

## PIEDMONT TRIAD TRAIL RESOURCES

Below are County contacts for more information on trails in each of the 12 counties of the Piedmont Triad.

### Alamance County

Recreation & Parks (336) 229-2410 [recinfo@alamance-nc.com](mailto:recinfo@alamance-nc.com)

### Caswell County

Recreation & Parks (336) 694-4449 [awilliams@caswellcountync.gov](mailto:awilliams@caswellcountync.gov)

### Davidson County

Recreation & Parks (336) 242-2285 [scott.hulin@dauidsoncountync.gov](mailto:scott.hulin@dauidsoncountync.gov)

### Davie County

Parks & Recreation (336) 751-2325 [daviechamber.com/community/recreation/](http://daviechamber.com/community/recreation/)

### Forsyth County

Parks & Recreation (336) 703-2500 x1 [www.co.forsyth.nc.us/PARKS/](http://www.co.forsyth.nc.us/PARKS/)

### Guilford County

Parks & Open Space (336) 641-3544 [rbardsl@co.guilford.nc.us](mailto:rbardsl@co.guilford.nc.us)

### Montgomery County

Uwharrie National Forest District Ranger (910) 576-6391 [www.fs.usda.gov/nfsnc](http://www.fs.usda.gov/nfsnc)

### Randolph County

Tourism Development Authority (800) 626-2672  
[www.heartofnorthcarolina.com/travel-tools/parks-and-recreation-offices.htm](http://www.heartofnorthcarolina.com/travel-tools/parks-and-recreation-offices.htm)

### Rockingham County

County Tourism & Economic Development (336) 342-8138 [ryount@ncnorthstar.com](mailto:ryount@ncnorthstar.com)

### Stokes County

Pure Play Stokes County (336) 593-2496 [stokespureplay.com/parks.php](http://stokespureplay.com/parks.php)

### Surry County

Parks & Recreation (336) 401-8235 [whited@co.surry.nc.us](mailto:whited@co.surry.nc.us)

### Yadkin County

Parks & Recreation (336) 679-4228 [joeb@umpire.com](mailto:joeb@umpire.com)

### North Carolina Division of Parks and Recreation

State Parks (919) 733-4181 [www.ncparks.gov](http://www.ncparks.gov)

State Trails Program (919) 715-8699 [darrell.mcbane@ncdenr.gov](mailto:darrell.mcbane@ncdenr.gov)

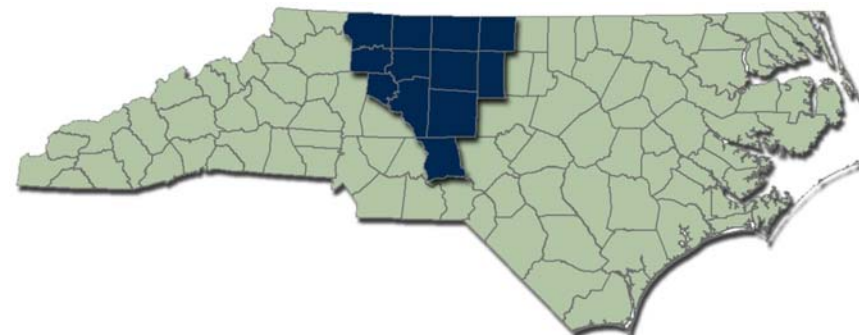
For local trail and parks information located in the over 60 local towns and cities in the Piedmont Triad, you may want to contact the local parks and recreation office or town hall for more information.

## DID YOU KNOW?

- Proximity to trails increase property value 4-6% ( Source: [www.americantrails.org](http://www.americantrails.org) )
- A recent study in Colorado found that \$1 invested in open space and easements provided \$6 of public benefits ( Source: The Economic Value of Colorado 's Conservation Easements, The Trust for Public Land, 2010 )
- A 2004 Study of the Outer Banks showed a \$60 million economic impact of bicycling tourism and direct support or creation of 1,400 jobs. ( Source: Economic Impact of Investments in Bicycle Facilities: A Case Study of the North Carolina Northern Outer Banks, 2004 )
- A 2005 study in Nebraska showed every \$1 cost in trails for physical activity led to \$2.94 in direct medical benefits. ( Source: Cost-Benefit Analysis of Physical Activity Using Bike/ Pedestrian Trails by Wang, Macera, Scudder-Soucie, Schmidt, Pratt, Buchner )
- North Carolina loses an average of 250 acres of open space a day to development. ( Source: Land for Tomorrow )
- Nearly 3 million people were added to North Carolina' s population between 1990 and 2010.



## PIEDMONT TRIAD REGIONAL COUNCIL



The PTRC consists of 72 member governments in the following twelve county area: Alamance, Caswell, Davidson, Davie, Forsyth, Guilford, Montgomery, Randolph, Rockingham, Stokes, Surry, and Yadkin.

|                                   |                                |
|-----------------------------------|--------------------------------|
| Western Office                    | Eastern Office                 |
| 400 West Fourth Street, Suite 400 | 2216 W. Meadowview Rd. Ste 201 |
| Winston-Salem, NC 27101           | Greensboro, NC 27407           |
| ( 336 ) 761-2111                  | ( 336 ) 294-4950               |

[www.ptrc.org](http://www.ptrc.org)

## PIEDMONT TRIAD TRAILS



Deep River Rail Trail - *Franklinville, NC*

The Piedmont Triad has a growing list of trails to hike, bicycle, walk, run, trot or just stroll. Communities across the region are choosing to invest in trail development to:

- increase physical activity options;
- improve health;
- protect water quality; and
- support economic development.

The Mountains to Sea, Deep River and Yadkin River Trails are three State designated facilities that cross through the Piedmont Triad. Though these trails are not fully built out in the region, local, regional and State agencies have developed plans in recent years to complete these trail systems. If you would like more information about these planning efforts, please contact the Piedmont Triad Regional Council Planning Department at 336 294-4950 or email [jday@ptrc.org](mailto:jday@ptrc.org).



Watershed Trails - *Greensboro, NC*



# PIEDMONT TRIAD REGION EXISTING AND PROPOSED LAND TRAILS

## Existing Land Trails Piedmont Triad

The existing land trails in the region consist of hiking, equestrian, mountain bicycling or multi-use trails. The table below shows only existing trails of regional significance. Please check with the appropriate State, County or City agencies for more information on trail details, access and conditions.

### Existing State and Regional Trails

| Trail Name  | Uses                 | Est. Length (miles) |
|---|----------------------|---------------------|
| Deep River Trail                                    | Multi-Use            | 0.2*                |
| Deep River Trail                                    | Multi-Use            | 0.6*                |
| Overmountain Victory Trail (Mountains to Sea Trail) | Hiking               | 1.3*                |
| Sauratown Trail (MST)                               | Equestrian           | 23.5                |
| Hanging Rock Trails (MST)                           | Hiking               | 8.9                 |
| Greensboro Lake Trails                              | Hiking and Multi-Use | 20.7                |
| Haw River Trail (MST)                               | Hiking and Multi-Use | 5+*                 |
| Muddy Creek Greenway (MST)                          | Multi-Use            | 2.6*                |
| Salem Lake Greenway (MST)                           | Multi-Use            | 7.2*                |
| Overmountain Victory Trail                          | Hiking               | 1.0                 |
| Reidsville Trails                                   | Multi-Use            | 1.5                 |
| Birkhead Wilderness Trails                          | Hiking               | 7.0                 |
| Uwharrie Trail                                      | Hiking               | 13.6                |

\*These sections of the trail are pending State designation and may need to resolve certain design features, ownership agreements or other issues.

DISCLAIMER: The map shown here should not be used for survey or navigation purposes. The information is for reference only. The proposed trails may or may not be adopted by the local governing body. The information presented is part of the Piedmont Triad Regional Council's Trail Planning efforts completed in 2011 with support from the State Trails Program.

