

\* denotes a strenuous hike

American Tobacco Trail – 7.5 miles

1017 Wimberly Road

Apex, NC 27502

919-387-2117

<http://www.wakegov.com/parks/att/Pages/default.aspx>

<http://www.wakegov.com/parks/att/Documents/ATT%20Map%20and%20Brochure.pdf>

Anderson Point Park – 4.0 miles

20 Anderson Point Dr

Raleigh, NC 27610

919-996-5994

<https://raleighnc.gov/places/anderson-point-park>

Blue Jay Point County Park - 3.5 miles

3200 Pleasant Union Church Rd

Raleigh, NC 27614

919-870-4330

<http://www.wakegov.com/parks/bluejay/Pages/default.aspx>

[http://www.wakegov.com/parks/bluejay/Documents/Blue\\_Jay\\_Brochure.pdf](http://www.wakegov.com/parks/bluejay/Documents/Blue_Jay_Brochure.pdf)

De Hart Botanical Gardens – 3.0 Miles

27549, 3585 US-401

Louisburg, NC 27549

The gardens border US 401 on the east side, 5.5 miles south of Louisburg and 0.5 miles north of Royal Crossroads.

<https://www.raleightotspots.com/de-hart-botanical-gardens/>

<https://www.louisburg.edu/de-hart-gardens/dehartgardens.php>

Durant Nature Preserve - 4.2 miles

8305 Camp Durant Rd

Raleigh, NC 27614

919-870-2871

<https://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/Durant.html>

East Carroll Joyner Park - 3.0 miles

701 Harris Rd

Wake Forest, NC 27587

919-435-9560

<https://www.wakeforestnc.gov/parks-recreation-cultural-resources/parks-facilities/e-carroll-joyner-park>

Eno River - Western trails - 5.3\* miles

5101 N Roxboro St

Durham, NC 27704

919-471-1623

<https://www.dprplaymore.org/Facilities/Facility/Details/West-Point-on-the-Eno-76>

Forest Ridge Park – 4.7 miles  
2100 Old NC 98 HWY  
Wake Forest, NC 27587  
919-996-5800  
<https://raleighnc.gov/places/forest-ridge-park>

Gauntlet Fitness and Walking Trail – 2.2 miles  
2186 Brassfield Rd  
Creedmoor, NC 27522  
919-764-1036  
<https://www.cityofcreedmoor.org/departments/recreation/parks-facilities/the-gauntlet>  
<https://www.cityofcreedmoor.org/Home/ShowDocument?id=4252>

Harris Lake County Park – 5.0 miles  
2112 County Park Dr  
New Hill, NC 27562  
919-387-4342  
<http://www.wakegov.com/parks/harrislake/Pages/default.aspx>  
<http://www.wakegov.com/parks/harrislake/Documents/HLCP%20Feb2017%20MTB%20map.png>

Hemlock Bluffs Nature Preserve - 2.5 miles  
2616 Kildaire Farm Rd  
Cary, NC 27518  
919-387-5980  
<https://www.townofcary.org/recreation-enjoyment/parks-greenways-environment/parks/stevens-nature-center-at-hemlock-bluffs-nature-preserve>  
<https://www.hemlockbluffs.org/preserve-news.html>

Horton Grove Nature Preserve  
7360 Jock Road  
Bahama, NC 27503  
<https://www.triangleland.org/explore/nature-preserves/horton-grove-nature-preserve>

Lake Crabtree County Park- 8.0\* miles  
1400 Aviation Parkway  
Morrisville, N.C. 27560  
919-460-3390  
<http://www.wakegov.com/parks/lakecrabtree/Pages/default.aspx>  
<http://www.wakegov.com/parks/lakecrabtree/Documents/Lake%20Crabtree%20County%20Park%20brochure.pdf>

Lake Johnson Park - 5.5 miles  
4601 Avent Ferry Road  
Raleigh, NC 27606  
919-233-2121  
<https://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/LakeJohnson.html>

Lake Lynn Trail – 3.0 miles

Lake Lynn Loop  
7921 Ray Road  
Raleigh, NC 27613  
919-996-2911

<https://raleighnc.gov/places/lake-lynn-park>

Little River Regional Park and Natural Area - 4.8 miles  
301 Little River Park Way  
Rougemont, NC 27572 (Durham)  
919-732-5505

<http://www.orangecountync.gov/Facilities/Facility/Details/Little-River-Regional-Park-Natural-Area-7>  
<http://www.orangecountync.gov/DocumentCenter/View/2105/Trail-Map-PDF>

Mingo Creek Park – 6.0 miles  
100 Parkside Commons Drive  
Knighdale, N.C. 27545  
919-217-2230

<https://www.knightdalenc.gov/departments/parks-recreation-and-cultural-programs/parks-greenways-and-facilities/mingo-creek-park>

NC Museum of Arts - 3.0 miles  
2110 Blue Ridge Rd  
Raleigh, NC 27607  
919-839-6262

<https://ncartmuseum.org/>

North Wake Landfill - 4.0 miles  
9300 Deponie Dr  
Raleigh, NC 27615  
919-870-4330

<http://www.wakegov.com/recycling/division/Pages/nwlf.aspx>

Occonechee Mountain - 5.1\* miles  
625 Virginia Cates Road  
Hillsborough, NC 27278  
919-383-1686

<https://www.ncparks.gov/occonechee-mountain-state-natural-area>

Raven Rock State Park - 4.9\* miles  
3009 Raven Rock Rd  
Lillington, NC 27546  
910-893-4888

<https://www.ncparks.gov/raven-rock-state-park>

Sandling Beach – 3.8 miles  
14813 Creedmoor Rd  
Wake Forest, NC 27587  
919-676-1027

<https://www.ncparks.gov/falls-lake-state-recreation-area/home>

<https://files.nc.gov/ncparks/maps-and-brochures/falls-lake-state-recreation-area-map.pdf>  
<https://files.nc.gov/ncparks/maps-and-brochures/falls-lake-state-recreation-area-sandling-beach-access-map.pdf>

Sandy Pines Preserve – 4.0 miles

7201 Doc Procter Road

Wendell, N.C. 27591

919-604-9326

<https://www.wakegov.com/departments-government/parks-recreation-open-space/all-parks-trails/sandy-pines-preserve>

Shelley Lake Park - 2.1 miles

1400 W Millbrook Rd

Raleigh, NC 27612

919-996-2329

<https://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/ShelleyLake.html>

Umstead Park Company Mill – 7.1\* miles

8801 Glenwood Ave

Raleigh, NC 27617

919-571-4170

<https://www.ncparks.gov/william-b-umstead-state-park/home>

<https://www.ncparks.gov/william-b-umstead-state-park/trail/company-mill-trail>

<https://files.nc.gov/ncparks/maps-and-brochures/william-umstead-park-map.pdf>

Wake Forest Reservoir – 3.2 miles

WFR DAM Trailhead

Traditions Grande Boulevard near Wait Avenue.

Wake Forest, N.C. 27587

<https://www.wakeforestnc.gov/sites/default/files/uploads/greenways/reservoirmap.pdf>

White Deer/Lake Benson - 4.0 miles

2400 Aversboro Rd

Garner, NC 27529

919-661-6982

<https://www.garnernc.gov/departments/parks-recreation-and-cultural-resources/parks-facilities/parks/white-deer-park>

Williamson Preserve – 4.4 miles

4409 Mial Plantation Rd.

Raleigh, N.C. 27610

919-908-8809

<https://www.triangleland.org/explore/nature-preserves/williamson-preserve>

[https://www.triangleland.org/cms/wp-content/uploads/2021/11/Williamson\\_Phase2\\_trails\\_10\\_21\\_Large\\_format.pdf](https://www.triangleland.org/cms/wp-content/uploads/2021/11/Williamson_Phase2_trails_10_21_Large_format.pdf)

Yates Mill - 3.8 miles

4620 Lake Wheeler Rd  
Raleigh, NC 27603  
919-856-6675

<http://www.wakegov.com/parks/yatesmill/Pages/default.aspx>