

HANGING ROCK STATE PARK

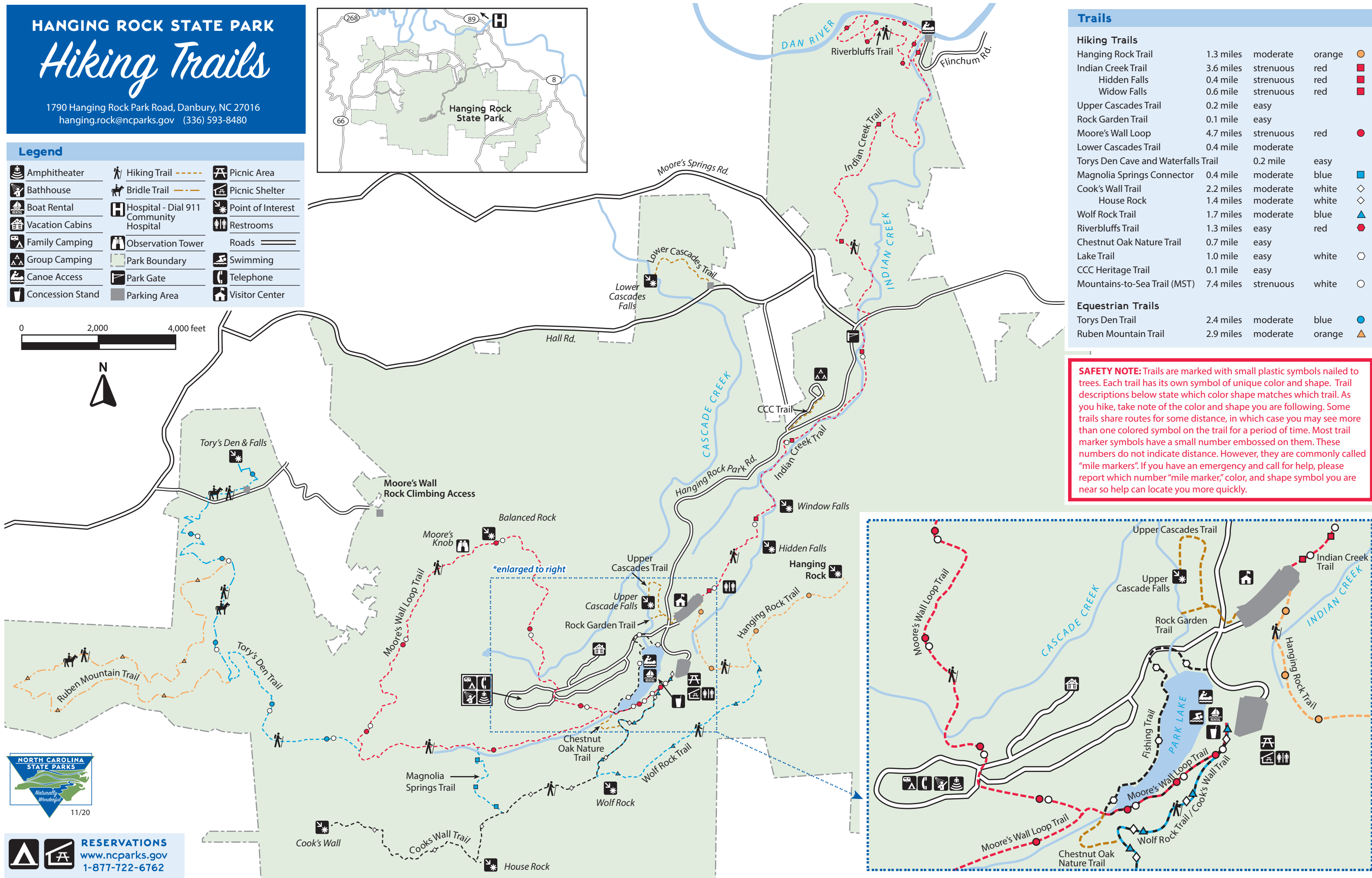
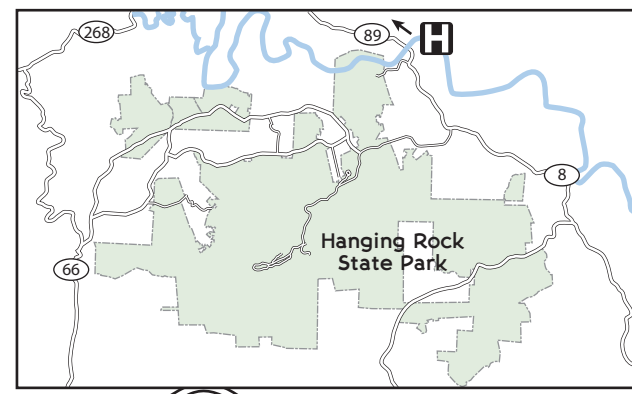
Hiking Trails

1790 Hanging Rock Park Road, Danbury, NC 27016
 hanging.rock@ncparks.gov (336) 593-8480

Legend

Amphitheater	Hiking Trail	Picnic Area
Bathhouse	Bridle Trail	Picnic Shelter
Boat Rental	Hospital - Dial 911 Community Hospital	Point of Interest
Vacation Cabins	Restrooms	Roads
Family Camping	Observation Tower	Swimming
Group Camping	Park Boundary	Telephone
Canoe Access	Park Gate	Visitor Center
Concession Stand	Parking Area	

0 2,000 4,000 feet



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	
Widow Falls	0.6 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		
Torys 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	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				
Torys Den Trail	2.4 miles	moderate	blue	
Ruben Mountain Trail	2.9 miles	moderate	orange	

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.



RESERVATIONS
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Trails of Hanging Rock State Park

Hanging Rock Trail 1.3 mi. moderate orange ● Trailhead begins at the top edge of the Visitor Center parking lot. Trail starts out paved and turns to gravel/dirt/rock, gradually gaining elevation. Wood and stone stairs lead to the top of the namesake rock formation, which juts out over the landscape. Hikers can rest on the quartzite and enjoy spectacular views of the park below and the Blue Ridge Mountains to the north. Average hiking time is about 1 hour. Distance is one-way.

Indian Creek Trail 3.6 mi. strenuous red ■ Trailhead begins at east end of the Visitor Center parking lot. Gravel/dirt/rock surface trail meanders down the mountain along the Indian Creek through rhododendron thickets and oak forests ending at the Dan River. This trail crosses over Hanging Rock Park Rd. and crosses the creek several times without bridges. Distances are one-way.

Hidden Falls, 0.4 miles from the Visitor Center parking lot, is a gentle, tiered waterfall.

Window Falls, 0.6 miles from the Visitor Center parking lot, is a waterfall seen emerging from behind a natural window in the quartzite wall of rock. Hikers can get a safe view of the "window" from a railed overlook.

Upper Cascades Trail 0.2 mi. easy Trailhead begins at the west end of the Visitor Center parking lot at the wooden handrail and immediately crosses Hanging Rock Park Rd. Trail is asphalt followed by gravel after passing the intersection with Rock Garden Trail. Wide, gently sloping trail leads downhill to a wooden observation deck with seating for safe views of the falls. A set of wooden stairs takes adventuresome hikers and dogs to a shallow catch pool at the base of the waterfall. Distance is one-way.

Rock Garden Trail 0.1 mi. easy Trailhead begins at west end of the Visitor Center parking lot at the wooden handrail and immediately crosses Hanging Rock Park Rd. It leads through the forest to massive ancient boulders. Trail is paved and ADA accessible. Distance is one-way.

Moore's Wall Loop Trail 4.7 mi. strenuous red ● Begins directly behind the stone bathhouse next to the lake parking lot. If hiking clockwise, the trail climbs elevation slowly, ultimately leading to the Observation Tower at 2,497 ft. above sea level. Enjoy 360-degree views from atop this former fire tower. After passing "Balanced Rock," continue down the 684 stone steps of the "endless staircase." The trail crosses a small creek and passes behind the campground amphitheater, then emerges onto a paved surface. Follow the red blazes to campsite 40 where the trail goes through the woods, meanders along the lake and returns to the lake parking lot. Distance is round-trip.

Lower Cascades Trail 0.4 mi. moderate Begins from the parking lot at 2143 Hall Road. Hike a short distance through forest to the edge of the gorge before descending steep wooden and stone stairs to the base of the waterfall. Cascade Creek, which originates at the park lake, emerges from atop the naturally carved stone wall, noisily falling 35 feet into a large pool. Trail is gravel/dirt/rock. Distance is one-way.

Torys Den Cave and Waterfalls Trail 0.2 mi. easy Trailhead begins at the east end of Torys Den parking lot, 1185 Charlie Young Rd. An educational display describes the Revolutionary War era history of the cave. The trail leads to Torys Falls, the tallest waterfall in the park, where water drops 240 feet over a series of rock terraces. This waterfall can be safely viewed from the trail terminus. Hikers are not able to immerse in the falls due to steep terrain. Trail then continues on to the 20-foot deep natural cave. Trail is gravel/dirt/rock and has wooden steps. Distance is one-way.

Torys Den Trail 2.4 mi. moderate blue ● Begins at the west end of Torys Den parking lot, 1185 Charlie Young Rd. and goes downhill along the powerline before crossing Charlie Young Rd. The trail then meanders through forests and near a small stream before climbing up the mountain. Half of this trail is open to equestrians and a sign marks the end of the section that can be used by horses. Hikers can continue up to Huckleberry Ridge. Trail ends at the intersection with Moore's Wall Loop Trail. Trail is gravel/dirt/rock. Distance is one-way.

Ruben Mountain Trail 2.9 mi. moderate orange ▲ Park at Torys Den parking lot, 1185 Charlie Young Rd. Hikers must travel one mile on Torys Den Trail to get to the Ruben Mountain trailhead. **Hiking the entire trail from the parking lot and back in a loop is approx. 5.5 miles.** This wide trail winds around Ruben Mountain through boulder fields and past a lofty view of Brown Mountain in the distance. Trail is open to equestrians. Trail surface is gravel/dirt/rock. Distance is one-way.

Magnolia Springs Connector 0.4 mi. moderate blue ■ Trailhead begins 0.9 miles from lake parking lot on the Moore's Wall Loop Trail and serves as a connector between Moore's Wall Loop Trail and Cook's Wall Trail. Trail surface is gravel/dirt/rock and has steps and a boardwalk. Distance is one-way.

Cook's Wall Trail 2.2 mi. moderate white ◇ Trailhead begins behind the lake bathhouse, 2847 Hanging Rock Park Rd. and offers sweeping views of the south and west with Sauratown and Pilot Mountain visible in the distance. Tall rock wall formations including Devil's Chimney are found past the end of the trail. Cook's Wall is open to climbers and requires a permit. Trail surface is gravel/dirt/rock and has some uneven steps. Distance is one-way.

House Rock, 1.4 mi. from the trailhead, is a rock formation named for a house-like portion of a rock shelter overhang cavity that resembles a "living room."

Wolf Rock Trail 1.7 mi. moderate blue ▲ Trail begins behind the lake bathhouse at 2847 Hanging Rock Park Rd. and ends at an intersection with Hanging Rock Trail. Enjoy unobscured views from Wolf Rock, a large outcropping of quartzite. Trail surface is gravel/dirt/rock and has some uneven steps. Distance is one-way.

Riverbluffs Trail 1.3 mi. easy red ● Trail begins at the Dan River access parking lot, 1258 Flinchum Rd. This loop trail follows alongside the Dan River, past "matrimony point" rock formation and "play waves" before passing an old homesite. Hikers can spot old tobacco rows being erased by a tulip poplar forest. Trail surface is dirt/sand. Distance is round-trip.

Chestnut Oak Nature Trail 0.7 mi. easy Trail begins at the trailhead behind the lake bathhouse, 2847 Hanging Rock Park Rd., and utilizes several other trails. This trail has numbered posts that mark native trees and plants and correspond to a brochure available at the visitor center. Trail surface is gravel/dirt/rock. Distance is round-trip.

Lake Trail 1.0 mi. easy white ○ Path begins at the trailhead behind the lake bathhouse at 2847 Hanging Rock Park Rd. If walking clockwise, the trail crosses a long boardwalk and then follows the edge of the lake. Near the dam, the trail turns left and emerges at Campground Rd. Turn right and walk across the paved roadway bridge, then turn right again to re-enter the trail on the opposite side of the bridge. Follow the trail uphill to the edge of the lake, leading to the fishing pier before winding gently uphill past ADA-accessible picnic sites. The trail forks to the right passing behind the boathouse to complete the loop. Several benches and spots for fishing can be found along the trail. Distance is round-trip.

CCC Heritage Trail 0.1 mi. easy This interpretive trail begins at the kiosk outside the group camp gate at 2056 Hanging Rock Park Rd. and passes five numbered posts and interpretive signs identifying significant locations in what was once the Civilian Conservation Corps Camp 3422. This camp was home to hundreds of CCC enrollees from 1935-1942. The men who lived here built the park roads and most of the facilities, including the bathhouse, picnic shelters, lake and trails. Distance is one-way.

MountaintoSeaTrail(MST) 7.4 mi. strenuous white ○ This trail is a segment of the MST that follows along several existing park trails. It begins at the park boundary near Mickey Rd. at Sauratown Trail Section 1. Follow STA Section 1 to Torys Den Trail and continue to the end. Turn left onto Moore's Wall Loop Trail, follow this trail past the observation tower to the lake bathhouse. Follow the white blazes on trees behind the boathouse, across the earthen dam, to the visitor center parking lot. Follow white blazes across the length of the parking lot to the Indian Creek trailhead and follow until it intersects with Hanging Rock Park Rd. which is the end of the MST inside Hanging Rock State Park. The MST continues towards Walnut Cove and beyond by roadway.