TRAILS

There are approximately 31 miles of hiking trails within Eno River State Park. These trails vary from easy to moderate in difficulty and vary in length from 0.5 mile to 3.75 miles, although much longer hikes can be accomplished by combining trails. Sections of trails around the river are subject to flooding when the river runs high. Watch for slippery conditions. The trails are marked with blazes painted on trees.

**Cole Mill**

This trail is a 1.2-mile loop beginning at the Cole Mill picnic area from either end of the parking lot. Most of the trail is an easy hike along the river with a short climb through the upland forest. Scenic laurel-covered bluffs dominate the opposite river bank.

**Bobbit Hole**

This 1.65-mile loop extends the Cole Mill Trail upriver, intersecting the western section of Cole Mill Trail twice. A short spur at the southern end of the Bobbit Hole loop dead ends at the hole.

**Pea Creek**

This trail, starting at the south end of the Cole Mill parking lot, goes down to the river, follows it under the Cole Mill Road bridge and intersects with a short loop that follows the river and Pea Creek, and returns through the upland forest. The round trip from the parking lot is 1.3 miles.

**Dunnagan**

This 1.8-mile loop is accessed from the Pea Creek Trail by crossing the creek on a footbridge. From there, it’s an easy 0.75 mile along the river and paralleling the river on the adjacent ridge.

**Pump Station**

This easy hike is known as the best spring wildflower trail in the park. It begins at the Nancy Rhodes Creek bridge on Rivermont Road and makes a 1.5-mile loop. The trail begins at the 19th-century homes along the 1.2-mile route. It starts at an intersection with the Buckquarter Creek Trail and provides access to the Shaker and Knight trails. This trail can be combined with Shaker Trail to make a loop.

**Laurel Bluffs**

This Laurel Bluffs Trail has three distinct parts, all of which are part of the Mountains-to-Sea State Trail. The eastern portion is 2.2 miles long and links Pump Station Trail to the eastern boundary of the park at Guess Road. The middle section is 2.5 miles long and links Cabenleich Trail to Pump Station Trail. The western part of the trail is a 1.4 miles long and links Enol Quarry Trail to the Pleasant Green Access.

**Mountains-to-Sea**

The Mountains-to-Sea State Trail (MST) will eventually span the state of North Carolina, connecting the Great Smoky Mountains to the Appalachian Mountains. Currently, Eno River State Park has 7.5 miles of trail connecting Pleasant Green Access (in the western part of the park) with West Point Pump Station Trail. Sections of the MST are always marked with white circles.

**Cox Mountain**

This short hike in the Eno Ford picnic area is a 1.4 mile-loop. The hike can be lengthened by adding the Fanny’s Ford Trail loop, which intersects from the northeast. The trail passes beside the picnic area, heads down to the river and crosses the river on a suspension foot bridge. The trail climbs 270 feet in elevation from the river to the hilltop. A long steep climb and descent is required.

**Fanny’s Ford**

This trail is accessed by hiking the Cox Mountain Trail from the picnic area north of Fanny’s Ford picnic area. The trail is a 0.2-mile loop, and there is a round trip from the picnic area is 0.85 miles. The hike is generally easy with gentle hills and flat terrain along the river.

**Eno Trace**

This self-guided nature trail has information stations posted about Eno River ecology. Eno Trace turns west off the Cox Mountain Trail on top of the bluffs between the picnic area and the river. Round trip from the picnic area is 0.5 mile.

**Buckquarter Creek**

This 1.5-mile loop begins at the Piper-Cox Museum parking lot and turns upriver at Fanny’s Ford. The most spectacular rapids on the river are viewed from a rock outcrop along the trail. A staircase takes hikers over the outcrop.

**Holden Mill**

This 2.6-mile combination of two loops continues west from the Buckquarter Creek Trail from a bridge spanning the creek. Round trip from the Piper-Cox House parking lot is 4.1 miles. The smaller western loop is an easy hike along the stone remnants of Holder’s Mill. The river segment is characterized by rock outcrops, giant boulders and frequent rapids.

**Fieldstone**

This 0.6-mile trail connects Holden Mill Trail to Ridge Trail as it rolls through old farm fields some of which are full of old field stones.

**Knight & Piedmont**

These trails are primarily accesses for neighborhoods off Ridge Trail and go up a steep hill 0.34-mile to the park boundary. The Pidmont Trail is 0.16 mile of utility right-of-way, which crosses the Knight Trail. There is no parking access to these trails.

**Shakori**

This 1.04-mile hike intersects with the Ridge Trail at the south and northwest ends. It joins with the Ridge Trail to make a loop.

**Knight & Piedmont**

Knight and Piedmont trails are primarily accesses for neighborhoods off Pleasant Green Road but any hiker may use them. The Knight Trail turns east off Ridge Trail and goes up a steep hill 0.34 mile to the park boundary. The Piedmont Trail is 0.16 mile of utility right-of-way, which crosses the Knight Trail. There is no parking access to these trails.

**Cabe Lands**

This is a 1.2-mile loop starting from the Cabe Lands Access parking lot. Stone foundations and the millrace earthworks of the old Cabe Mill are visible from the trail, particularly when the leaves are off the trees. The stretch of river is known as Cabe’s Gore and is a particularly rocky area.

**Eno Quarry**

This trail starts from the upper loop of the Cabe Lands Trail and descends a gentle ridge 0.38 mile, crossing Rhodes Creek at the base of the Eno Quarry. The trail is 0.42 mile and circles around the quarry. Caution should be taken around the quarry. It is dangerous with steep drop offs and no shallow areas, and the depth at the banks generally exceeding 25 feet with maximum depths of 60 feet. There are hidden hazards below the surface near the banks. The river is downstream from Fanny’s Ford. For safety, stay on the marked trail. There are openings on the bank suitable for fishing.

**Buckquarter Creek**

This trail starts from the upper loop of the Buckquarter Creek Trail and passes beside the picnic area north of Fanny’s Ford picnic area. The 2.2-mile loop is an easy hike along the mountain top, with the river and streams not tested for drinking purposes. Drink only properly purified water. Water fountains and spigots are at the picnic areas and the park office.

**Knight & Piedmont**

Chiggers and ticks are seasonally plentiful in weedy areas of the park. Avoid them by staying on the trails. Check for ticks after passing through bushes or tall weeds.

**Buckquarter Creek**

Poison ivy is plentiful in some areas of the park. Learn to identify and avoid it. Stay on maintained trails to avoid exposure.

**Mountains-to-Sea**

Trails are often slippery when wet, particularly near the river.

**Mountains-to-Sea**

Watch your step. footing is rough and uneven on the trails.

**Mountains-to-Sea**

Off trail exploring and orienteering are permitted, but it is recommended to attempt these activities only with persons trained in wilderness land navigation.

**Mountains-to-Sea**

There are no protected swimming areas in the park. All water bodies are natural and have subsurface hazards. Avoid water when thunder or lightning are present.

**Mountains-to-Sea**

Camping requires a permit and fee. Camping is allowed only in the backcountry sites off Bobbit Hole Trail in the Cole Mill Access, the backcountry sites off Fanny’s Ford Trail, the group camp at Buckquarter Creek and the group camp at Cox Mountain Trail at the Falls Ford Access. Registration is at the park office.

**Mountains-to-Sea**

Check with park staff regarding other North Carolina State Parks regulations. More detailed information regarding camping, educational programs, fishing, picnicking, facilities, nature and history can be obtained from staff and park publications. Contact park staff for other tips or an explanation of parks rules. See the Division’s website for a full listing of rules and regulations at www.ncparks.gov.

TRAIL RULES & SAFETY

Make your visit a safe and rewarding experience. Some of our regulations are posted for the protection of our visitors and the park. A complete list is available at the park office. To prevent accidents, please remember these safety tips:

- Bicycles are not permitted on Eno River State Park trails.
- No motorized vehicles other than official state park vehicles are permitted on state park trails.
- Pets must be on an attended leash no longer than 6 feet.
- Fires are permitted only in the fire rings at the camping and picnic areas.
- Take only photographs, leave only footprints. The removal or damage of any plant, animal, rock or artifact is prohibited. Dispose of trash in the bins provided.
- Alcoholic beverages are dangerous in the wilderness and prohibited in N.C. state parks.
- The river and streams are not tested for drinking purposes. Drink only properly purified water. Water fountains and spigots are at the picnic areas and the park office.
- Chiggers and ticks are seasonally plentiful in weedy areas of the park. Avoid them by staying on the trails. Check for ticks after passing through bushes or tall weeds.
- Poison ivy is plentiful in some areas of the park. Learn to identify and avoid it. Stay on maintained trails to avoid exposure.
- Trails are often slippery when wet, particularly near the river.
- Watch your step. footing is rough and uneven on the trails.
- Off trail exploring and orienteering are permitted, but it is recommended to attempt these activities only with persons trained in wilderness land navigation.
- There are no protected swimming areas in the park. All water bodies are natural and have subsurface hazards. Avoid water when thunder or lightning are present.
- Camping requires a permit and fee. Camping is allowed only in the backcountry sites off Bobbit Hole Trail in the Cole Mill Access, the backcountry sites off Fanny’s Ford Trail, the group camp at Buckquarter Creek and the group camp at Cox Mountain Trail at the Falls Ford Access. Registration is at the park office.
- Check with park staff regarding other North Carolina State Parks regulations. More detailed information regarding camping, educational programs, fishing, picnicking, facilities, nature and history can be obtained from staff and park publications. Contact park staff for other tips or an explanation of park rules. See the Division’s website for a full listing of rules and regulations at www.ncparks.gov.

When you have finished with this public document, please save our earth by sharing it with a friend, returning it to the park or recycling it.