Bean Shoals Canal: 0.5 mile, easy
Corridor Trail: 6.6 miles, strenuous
Horne Creek Trail: 2.5 miles, moderate
Ivy Bluff Trail: 1.3 miles, moderate
Yadkin Islands Trail: 1.5 miles, moderate

CAUTION: Entering Bean Shoals Access requires crossing 3 shallow streams. You may become stranded after rain.

From the Mountain Section:
To Bean Shoals Access (Surry County): 10 mi. From U.S. 52, take the Pinnacle exit 129 and follow the signs to Horne Creek Living Historical Farm. The park entrance is 0.4 mile past Horne Creek Living Historical Farm. Parking lot is 0.3 mile past park entrance on left.

To Ivy Bluff Access (Yadkin County): 20 mi. Take N.C. 67 to the town of East Bend. From Main St., turn right onto Fairground Rd. Turn right on Shady Grove Church Rd. Turn right on Shoals Rd. and follow to the park.

The portion of the Mountains-to-Sea Trail that runs through the park starts at the southern end of the Corridor Trail and travels to the Mountain Trail, past the family campground on the Grindstone Trail, and heads east out of the park on the Sauratown Trail below the visitor center. Follow the white circle blazes.