

1 Weetock Trail

Croatan National Forest
252 638-5628 | www.fs.usda.gov/nfsnc

Difficulty Moderately easy on short trail sections. Entire trail is more difficult with uneven terrain and hills.
Length 11 miles
Parking Ample parking at Haywood Landing (north end), limited roadside parking on Hill Field Rd (south end).

Entry/Exit Point(s) North end begins just off NC Hwy 58 near Haywood Landing. South end begins off NC Hwy 58 and Hill Field Rd. Other access points include Haywood Landing & Long Pt.
Facilities Restrooms, boat ramp and primitive campsites are available at Haywood Landing and Long Pt.

Directions Travel 10 miles north from the intersection of NC Hwy 58 and NC Hwy 24 at Cape Carteret, turn left onto Long Point Rd (FSR 120). The trail begins near the intersection of Loopy Rd (FSR 157) and Long Point Rd (FSR 120). The south end of the trail begins approximately 9 miles north of Cape Carteret. Turn left onto Hill Field Rd (FSR 603) and proceed to the end. Follow the blazes.



ACTIVITY

Hiking and walking. Foot access only. Smoking, fires, alcohol, dirt bikes, 4-wheels, dumping and firearms are not permitted.



POTENTIAL WILDLIFE

Songbirds, wild turkey, occasional white-tailed deer, bear, snakes. Alligators often inhabit the rivers and creeks.

VIEWING SCENERY

"Weetock" is named for the Algonquian word for the White Oak River. The trail follows Hunter's Creek, the White Oak River and Holston Creek.

5 Patsy Pond Nature Trail

NC Coastal Federation
252 393-8185 | www.nccoast.org

Difficulty Easy
Length Green Trail 0.75 mile
Blue Trail 1 mile
Yellow Trail 1.9 miles

Parking Availability Parking available at site

Entry/Exit Point(s) Begins on NC Hwy 24 between Morehead City and Cape Carteret, across from NC Coastal Federation.

Facilities No restrooms. Trail open daylight hours only.
Directions Trail is located on NC Hwy 24 midway between Morehead City and Cape Carteret, in the community of Ocean. Entrance is 0.5 mile west of Croatan High School and across the highway from the NC Coastal Federation.



ACTIVITY

Hiking and walking. Foot access only. Smoking, fires, alcohol, dirt bikes, 4 wheels, dumping and firearms are not permitted. Numbered signs correspond to brochure available at trailhead and at NC Coastal Federation. During hunting season, orange vests are available at the entrance.

VIEWING SCENERY

Longleaf pine flat woods, natural ponds and sinkholes, native flora and fauna.



POTENTIAL WILDLIFE

Songbirds, wading birds, ospreys, wild turkeys, red-cockaded woodpecker and occasional white-tailed deer, gray fox, gray squirrel, flying squirrel, black bear, lizard, turtle, snakes.

9 MATS Trail

Morehead Alternative Transportation System

Morehead City Parks & Recreation Department
252 726-5083 | www.moreheadcity.nc.gov

Difficulty Easy, asphalt and boardwalk
Length 2.16 miles

Parking Availability Various locations along the trail.

Entry/Exit Point(s) N 35th Street to Country Club Rd

Facilities Benches, picnic shelter, water fountains. Restrooms available at Swinson Park access, except during freezing months.

Directions Follows Bridges St from N 35th St to Country Club Rd



ACTIVITY

Biking, jogging and walking. Fitness and stretching stations.

2 Cedar Point Tideland Trail

Croatan National Forest
252 638-5628 | www.fs.usda.gov/nfsnc

Difficulty Easy even surface
Length 1.3 mile loop and 0.6 mile loop
Parking Availability Ample parking at trailhead

Entry/Exit Point(s) At trailhead parking lot just off Cedar Point Campground on NC Hwy 58.

Facilities Restrooms, picnic tables, boat ramp and campground.

Directions From the junction of NC Hwy 58 and NC Hwy 24 in Cape Carteret, drive north approximately one mile. Turn left onto VFW Rd and follow signs.



ACTIVITY

Hiking and walking. Easy walk over tidal salt marsh boardwalks and loops through a hardwood and pine forest. Even surface.

VIEWING SCENERY

Panorama of White Oak River estuary and salt marshes with a distant view of town of Swansboro.



POTENTIAL WILDLIFE

Wading birds, songbirds, osprey and ducks. Fiddler crabs and invertebrates in the marsh. Raccoon tracks usually visible in the mud.

6 OWLS Nature Trail

Outer Banks Wildlife Shelter
252 240-1200 | www.owlsonline.org

Difficulty Easy
Length 0.5 mile and 1 mile

Parking Availability Parking available

Entry/Exit Point(s) Outer Banks Wildlife Shelter

Hours: 10 am - 4 pm, 7 days a week

Fee: \$2.50 for the self-guided tour that includes the hiking trails. (fee subject to change without notice)

Facilities None available

Directions The Outer Banks Wildlife Shelter is located on NC Hwy 24, just outside Morehead City. Approx 0.125 mile before Hibbs Rd.



ACTIVITY

Walking. Nature trail takes approx 15-20 minutes to walk at a comfortable pace.

VIEWING SCENERY

A nature trail with over 40 native plant species labels. Duck pond, permanent raptor enclosures and interactive education exhibits.



POTENTIAL WILDLIFE

Songbirds, occasional mammals, lizards, turtles, snakes.

10 NC Aquarium Trails at PINE KNOLL SHORES

252 247-4003 | www.ncaquariums.com

Difficulty Easy
Length Roosevelt Trail 1.25 miles
Hoffman Trail 0.5 mile

Parking Availability Ample parking at NC Aquarium

Entry/Exit Point(s) Roosevelt Trail: Accessible from outside Aquarium, in parking lot. Trail closes at 4:30 pm daily.
Hoffman Trail: Aquarium fees apply.

Accessible from inside Aquarium, and only during open hours.

Facilities Restrooms at Aquarium

Directions The NC Aquarium at Pine Knoll Shores is located at mile marker 7, NC Hwy 58 on Bogue Banks



ACTIVITY

Hiking and walking. **Roosevelt Trail:** Maritime forest trail takes approx 1 hour at a comfortable pace. Short loop at the end and hikers must retrace trail to parking lot.
Hoffman Trail: Loop forest trail takes approx 30 minutes to walk at comfortable pace.



VIEWING SCENERY

Roosevelt Trail crosses high dune ridges, borders, expansive marsh and ends at small soundside beach. Hoffman Trail has bird blind at East Pond and floating bridge over small freshwater pond and view of Bogue Sound.



POTENTIAL WILDLIFE

Birds, insects, occasional mammals, lizards, turtles, snakes.

3 Emerald Isle Woods Park Trail

Emerald Isle Parks & Recreation Department
252 354-6350 | www.emeraldisle-nc.org

Difficulty Easy/Moderate (some inclines and declines)
Length 1.7 miles

Parking Availability Ample parking for trail at entrance to Emerald Isle Woods Park on Coast Guard Rd.

Entry/Exit Point(s) Main entrance to park on Coast Guard Rd 4 Grills and Picnic Pavilion, Handicap Accessible, Floating Dock, NC Bird Trail, Pier and Restrooms.

Directions Take NC Hwy 58 onto Emerald Isle, make 1st right onto Coast Guard Rd. Travel on Coast Guard Rd, 0.25 mile and Emerald Isle Woods is on the right.



ACTIVITY

Walking and jogging.

VIEWING SCENERY

41 acre park with walking trails, bird trails with beautiful views of Bogue Sound and the Cameron Langston Bridge.



POTENTIAL WILDLIFE

White-tailed deer, gray squirrels, osprey, egrets, wading birds, woodpeckers, shore birds.

7 Flanners Beach & Fishers Landing

Croatan National Forest
252 638-5628 | www.fs.usda.gov/nfsnc

Difficulty Moderately easy with hills
Length 1 mile or less on each side

Parking Availability Ample parking at recreation sites

Entry/Exit Point(s) Trails begin at parking lots and picnic areas.

Facilities Restrooms, picnic areas, showers, camping, fishing, swimming.

Directions Flanners Beach is approx 7 miles north of Havelock off NC Hwy 70 on FSR 1107 to the Neuse River. Fishers Landing is about 9 miles north of Havelock. Go 1 mile on FSR 141.



ACTIVITY

Hiking and walking.



VIEWING SCENERY

Trail winds through hardwood forests, cypress swamps and sandy beach. Panorama of Neuse River estuary from high bluffs.



POTENTIAL WILDLIFE

Songbirds, wading birds, osprey, woodpeckers, white-tailed deer, snakes, wild turkeys, gray fox, squirrels.

11 Calico Creek Boardwalk

Morehead City Parks & Recreation Department
252 726-5083 | www.moreheadcity.nc.gov

Difficulty Easy, sidewalks and boardwalks
Length 1.14 miles

Parking Availability Morehead City Recreation Center, 1600 Fisher St, Morehead City

Entry/Exit Point(s) 17th St at Recreation Center to 20th St; north on sidewalks to Mayberry Loop Rd or cross 20th St to 22nd St.

Facilities Recreation Center restrooms, water fountains

Directions NC Hwy 70 turn north on 17th St, 2 blocks



ACTIVITY

Walking, jogging and biking.

VIEWING SCENERY

Scenic water view and sunsets.



POTENTIAL WILDLIFE

Various waterfowl.

4 Emerald Isle Multi-Use Path

Emerald Isle Parks & Recreation Department
252 354-6350 | www.emeraldisle-nc.org

Difficulty Easy, paved, even surface

Length 5.3 miles along NC Hwy 58 from Coast Guard Rd to Fairfax St and 1.1 miles from Coast Guard Rd to Dolphin Ridge. Continued expansion along Emerald Dr and Coast Guard Rd planned for future.

Parking Availability Various locations along the path

Entry/Exit Point(s) Coast Guard Rd / Fairfax St. Path follows NC Hwy 58

Facilities None available

Directions Take NC Hwy 58 onto Emerald Isle



ACTIVITY

Walking, jogging, biking. The bike path provides an alternative means of transportation to key destinations in town, as well as provides an additional recreational opportunity in Emerald Isle.

8 Fort Benjamin

Carteret County Parks and Recreation
252 808-3301 | ccpr.recdesk.com/recdeskportal/

Difficulty Easy

Length 1 mile loop

Parking Availability Ample parking at Recreation Center or parking area along Joyce Avenue.

Entry/Exit Point(s) Trailhead located in far corner of Recreation Center parking lot

Facilities Recreation Center, Band Shell, Tennis Courts, Playground, Basketball Court, Shuffleboard Court, Picnic Shelters, Soccer Fields, Croquet, Disc Golf Course

Directions From NC Hwy 70 W, veer right onto East Chatham St. Turn left onto McQueen Ave. Park will be on your right.
Address: 100 McQueen Avenue, Newport, NC 28570



ACTIVITY

Walking and jogging along grass, soft-cover trail. Ten (10) exercise stations are located along the walking trail.

12 Neusiok Trail

Croatan National Forest
252 638-5628 | www.fs.usda.gov/nfsnc

Difficulty Moderately easy on some short trail sections. The entire trail is more difficult with uneven terrain.

Length 22 miles

Parking Availability Ample parking at Pine Cliff Recreation Area. Limited parking at Newport River end and Oyster Point.

Entry/Exit Point(s) Several access points along the trail. Pine Cliff Recreation Area at the north end, Newport River at the south end. Other access points include Cherry Branch Rd, NC Hwy 101, Little Deep Creek Rd, Alligator Tram Rd and Mill Creek Rd.

Facilities Restrooms at Pine Cliff and Oyster Point. Primitive campsites on beach at Pine Cliff. Forest Service campground at Oyster Point. 3 open front shelters.

Directions Pine Cliff Recreation Area is located off Cherry Branch Rd and can be reached off of NC Hwy 101. Mill Creek Rd (SR 1154) entrance is near the Newport River.



ACTIVITY

Hiking and walking. Wooden bridges over some low-lying areas. Several miles of dry trail are available.



POTENTIAL WILDLIFE

Songbirds, wild turkeys, hawks, ospreys, eagles, ducks, geese, woodpeckers, occasional bobcat, white-tailed deer, raccoons, opossum. Watch for venomous snakes. Alligators in NW region of trail.

VIEWING SCENERY

"Neusiok" is the name of a Native American tribe that inhabited the banks of the Neuse River. Many reminders of human history: barrels, jars and copper coils-the remainders of stills blown up by law enforcement. Several old graves along the trail. Carnivorous plants such as the Venus fly trap and variety of orchids. Views of the Neuse and Newport Rivers; winds through hardwood ridges, pine flat woods, cypress swamps, pocosins, and salt marsh.

CARTERET COUNTY TRAIL GUIDE MAP



*map not to scale

WELCOME to CARTERET COUNTY

Most of the trails in our coastal region are relatively flat with moderate changes in topography. Often times, the difference in difficulty level is based on the type of soil or trail surface.

More detailed information on an individual trail is usually available from the contact information source listed.

Always remember when participating in outdoor activities, be aware of biting insects, venomous snakes, and poisonous plants.

for more information
Carteret County Parks and Recreation
(252) 808-3301
ccpr.recdesk.com/recdeskportal/

find us on facebook

ADDITIONAL SUPPORT PROVIDED BY Carteret County Wildlife Club



CARTERET COUNTY TRAIL GUIDE



TRAILS IN AND AROUND CARTERET COUNTY

HAVE FUN STAY HEALTHY

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CROATAN NATIONAL FOREST
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ATLANTIC BEACH
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HARKERS ISLAND
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DOWN EAST
- 18 Cedar Island National Wildlife Refuge
CEDAR ISLAND

13 | Promise Land Heritage Walk

Downtown Morehead City Revitalization Association
252 808-0440 | www.downtownmoreheadcity.com

Difficulty Easy, even surface
Length 2.5 miles
Parking Availability Ample parking
Entry/Exit Point(s) Morehead City Park on 1001 Arendell St
Facilities Restrooms available
Directions Walk through City Park and turn left on Evans St. At 4th St. make a u turn on Evans. Left on 13th St. Right on Shackleford St. Right on 17th St. Right on Shepard St. Left on 15th St. Right on Evans St. and back to starting point.



ACTIVITY

Walking and biking.



VIEWING SCENERY

Enjoy the architecture and history of the Promise Land homes. Downtown Morehead City offers a sidewalk trail along boat docks, shopping and more.

14 | Hoop Pole Creek Nature Trail

NC Coastal Federation
252 393-8185 | www.nccoast.org

Difficulty Easy
Length 0.5 mile walk to sound - other short trails off main trail are marked.
Parking Availability Parking available at adjacent shopping center.
Entry/Exit Point(s) Trailhead just off NC Hwy 58 in Atlantic Beach, across from Bojangles. Turn into Atlantic Station Shopping Center entrance. Open daylight hours.
Facilities None available



ACTIVITY

Hiking and walking. Interpretive signs along the trail.

VIEWING SCENERY

See Hoop Pole Creek open up to Bogue Sound, both of which are estuaries. Observe maritime plants and shrubs as well as grasses along the estuarine shoreline.



POTENTIAL WILDLIFE

White ibis, egrets, herons, snakes, raccoons, deer, turtles, red fox, migratory birds, insects, fiddler crabs.

15 | Fort Macon Hiking Trails

NC STATE PARKS
252 247-3100 | www.ncparks.gov/state-parks/fort-macon-state-park/trails

Difficulty Easy/Moderate (natural areas, uneven surfaces)
Length Elliott Coues Nature Trail 3.2 mile loop / Yarrow's Loop 0.25 loop
Parking Availability State Park Parking Options
www.ncparks.gov/maps/fort-macon-state-park-map/open
Facilities Concession stand (seasonal), Visitor center and exhibits, Beach accesses (ocean and inlet), Bathhouse (seasonal), Foot rinse station, water fountain
Directions 2303 E. Fort Macon Road, Atlantic Beach



ACTIVITY

Hiking, biking, and walking. Bring insect repellent, sunscreen, plenty of water, sturdy walking or hiking shoes. Be mindful of closing times (seasonal).

VIEWING SCENERY

Marsh, maritime forest, sand dunes, and ocean views



POTENTIAL WILDLIFE

300+ species of birds.

16 | Willow Pond Trail

Core Sound Waterfowl Museum and Heritage Center
252 728-1500 | www.coresound.com

Difficulty Easy
Length 0.25 mile
Parking Availability Ample parking at Core Sound Waterfowl Museum & Heritage Center
Entry/Exit Point(s) Behind Core Sound Waterfowl Museum & Heritage Center
Facilities Core Sound Waterfowl Museum & Heritage Center
Directions Follow NC Hwy 70 heading east of Beaufort. Follow signs to Harkers Island. Continue on Island Rd to the end. Look for Core Sound Waterfowl Museum & Heritage Center signs.



ACTIVITY

Hiking and walking. Easy trail with one downed log at western end. Future plans include connection to the Cape Lookout National Seashore walking trail.

VIEWING SCENERY

Observe coastal plants in maritime forest on walk to observation blind.



POTENTIAL WILDLIFE

Primarily song birds, herons, ibis, egrets.

17 | North River Wetlands Preserve

www.nccoast.org/project/north-river-wetlands-preserve/

Difficulty Easy/Moderate (natural areas, uneven surfaces)
Length 6,000 acre preserve area
Parking Availability Visitors must park before the gate, sign in at the kiosk and walk around gate to access the preserve
Directions North River Farm Road, 973 US-70, Beaufort (Down East)



ACTIVITY

Pedestrian access only, hours are dawn to dusk. 20 miles of access roads for biking. Bring insect repellent, sunscreen, and plenty of water.

VIEWING SCENERY

This project returned farmland to its original state - forested, freshwater, and tidal wetlands - in order to improve the water quality of degraded downstream estuaries and reopen these waters for shellfishing.



POTENTIAL WILDLIFE

North River Wetlands Preserve is home to biting insects, snakes, and plants. Proceed at your own risk.

18 | Cedar Island Wildlife Refuge

Cedar Island National Wildlife Refuge
252 222-2511 | www.fws.gov/cedarisland

Difficulty Easy as well as arduous trails - marshy, uneven
Length 4 separate firebreaks totaling 13 miles
Lola Rd Firebreak - 2.5 mi (arduous)
Office Firebreak - 2 mi (arduous)
Cudduggan Firebreak - 2.5 mi, dead end into marsh (easy)
Wolf Den Firebreak - 1.5 mi that dead ends (easy), plus 4 mi (arduous)
Parking Parking available at Refuge Office for Office Firebreak and Lola Rd Firebreak. Parking on side of NC Hwy 12 for others. Park off Hwy, 2 ft from white line. Please do not block gate when parking.
Entry/Exit Point(s) Cudduggan firebreak trail located off of NC Hwy 12 across from the Cedar Island NWR sign on the south end of the refuge, 0.5 mile before the Monroe Gaskill Bridge. Three firebreak trails located at north end of the refuge. Wolf Den Firebreak is off the west side of NC Hwy 12, 0.25 mile before Lola Rd. Other two located off Lola Rd.
Facilities None available
Directions Take NC Hwy 70 E to NC Hwy 12 to Cedar Island.



ACTIVITY

Hiking and walking only. Daylight hours use only.

VIEWING SCENERY

The 14,480 acre refuge consists of marsh, pocosin and woodland habitat with the potential of seeing ducks, waterfowl, small mammals, black bear, snakes. Insects - take repellent!

