Lake Norman State Park
759 State Park Road
Troutman, NC 28166
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GPS: 35.672548, -80.9325

Many people believe there is a Loch Ness monster-like creature named Normie lurking in Lake Norman.

Fun Facts
- The state park was established in 1962, when Duke Power Company donated 1,328 acres of land to the Division of Parks and Recreation.
- From 1959 to 1964, the company now known as Duke Energy built the Cowans Ford Dam across the Catawba River to generate hydroelectric power. This impoundment resulted in the creation of Lake Norman.
- Lake Norman was named after Norman Cocke, a former president of Duke Power.
- The park comprises about 17 miles of Lake Norman shoreline.
- The park was originally named Duke Power State Recreational Area, then Duke Power State Park, before finally being named Lake Norman State Park.
- The 30.5-mile Itusi Trail system was built in cooperation with the Tarheel Trailblazers, a local mountain biking group.
- The park also offers three hiking-only trails: the Alder Trail, Dragonfly Trail and Lake Shore Trail.

Activities

FISHING
- Yellow Perch
- Bluegill
- Crappie
- Largemouth Bass

The park has two islands that are heron rookeries, which are home to over 25 great blue heron nests.

The 33-acre Park Lake, which is separated from the larger Lake Norman by a dam, is a great place for canoeing, kayaking and paddleboarding.

The park offers a 125-yard sandy swim beach.

Lake Norman, known as the “Inland Sea,” is the largest man-made lake within the state of North Carolina.

Artifacts, such as arrowheads, have been found in the state park area, indicating the presence of the Catawba Indians, who made pottery from the red clay prevalent in the Catawba River Basin.

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