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

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.
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 hike out the way you came in.

**Mountains to Sea Trails**

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 waterfront. A 1.18 mile loop on the western side of Lewiston Rd is added bonus. Sponsor: Fat Tire Society

**Blue Heron Trail, 4.20 miles**

This trail meanders by the shore of the beautiful Lake Townsend and has plenty of variety, too, as it leads out of the woods for multiple power line crossings. New for 2013 are two loops for extra mileage. Enjoy the Blue Heron for its fun and easy flow for all riders & walkers. 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 gullies 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

**King Fisher Trail, 1.25 miles**

The King Fisher is a quick loop if you are looking to loosen up your legs for a long ride between lakes. It doesn’t have the lake views that other trails enjoy, but does not lack in fun ride factor! 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. New for 2013 is a one-way MTB only 1 mile section called the Shady Side Trail. The adjoining fire lanes provide a 1.25 miles of additional trail. Plenty of dips, twists and ramps make the Owls Roost a regional favorite for mountain bikers. This is the most technical ride in our system. Sponsor: Fat Tire Society

**Reedy Fork Trail, 3.51 miles**

Parallel to beautiful Reedy Fork Creek and the backwaters of Lake Townsend, this trail is a great pick for an easy ride or a scenic hike. A small section near N. Church St. is on Plainfield Rd. and users should be aware that this trail is prone to flooding due to nearby spillway and dam. Sponsor: Fat Tire Society

**Wild Turkey Trail, 4.46 miles**

This trail runs parallel to the Nat Greene walking trail and can be accessed from the A&D 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

**Bicentennial Greenway, 9.3 miles**

The trail names labeled in purple 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 1,000 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

**Peninsula Trail, 1.19 miles**

This trail begins across Church St from the Laurel Bluff Trail and follows a winding peninsula along the back waters of Lake Townsend. Pleasant views of the lake and beautiful leaf colors can be seen in the fall. Sponsor: Sierra Club

**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

**Townsend Trail, 3.8 miles**

Beginning on the west side of Church St, across the street and just north of the southern end of the Peninsula 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: Herring Hikers

**West House Trail, 0.7 miles**

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**WANT TO SPONSOR A TRAIL?**

email: gso4trails@greensboro-nc.gov