

At Location	Instruction	Go this Distance	Trail surface type: Highway or Footpath
Bryan Park Rd	S	0.7	Highway
Summit Avenue	L	0.7	Highway
Reedy Fork Pkwy	R	0.5	Highway
Eckerson Rd	R	1.4	Highway
Hicone Rd	L	4.1	Highway
Huffine Mill Rd	L	4.0	Highway
NC 61 North	L	1.1	Highway
Sockwell Rd	R	3.2	Highway
Gibsonville Ossipee Rd	S	0.3	Highway
Old NC 87	R	0.4	Highway
NC 87 S	Slight R	0.9	Highway
Gerringer Mill Rd	L	1.6	Highway
Burch Bridge Rd	R	0.9	Highway
Greenwood Dr	L	1.0	Highway
Indian Valley Dr	R	0.3	Highway
Indian Valley Paddle Access	R	0.2	Footpath
Whispering Wind Rd	R	440 ft	Highway
Haw River Trail	R	0.8	Footpath
Greenwood Dr Parking	R	0.3	Footpath
Mill Race Rd	S	430 ft	Highway
Hodges Rd	L	0.2	Highway
Sarah Rhyne Rd	R	371 ft	Highway
Glencoe St	R	0.3	Highway
Glencoe St	Slight L	0.1	Highway
Haw River Trail	R	1.0	Footpath
Carolina Mill Rd	R	0.1	Highway
Haw River Trail	L	0.1	Footpath
Carolina Rd	S	0.6	Footpath
Stoney Creek Marina/Faulkner Rd	R	0.1	Highway
Carolina Rd	L	0.2	Highway
Carolina Mill Rd	L	374 ft	Highway
Sandy Cross Rd	R	0.8	Highway
Haw River Hopedale Rd	R	2.9	Highway
Keck Rd	R	0.2	Highway
Roxboro Rd	L	272 ft	Highway
N Wilkins Rd	R	0.5	Highway

US-70 E/E Main St	L	4.4	Highway
S 3rd St	R	135 ft	Highway
E Washington St	L	0.6	Highway
E Washington St Exd	S	0.7	Highway
Mattress Factory Rd	R	1.1	Highway
W Ten Rd	S	4.8	Highway
I-85 US-70 Connector N	L	0.3	Highway
Ben Johnston Rd	R	1.7	Highway
Dimmocks Mill Rd	Slight L	1.1	Highway
Eno St/Nash St	R	387 ft	Highway
Calvin St	R	0.2	Highway
W Margaret Ln	R	0.5	Highway
S Churton St	R	0.3	Highway
NC-86 S/US-70 BUS E	L	0.8	Highway
NC-86 S	R	0.9	Highway
Old State Hwy 10	Slight L	4.7	Highway
Hillsborough Rd	S	1.1	Highway
US-70 BUS E	R	0.5	Highway
Sparger Rd	L	0.4	Highway
Howe St	L	0.5	Highway
Cabe Lands Parking Area/ Eno River State Park	R	50 ft	Footpath
Cabe Lands Trail	S	0.4	Footpath
MST	R	3.1	Footpath
Pump Station Trail	L		Footpath
Laurel Bluffs Trail	L		Footpath
Guess Rd.	L	100 ft	Highway
Connector to Eagle Trail	L	50 ft	Footpath
Eagle Trail	L		Footpath
MST	S		
MST	S		
Wakerobin Pl	L	144 ft	Highway
Omega Rd	R	240 ft	Highway
Fox Hunt Rd	R	0.1	Highway
Traffic Barrier	S		Highway
Windermere Dr	L	0.1	Highway
Infinity Rd	R	2.4	Highway
Snow Hill Rd	R	0.8	Highway
Penny's Bend/Old Oxford Rd	R	328 ft	Highway
Falls Lake Trail - Sec. 23	L	4.0	Footpath
Falls Lake Trail - Sec. 22	S	4.8	Footpath
Falls Lake Trail - Sec. 21	L	50 ft	Highway
Falls Lake Trail - Sec. 21	L	1.0	Footpath

Falls Lake Trail - Sec. 20	S	0.1	Highway
Falls Lake Trail - Sec. 20	L	1.4	Footpath
Falls Lake Trail - Sec. 19	S	0.9	Footpath
Falls Lake Trail - Sec. 18	S	0.5	Footpath
Falls Lake Trail - Sec. 17	L	0.2	Highway
Falls Lake Trail - Sec. 17	L	1.1	Footpath
Falls Lake Trail - Sec. 16	L	0.2	Highway
Falls Lake Trail - Sec. 16	L	0.9	Footpath
Falls Lake Trail - Sec. 15	R	200 ft	Highway
Falls Lake Trail - Sec. 15	L	4.7	Footpath
Blue Blazed Trail	R	0.2	Footpath
Jimmy Rogers Rd	S	0.4	Highway
Patterson Rd	L	2.7	Highway
NC 98/Wake Forest Hwy	L	0.7	Highway
Baptist Rd	L	1.3	Highway
Santee Rd	S	1.5	Highway
Blue Blazed Trail	L	0.1	Footpath
MST/Falls Lake Trail	R		Footpath
Falls Lake Trail - Sec. 14		4.2	
Falls Lake Trail - Sec. 13		3.5	
Falls Lake Trail - Sec. 12		1.6	
Falls Lake Trail - Sec. 11		5.7	
Falls Lake Trail - Sec. 10		2.7	
Falls Lake Trail - Sec. 9		0.6	
Falls Lake Trail - Sec. 8		3.7	
Falls Lake Trail - Sec. 7		2.7	
Falls Lake Trail - Sec. 6		3.4	
Falls Lake Trail - Sec. 5		1.3	
Falls Lake Trail - Sec. 4		3.0	
Falls Lake Trail - Sec. 3		3.0	
Falls Lake Trail - Sec. 2		2.8	
Falls Lake Trail - Sec. 1		3.5	

Notes	Latitude/Longitude
	36.1789,-79.73053
	36.17211,-79.724007
	36.176405,-79.71302
	36.171486,-79.709244
	36.153192,-79.705296
	36.16137,-79.636288
	36.160746,-79.569511
	36.175643,-79.573545
	36.168507,-79.518957
	36.168308,-79.513721
	36.164089,-79.510438
	36.154024,-79.500321
	36.152447,-79.472566
	36.141141,-79.466139
	36.141323,-79.447557
Haw River Trail goes down steps and passes left of paddle access point	
	36.137364,-79.445475
	36.136766,-79.442477
Follow trail down to golf course. Haw River Trail turns right and follows the edge of the course along the river.	
	36.137303,-79.441468
	36.143498,-79.433513
	36.140318,-79.430321
	36.139612,-79.429125
	36.142805,-79.427891
	36.142601,-79.426754
	36.13881,-79.427842
Follow trail through the woods, across the parking lot, past Glencoe Paddle Access and under Hwy 62 bridge.	
	36.137706,-79.426732
Trail exits woods behind old Carolina Mill. Follow Carolina Mill Road and look for orange flagging on left side of road going uphill	
	36.129972,-79.41316
	36.128867,-79.412205
Trail crosses Carolina Rd, look for orange flagging.	
	36.129218,-79.411057
	36.127104,-79.40639
	36.125587,-79.407195
	36.123351,-79.405081
	36.123837,-79.403955
	36.123551,-79.391552
	36.101926,-79.355321
	36.099498,-79.352531
	36.100279,-79.352081

	36.093257,-79.348176
	36.096787,-79.269657
	36.09644,-79.269828
	36.093829,-79.260263
	36.09128,-79.247861
	36.076367,-79.242647
	36.070903,-79.160957
	36.074641,-79.158136
	36.070409,-79.129136
	36.07171,-79.11154
	36.072473,-79.110982
	36.074255,-79.108708
	36.074515,-79.099395
	36.070288,-79.099395
	36.065969,-79.086392
	36.054338,-79.079139
	36.029566,-79.008962
	36.032356,-78.989709
	36.032711,-78.981571
	36.039253,-78.981024
	36.040459,-78.990412
Cabe Lands Trail goes S and L. Stay S.	36.042664, -78.991375
Look for MST blaze or flag on the R	36.044072, -78.989204
	36.062941, -78.971912
	36.061667, -78.962598
Follow steps up to Guess Rd, but do not cross Guess Rd. Cross Eno River on Guess Rd Bridge	36.071612,-78.935072
After crossing bridge, go left to go under Guess Rd bridge	36.072213,-78.934761
Stay L to go under bridge	36.072074,-78.934871
Greenway Trail junction on L	36.072567, -78.909315
Go under Roxboro Rd Bridge	36.072267,-78.908685
	36.075898,-78.902231
	36.075725,-78.902671
	36.076054,-78.903347
	36.077607,-78.902661
	36.077962,-78.90236
	36.078821,-78.904356
	36.083416,-78.863972
Cross bridge over Eno River	36.073037,-78.862642
After crossing highway bridge look for blazes on the left	36.072456,-78.862835
Cross Red Mill Rd	36.084416, -78.82443
Cross Ellerbe Creek on Red Mill Rd	
Reenter woods	

