not left, at every opportunity. At Mile 5.7, the beach access road is on the left.