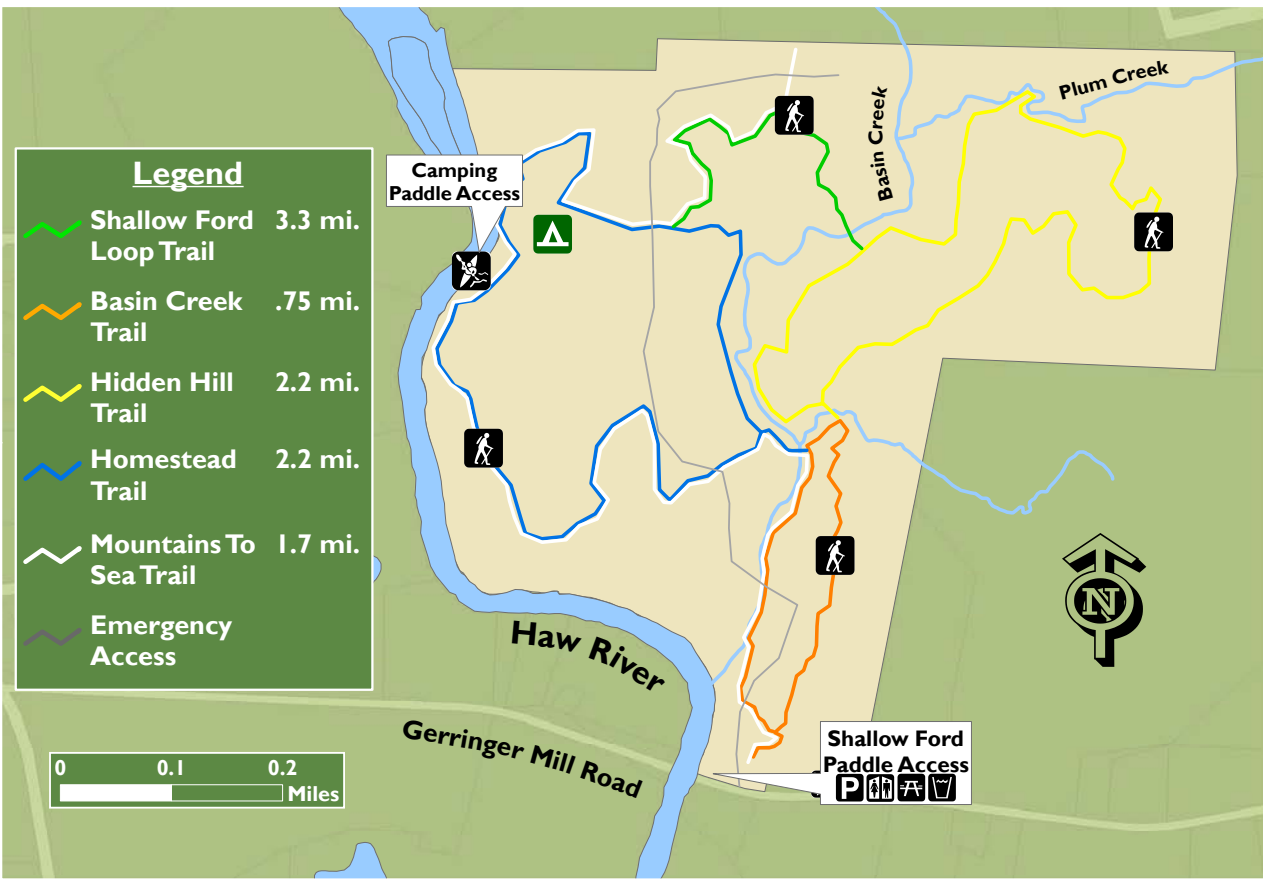


Shallow Ford Natural Area



Shallow Ford Natural Area - 1955 Gerringer Mill Road, Elon
Total Acres: 197
Operated By: Alamance Parks
 (336) 229-2410, www.alamance-nc.com/rec

Prior to the installation of modern bridges, the Haw River was a major barrier for travelers through Alamance County. The river could only be crossed by ferry or at the few places where rocks and low water created a natural crossing, called a ford. The most popular ford in northern Alamance County was “The Shallow Ford,” located near this spot. The Shallow Ford became an important crossing for travelers, traders, and soldiers in the 18th and 19th centuries. The first bridge across The Shallow Ford was built by 1835. Over time, a small community called Shallow Ford arose near the crossing. The Shallow Ford Post Office was a short distance northeast of the park. This park is named in remembrance of the crossing and the travelers who used it.

Basin Creek Trail Distance: .75 Miles
Difficulty: Easy/Moderate
Blaze: Orange
This .75 mile loop leads through mature forests and open fields to the site of the original grist mill constructed by Lewis Gerringer in the late 1800s. The trail returns along the banks of Basin Creek past beech trees and unique rock formations.

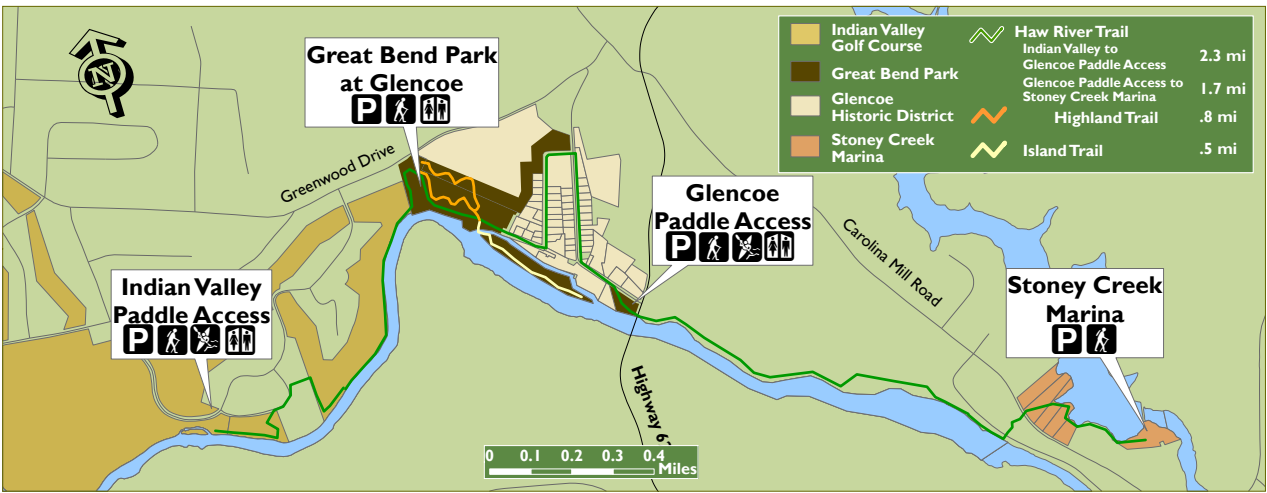
Hidden Hill Trail Distance: 2.2 Miles
Difficulty: Moderate
Blaze: Yellow
The Hidden Hill Trail travels through a wide diversity of habitats on its 2.2 mile journey. After diverging from the Basin Creek Trail, the trail winds through pine thickets of reclaimed farmland, revealing furrows left from decades of plowing.

The trail then climbs to the highest point on the property at 679 feet before winding down the banks and bluffs of Plum Creek, where a rich diversity of plant life thrives on the north-facing slopes. The return leads past vernal pools and wetlands that are home to a variety of turtles, salamanders and frogs. Begin on Basin Creek Trail- the Hidden Hill Trail branches off at the .4 mile mark.

Homestead Trail Distance: 2.2 Miles
Difficulty: Moderate
Blaze: Blue
The Homestead Trail leads up Basin Creek to the Tickle/Gerringer Homestead. The site was originally the home of Michael and Hannah Tickle in the early 1800s. The rock chimney, hand-dug well and root cellar are still visible. The trail returns along the Haw River, passing the site of the original grist mill on Basin Creek. Begin on Basin Creek Trail- the Homestead Trail begins across the bridge over Basin Creek.

Shallow Ford Loop Trail Distance: 3.3 Miles
Difficulty: Moderate
Blaze: Green
The longest trail in the park, the Shallow Ford Loop Trail combines elements of all three trails to provide a complete overview of the park. The trail climbs up Hidden Hill Trail, winds down Plum Creek, and crosses Basin Creek on the northern end of the park. It then continues past the Tickle/Gerringer Homestead and along the Haw River, before rejoining Basin Creek on the return trip. Begin on Basin Creek Trail, turning onto the Hidden Hill Trail at .4 miles. At 1.5 miles, turn right, crossing the upper bridge over Basin Creek. At 1.9 miles, turn right again onto the Homestead Trail. After 3.0 miles, cross back over Basin Creek on the lower bridge and return via Basin Creek Trail.

Glencoe & Sellers Falls Sections



Falls Section, the newest 4-mile stretch of HRT/MST. The trail meanders through mature hardwood forest with prominent views of the Haw River, ending at Red Slide Park. It completes a total of 8 miles of contiguous trail from Indian Valley south to Red Slide. Parking is available at Stoney Creek Marina. Follow Carolina Rd. past historic Copland Fabrics then cross the bridge over Stoney Creek and enter the forest to your right. Continue to follow the HRT trail blazes. The trail crossing at Boyd's Creek (Trail Blaze: HRTL 4065) is via a rocky footpath across the water. If the water is high please use caution crossing or turn around. If hiking the entire section, please be advised that you will have to leave the HRT and cross the Highway 70 Bridge to re-access the trail on the other side. The Highway 70 bridge is not marked for pedestrian use. This section ends at Red Slide Park, a 15 acre park offering a paddle access, hiking trails, picnic areas, and a playground. The area around Red Slide Park is historically significant as a prominent river crossing on the Indian Trading Path that predates white settlement of the area. The mill that dominates the views from Red Slide Park is the old Granite Cotton Mill, built by General Benjamin Trollinger in 1844. At one point, Granite Mills produced 10% of all the cloth manufactured in the United States.

Indian Valley Golf Course - 930 Indian Valley Dr., Burlington
Great Bend Park - 350 Greenwood Dr., Burlington
Glencoe Paddle Access - 2348 Glencoe St., Burlington
Stoney Creek Marina - 1785 Carolina Mill Rd., Burlington
Red Slide Park – 389 Lang Street, Haw River

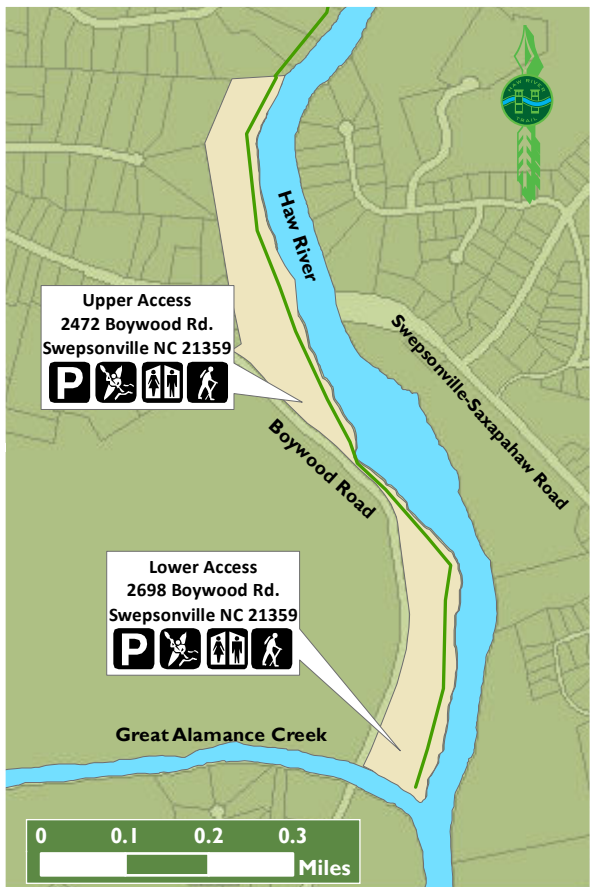
Indian Valley Access and Stoney Creek Marina
Operated By: Burlington Recreation and Parks Department
 (336) 222-5030, <http://www.ci.burlington.nc.us>
Great Bend Park and Glencoe Paddle Access
Operated By: Alamance Parks
 (336) 229-2410, www.alamance-nc.com/rec

Red Slide Park **Operated By:** Town of Haw River Parks and Recreation Department (336) 578 5600 <http://www.townofhawriver.com>

Part of the longest stretch of currently completed trail along the Haw River, the Glencoe Section is by far the most diverse. It offers a cross-section of the human and natural history to be found along the Haw River. The northern trailhead begins near the clubhouse of the Indian Valley Golf Course and for the first mile skirts the golf course. At Great Bend Park the trail leads to the preserved mill town of Glencoe. If you're hiking on a Saturday or Sunday between 1 and 4 p.m., make time to visit the Textile Heritage Museum, which showcases life in the mill towns that thrived along the Haw for more than a century, beginning in the early 1800s. Beyond Glencoe, the trail takes on a more natural feel, spending a mile along the banks of the Haw before passing the old Carolina Mill, then heading upland along the upper shoreline of Stoney Creek Reservoir.

From Stoney Creek Marina, continue on to the Sellers Falls Section, the newest 4-mile stretch of HRT/MST. The trail meanders through mature hardwood forest with prominent views of the Haw River, ending at Red Slide Park. It completes a total of 8 miles of contiguous trail from Indian Valley south to Red Slide. Parking is available at Stoney Creek Marina. Follow Carolina Rd. past historic Copland Fabrics then cross the bridge over Stoney Creek and enter the forest to your right. Continue to follow the HRT trail blazes. The trail crossing at Boyd's Creek (Trail Blaze: HRTL 4065) is via a rocky footpath across the water. If the water is high please use caution crossing or turn around. If hiking the entire section, please be advised that you will have to leave the HRT and cross the Highway 70 Bridge to re-access the trail on the other side. The Highway 70 bridge is not marked for pedestrian use. This section ends at Red Slide Park, a 15 acre park offering a paddle access, hiking trails, picnic areas, and a playground. The area around Red Slide Park is historically significant as a prominent river crossing on the Indian Trading Path that predates white settlement of the area. The mill that dominates the views from Red Slide Park is the old Granite Cotton Mill, built by General Benjamin Trollinger in 1844. At one point, Granite Mills produced 10% of all the cloth manufactured in the United States.

Swepsonville River Park



Swepsonville River Park: 2472 Boywood Road, Swepsonville
Total Acres: 30
Operated By: Town of Swepsonville
 (336)578-5644, <http://www.swepsonvilletownof.net>

Opened in 2006, this 30 acre park was one of the first on the Haw River Trail. Protecting over a mile of riverfront, the park also conserves one of the most historically important river crossings in Alamance County. The park offers nearly two miles of walking trails, fishing and camping. Camping is offered on a first-come, first-served basis. There are two entrances to the park. The upper entrance allows access to the take-out for paddlers coming downstream from Haw River and Graham. The lower entrance provides a put-in for paddlers heading downstream to Saxapahaw or paddling up Great Alamance Creek.

Just downstream from the upper parking lot at Swepsonville River Park is the remnant of an old dam. The first mill at this site was constructed by John Armstrong around 1760. The site was purchased by Senator Archibald DeBow Murphey in 1804 and later by Chief Justice Thomas Ruffin. Ruffin's financial trouble led to the sale of the property at sheriff's auction by George W. Swepson. In 1868, Swepson began Falls Neuse Manufacturing Company on the east bank of the river. Swepson used mule-drawn and poled barges to transfer goods to the mills in Haw River. The complex eventually became Virginia Cotton Mills and remained until the mill closed in 1970. It was destroyed by fire in 1989.

Saxapahaw



Saxapahaw Mill Race Paddle Access: 6079 Swepsonville-Saxapahaw Rd., Graham, NC 27253
Operated By: Alamance Parks
 (336) 229-2410, www.alamance-nc.com/rec

This section of Haw River Trail/Mountains-to-Sea Trail winds through the eclectic community of Saxapahaw. The community centers around Saxapahaw Rivermill. The first mill was constructed here in the 1840s by John Newlin. The mill became known as Saxapahaw Cotton Factory before closing in 1994. Over the past twenty years, Saxapahaw has been reborn as a regional center for culture, music, food and outdoor adventure.

After parking at the Saxapahaw Mill Race Paddle Access, use the crosswalk across Church Road and follow the sidewalk until the trail begins at the bottom of a metal staircase. The trail then parallels a special section of the Haw River that is home to the endangered Yellow Lampmussel and the threatened Eastern Creekshell.

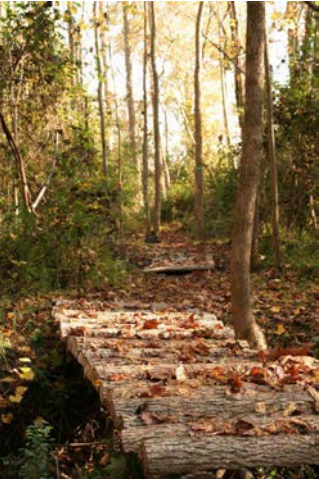
A network of community-maintained trails winds along the ridge between the river and Lake Louise. Don't leave Saxapahaw without a stop at the numerous shops and restaurants in the Saxapahaw Rivermill.

About the Haw River Trail

The Haw River Trail Partnership was formed in 2006 with the express goal of helping the public enjoy and conserve the natural resources of the Haw River Corridor. The Haw River Trail is being built on the belief that the first step to conservation is appreciation, and that allowing the community to experience the Haw River firsthand via land and paddle trails will create respect and interest in the River.

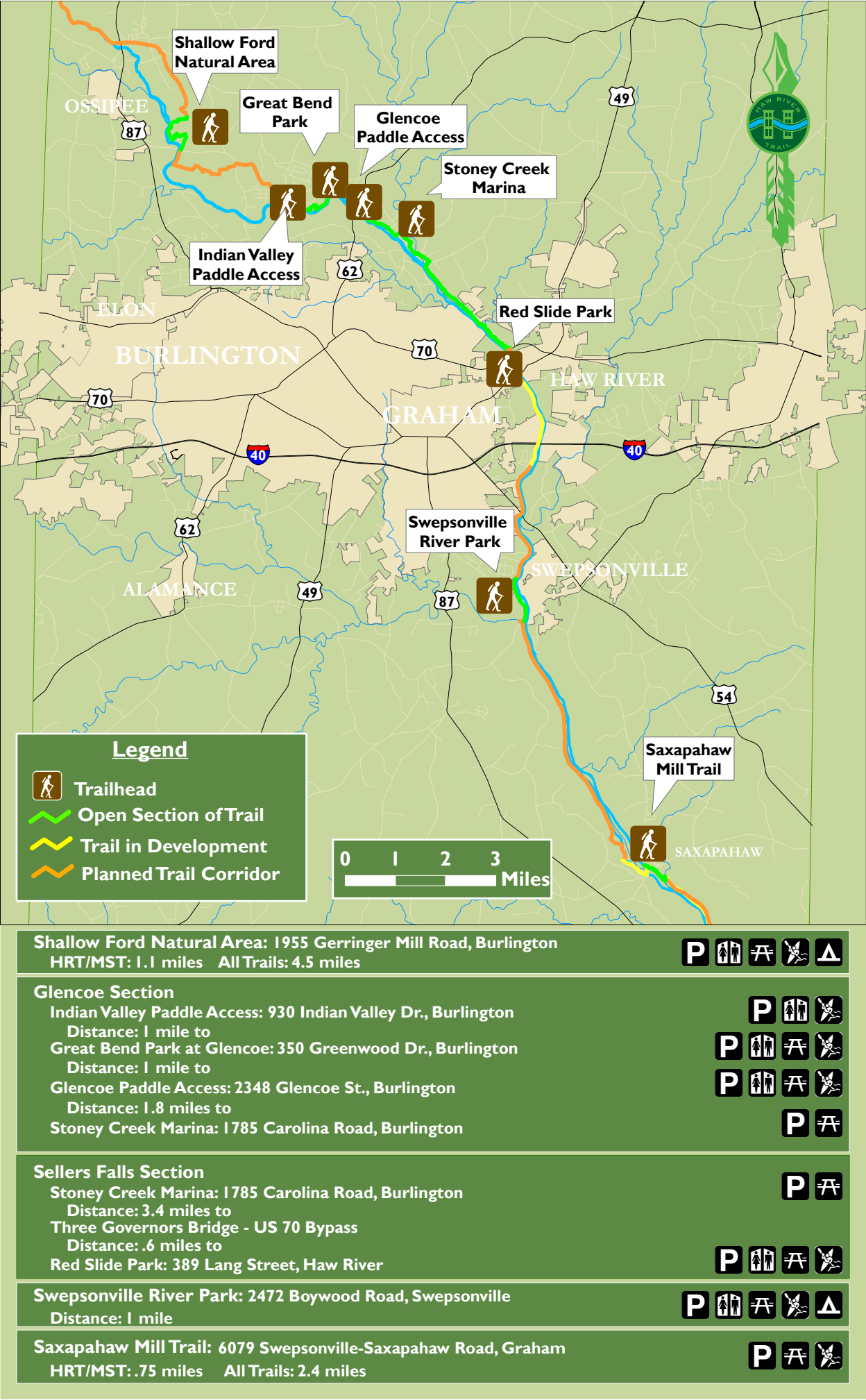
At the heart of that effort are the Haw River Trail and Haw River Paddle Trail. The Haw River Trail is a planned 70 mile footpath connecting Haw River State Park in Guilford and Rockingham Counties to Jordan Lake State Recreation Area in Chatham County. For over 40 miles of the journey, the Haw River Trail will combine with the statewide Mountains-to-Sea Trail beginning at Clingsman's Dome on the North Carolina/Tennessee border and ending at Jockey's Ridge on the Outer Banks.

In addition to trail building, our conservation efforts help to improve water quality, create habitat for the river's plants and animals and improve property values in the region. Thanks for helping us protect the future of the Haw River.



History on the Haw River Trail

For the hiker and outdoorsman, the Haw River Trail offers the promise of a truly unique experience not found anywhere else in our region. Before the outlet malls and I-40, the Haw River was truly the lifeline of our region. The banks of the Haw were home to the first Native American communities, and to the first European settlers to the area. In the 19th century, the Haw powered grist mills for the communities that sprung up alongside it, and pushed the turbines that carried the Industrial Revolution to the Piedmont. The factories and villages on the Haw River shaped who we have become, and much of that history remains waiting to be discovered. The Haw River Trail offers hikers an opportunity to walk through our human history, while seeing the natural masterpiece that has been the backdrop for it all.



Camping

Overnight camping is available at the following parks:

Shallow Ford Natural Area

Three primitive backcountry campsites are available by reservation. Campsites are located approximately one mile from the parking area, or via a dedicated paddle access on the Haw River. Water and restrooms are available only at the parking area. Camping is \$10/night. Reservations can be made by calling (336) 229-2410 during normal business hours.

Swepsonville River Park

Four primitive campsites are available on a first-come, first-served basis. Restrooms are available at the parking area. No water is available.

Additional Camping Areas Operated By Private Businesses

Spirit Island

Operated by the Haw River Canoe and Kayak Co., Spirit Island is accessible only via canoe or kayak on the Haw River. The island is located approximately one mile south of Swepsonville River Park. It features two camping platforms and can be reserved by contacting Haw River Canoe and Kayak Co. at www.hawrivercanoe.com or (336) 260-6465.

River Landing Inn

River Landing Inn is a full service bed and breakfast located in Saxapahaw. The Inn also offers trail users a place to camp on the property. Contact River Landing Inn at www.riverlandinginn.com or (919) 602-0296.

North Carolina Mountains-to-Sea Trail

From the Haw River Trail's beginning at the Haw River State Park and throughout its journey along the Haw River through Alamance County, the Haw River Trail is designated as part of the statewide Mountains-to-Sea Trail. The Mountains-to-Sea Trail runs the length of North Carolina, beginning at Clingsman's Dome on the State's western border and ending at Jockey's Ridge on the Outer Banks.

More than just a walk in the woods, the trail traces the diversity that is North Carolina. Experience ancient mountains and small Piedmont farms, coastal swamps and colonial towns, changing textile villages, and barrier islands. More than 500 miles of footpath are now completed. With temporary routes on back roads and bicycle paths, hikers can now follow the trail on an adventure across North Carolina.

Much like its older sibling the Appalachian Trail, the Mountains-to-Sea Trail will bring countless visitors to the region on their quest to hike the entirety of the Variety Vacationland.

More information on the Mountains-to-Sea Trail can be found from the Friends of the Mountains-to-Sea Trail: <http://www.ncmst.org>

Park Rules

The following actions are prohibited at all Haw River Trail facilities:

- Possession or Use of Alcohol or Illegal Drugs
- Riding of Bikes or Horses on Trails
- Setting Fires Outside of Fire Rings or Grills
- Use of Motor Vehicles Outside of Parking Area
- Littering or Defacing of County Property
- Possession of Weapons in Violation of State Law
- Solicitation or Advertising of Any Kind
- Failure to Have Pets on a Leash
- Fishing from Boat Launch Area
- Removal of Plants or other Natural Materials
- Camping Outside Designated Areas

Park Hours

November 1 - February 28	8:00am – 5:00pm
March 1 - March 31	8:00am – 6:00pm
April 1 - April 30	8:00am – 7:00pm
May 1 - August 31	8:00am – 8:00pm
September 1- October 31	8:00am – 7:00pm

Gated Accesses are locked at closing time. Do not leave your vehicle parked at a trailhead after the posted closing time.

Leave No Trace

Please Practice Leave No Trace Outdoor Ethics on the Trail

- Plan Ahead
- Stick to the Trails
- Bag Your Trash
- Leave What You Find
- Be Careful With Fire
- Keep Wildlife Wild
- Respect Other Visitors

Trail Blazes

Every section of trail along the Haw River Trail in Alamance County is blazed to ensure the safety of hikers on the trail. Each diamond-shaped blaze is marked with a four digit code that allows emergency responders to find the precise location of hikers in the event of an emergency.

If you are in need of emergency assistance, dial 911 and report the four digit code on the nearest trail blaze to the operator.

Land Trail Map



Mountains-to-Sea Trail

North Carolina

a part of the

Haw River Trail

Haw River Trail

for more information visit

www.thehaw.org
or contact

Haw River Trail Coordinator
(336) 229-2410
info@thehaw.org

