TRAIL RULES
• No intoxicants on premises, bikes on posted trails, horseback riding, motorized or off-road vehicles (ORVs), smoking, or camping
• All pets must be on a leash. This is a city ordinance and extends to all Greensboro trails.
• Wear a helmet. All persons 15 years old and under must wear one and everyone should wear a helmet for their safety.

TRAIL ETIQUETTE
• Pay attention to signs, as some trails are restricted to pedestrians only.
• Be courteous and respectful of other trail users, regardless of their mode of transportation, speed or skill level.
• Keep right; pass on left. Stay as close to the right-hand side of the trail as is safe, except when passing. Faster traffic is responsible for yielding to slower, oncoming traffic.
• Pass with courtesy and care. Make others aware you are approaching. Be prepared to stop if necessary. Check behind you before you change position on the trail.
• Share the trail. Mountain bikers, runners, and hikers must share multi-use trails. Yield to other bikers who are climbing. Bicyclists always yield to hikers and runners.
• Do not block the trail. When in a group (including pets), use no more than half the trail, so that others may pass.
• Leave no trace. Take anything you bring onto the trail back out with you.
• Be quiet on nature trails. To increase your chances of spotting animals, be quiet so as not to scare them away.
• Stay on the trail for your own safety. This will also help protect plants and animals that live near the trail and help keep you from getting lost.

GENERAL TRAIL INFORMATION
These trails are a perfect getaway close to home that provide miles of enjoyment for everyone! Close to 50 miles of trails and greenways exist around the city’s three lakes: Lake Higgins, Lake Brandt and Lake Townsend.

A few notes for an optimal trail experience: The trails are maintained in a primitive manner. Most are linear, so be prepared to walk out and back along the same path. At the three lake marinas you can also enjoy year-round fishing and boating, as well as kayaking and canoeing. Restrooms are available at the marinas and in the parks during regular operating hours. Make sure to plan your trip accordingly by dressing appropriately for the weather. Every trip should include water, a cell phone and this map! Help us keep the trails pristine by packing out what you pack in. Be aware that parking is limited in some areas.

Find Us on the Web!
Use #gsotrails to keep the conversation going.
www.greensborotrails.org
**Mountain Biking + Hiking Trails**

These trails are available for the enjoyment of mountain bike enthusiasts as well as hikers. Cyclists are requested to use caution, yield to pedestrians and avoid riding after rainfall. Certain trails may close due to wet conditions, please call (336) 373-2MTB for up-to-date information on trail closures. Please remember most trails are linear so you have to go out the way you came in.

### Piedmont Trail, 2.75 Miles

Starting near Strawberry Rd on the A&Y greenway, this trail travels by blackberries, strawberries, wildflowers and fallen trees. And it’s just a short walk over the bridge that crosses Lake Brandt to Bur-Mil Park. 
**Sponsor:** Piedmont Hiking & Outing Club

### Palmetto Trail, 1.58 Miles

Parallel to the Nat Greene Trailhead on Old Battleground Road, this trail traverses along the west bank of Lake Brandt’s southern arm. Here you’ll find interesting geological features and a diversity of flora and fauna year round. 
**Sponsor:** Friends of A&M Trail System

### Nat Greene Trail, 3.25 Miles

 Begins at Old Battleground Rd and boasts a 200-foot boardwalk. Beautiful views of Lake Brandt can be seen throughout this hike. The trail intersects the A&Y greenway and finishes at Church St. There is a 1.25 mile section called the Shady Side Trail. The trailhead, it meanders towards Battleground Ave as it finishes at Church St, across the street in the soccer fields parking area. 
**Sponsor:** Audubon Society

### Laurel Bluff Trail, 3.25 Miles

Beginning on Church St., this trail has a wide variety of wildflowers, great views of the lake, plenty of signs of wildlife and a beautiful mountain laurel grove along Reedy Fork Creek. Ending on Lake Brandt Rd, this trail is a crowd pleaser. 
**Sponsor:** Piedmont Hiking & Outing Club

### West House Trail, 0.7 Miles

Beginning on the west side of Church St, across the street and just north of the southern end of the Crockett Trail, the West House Trail meanders along the shores of Lake Townsend and ends at a historic home site known as the West House. 
**Sponsor:** Hiking Hikers

### Bicentennial Greenway, 9.3 Miles

Ride or stride this greenway all the way to High Point! Parking is available at the Old Battleground Rd, Nat Greene trailhead, where it connects via sidewalks to the A&Y. From the trailhead, it meanders towards Battleground Ave as it makes its way to High Point. Parts of the path are on sidewalk connectors and a few small sections use roads. Our map of this greenway stops at the city limits of Greensboro. 
**Sponsors:** Noble Academy, Girl Scout Troop 1714, Janes on the Run, and RunnerDude’s Fitness

### Bald Eagle Trail, 4.13 Miles

The Bald Eagle Trail begins near the entrance to Lake Higgins on Hamburg Mill Rd. A small parking lot is provided. The trail winds its way along Lake Higgins offering many opportunities to view unique waterfowl. A 1.18 mile loop on the western side of Lewiston Rd is an added bonus. 
**Sponsor:** Fat Tire Society

### Owls Roost Trail, 4.25 Miles

Voted the best urban ride in the country by Bicycling Magazine in 2003, this trail is accessible from both Bur-Mil Park and the A&Y Greenway. Try out the one-way MTB ONLY 1 mile section called the Shady Side Trail. The adjoining fire lanes provide 1.25 miles of additional trail. Plenty of dips, twists and hops make the Owls Roost a regional favorite for mountain bikers. This is the most technical ride in our system. 
**Sponsor:** Fat Tire Society

### Wild Turkey Trail, 4.48 Miles

This trail runs parallel to the Nat Greene walking trail and can be accessed from the A&Y Greenway just before the south side of the bridge. Compared to Owls Roost, it’s great for beginners, but far from tame! 
**Sponsor:** Fat Tire Society

### Copperhead Trail, 5 Miles

The Copperhead Trail dips and twists through the wooded areas of Country Park with its berms and gutters that keep the mountain biking locals coming back for more. Trailhead parking can be accessed at the Lewis Rec Center parking lot. 
**Sponsor:** Fat Tire Society

### Fat Tire Society

The Fat Tire Society is a non-profit dedicated to the promotion and education of mountain biking since 1995. They have helped develop and maintain over 35 miles of single track in the area. Please consider joining them by becoming a member!

### Glenwood Skate Spot & Latham Skate Park

(Geneveo Alowed)

Glenwood Skate Spot & Latham Skate Park
(www.glenwood-nc.gov/pumptrack)

### Keeley Park’s Pump Track

(www.greensboro-nc.gov/pumptrack)

### Country Park’s The Zone (Bike Jump Course)

**Want to Sponsor a Trail?**

greensboro-nc.gov/parksandrecrevolunteer 336-373-7507

**Become a Member**

**Go More Extreme...**

Glenwood Skate Spot & Latham Skate Park
(www.greensboro-nc.gov/pumptrack)

Keeley Park’s Pump Track
(www.greensboro-nc.gov/pumptrack)

Country Park’s The Zone (Bike Jump Course)

**Atlantic + Yadkin Greenway, 7.5 Miles**

This trail's name reflects the greenway's past as an active railway corridor in the early 1900's. The A&Y is paved, provides connections to most of our hiking and mountain biking trails and has access points at Bur-Mil Park, the Military Park and the Lewis Rec Center. The southern-most terminus is Mankland Drive; the northern-most is US 220. Part of the A&Y is designated as MST. 
**Sponsors:** Noble Academy, Girl Scout Troop 1714, Janes on the Run, and RunnerDude’s Fitness

**Bicentennial Greenway, 9.3 Miles**

The trails with the purple state icon are part of a greater trail system called the North Carolina Mountains to Sea Trail, also known as the MST. Upon completion, this trail will consist of 1000 miles of footpaths, roads, and bike routes, connecting NC from East to West. You can identify these trails on the path by their unique white, circular trail markers. For more info, please visit www.ncmst.org

**Atlantic + Yadkin Greenway, 7.5 Miles**

This trail's name reflects the greenway's past as an active railway corridor in the early 1900’s. The A&Y is paved, provides connections to most of our hiking and mountain biking trails and has access points at Bur-Mil Park, the Military Park and the Lewis Rec Center. The southern-most terminus is Mankland Drive; the northern-most is US 220. Part of the A&Y is designated as MST. 
**Sponsors:** Noble Academy, Girl Scout Troop 1714, Janes on the Run, and RunnerDude’s Fitness

**Bicentennial Greenway, 9.3 Miles**

The trails with the purple state icon are part of a greater trail system called the North Carolina Mountains to Sea Trail, also known as the MST. Upon completion, this trail will consist of 1000 miles of footpaths, roads, and bike routes, connecting NC from East to West. You can identify these trails on the path by their unique white, circular trail markers. For more info, please visit www.ncmst.org