

Carolina Beach State Park

1010 State Park Road P.O. Box 475
Carolina Beach, NC 28428 Carolina Beach, NC 28428

Location: Located off U.S. 421 on Dow Road ten miles south of Wilmington.

Open: Park office: daily 8 a.m.-5 p.m. Closed Christmas Day.
Park: November-February: daily 8 a.m.-6 p.m.;
March-April and September-October: daily 8 a.m.-8 p.m.;
May-August: daily 8 a.m.-10 p.m.
Closed Christmas Day. See web site for seasonal hours for the Marina and the Fuel Dock.

Phone: 910-458-8206

E-mail: carolina.beach@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping and for boat ramp and slip rentals.

With a marina providing access to some of North Carolina's best fishing spots, a secluded camping area beneath towering trees and miles of hiking trails that traverse a variety of distinct habitats – not to mention the presence of the Venus flytrap, one of the world's most unique carnivorous plants – it's no wonder Carolina Beach State Park is a popular coastal attraction. Located in an area steeped in both history and natural diversity, the park includes a visitor center with exhibits depicting the wonders of its environment. Visit Carolina Beach State Park to relax, enjoy nature or embark on an eye-opening adventure.

Parking: Three marked accessible parking spaces at the visitor center.

Types of Paths: Paved walkways at least four feet wide and a wooden boardwalk to a fishing pier. The accessible campsites have concrete pads.

Restrooms: Accessible restrooms at the visitor center and near accessible campsites. Each campsite restroom has one sink with a lever handle faucet. The other sinks have turn knob handles.

Accessibility Rating



Physical Disabilities: The ACCESS North Carolina program provided an accessible fishing pier and a boardwalk to the pier in 1996 and, more recently, an accessible bathhouse and campsites. The accessible campsites have an accessible picnic table, a raised grill, and a paved path to the bathhouse. UNC-Wilmington funded an accessible trail with an Adopt-A-Trail grant.

Additional Information: Visitors with a camping reservation should check in at the visitor center. Visitors without a camping reservation should take a green tag if the campsite is available and take it to the visitor center.

Chimney Rock at Chimney Rock State Park

431 Main Street

P.O. Box 39

Chimney Rock, NC 28720

Chimney Rock, NC 28720

Location: On U.S. 74-A and U.S. 64 West, 21 miles west of Rutherfordton.

Open: Daily, weather permitting, 8:30 a.m. - 5:30 p.m. (Daylight Savings Time).
Winter hours vary.

Closed Thanksgiving and Christmas Day.

Phone: 828-625-9611 or 1-800-277-9611

E-mail: visit@chimneyrockpark.com

Web Site: www.chimneyrockpark.com; www.ncparks.gov

Cost: Admission fee.

Chimney Rock, a 535-million-year-old towering monolith, serves as an iconic focal point in the western North Carolina mountains. With sweeping, panoramic 75-mile views of Hickory Nut Gorge and Lake Lure from its summit, the Chimney is a one-of-a-kind experience reachable by a unique 26-story elevator built inside the mountain and then a 44-step stairway. Purchased by the North Carolina park system, accessible facilities include a gift shop and deli on top of the mountain and a viewing and observation deck near the top of Chimney Rock. The wheelchair-accessible elevator is scheduled to reopen in 2012. The stairway will also be replaced for easier access/egress.

Parking: The upper parking lot is paved with four marked accessible parking spaces.

Types of Paths: Hiking trails with natural surfaces, a bridge and staircase to the Chimney.


Entrance: The gift shop and deli are wheelchair-accessible.

Restrooms: The restrooms at the Meadows and the top parking lot are in the process of being renovated, and all will be ADA-compliant in 2012. Sink faucets have push buttons.

Water Fountain: Sky Lounge will have one no more than three feet high in 2012.

Elevator: Yes, a wheelchair-accessible elevator inside the mountain takes visitors near the top of the Chimney. The park permits service dogs in the elevator.

Accessibility Rating

 **Physical Disabilities:** The Chimney itself is not accessible to visitors with mobility disabilities because of the 44-step climb. The elevator provides access to the gift shop, deli and an observation deck and bridge that provides a view that is almost as spectacular as the view from the Chimney. Except for the stairs to the Chimney and the hiking trails, the park is wheelchair-accessible. Visitors with mobility disabilities can enjoy views at the parking level. Chimney Rock will provide tents, tables and scheduled special activities and programs during the time the elevator is closed. Wheelchairs are available at the parking level at no charge.

Cliffs of the Neuse State Park

240 Park Entrance Road
Seven Springs, NC 28578

Location: 11 miles southeast of Goldsboro on NC 111. From the west, take I-40 to U.S. 70 East and just past Goldsboro turn right onto N.C. 111. Travel south for ten miles and, one miles after crossing the Neuse River at Broadhurst Bridge, turn left onto Park Entrance Road. From the south, take I-40 to N.C. 55 East, turn north on N.C. 111 and turn right onto Park Entrance Road.

Open: Park hours: November - February 8 a.m. - 6 p.m.
March - May, September and October 8 a.m. - 8 p.m.
June - August 8 a.m. - 9 p.m.
Closed Christmas Day.

Park Office hours: Weekdays 8 a.m.-5 p.m. Closed state holidays.

Phone: 919-778-6234 Reservations: 1-877-7-CAMP-NC (1-877-722-6762)

E-mail: cliffs.neuse@ncdenr.gov

Web Site: www.ncparks.gov Reservations: www.ncreserveworld.com

Cost: Free. Fee for camping, swimming, canoe/paddleboat rental, and picnic shelter rental. Reservations are required for primitive group camping.

Cliffs of the Neuse State Park features unique stand cliffs rising 90 feet above the Neuse River. Several hiking trails lead along the river and through the mixed hardwood forests, where galax plants can be seen during the right time of year. The family campground features 35 non-electric sites with a full bathhouse and a dump station. Organized groups are welcome at the rustic campground. A swim lake is open seasonally, and a new visitor center opened on June 3rd, 2011 with an exhibit hall, teaching auditorium, classroom and administrative offices.

Parking: Nine marked accessible parking spaces.

Types of Paths: Paved concrete paths with slopes. There are areas of rest within 400 feet of each other in the lake area.

Entrance: The visitors center, picnic bathroom and lake area all have a ramp. All other buildings have steps.

Restrooms: Two accessible restrooms are open year-round at the picnic areas and the visitor center. Sink faucets have push-on/slow-off buttons.

Water Fountain: Yes, no more than three feet high.

Public Telephone: One year-round at the park office and one at the lake during the summer season.



Accessibility Rating

Physical Disabilities: See the above notes.

Crowders Mountain State Park

Sparrow Springs Access

522 Park Office Lane

Kings Mountain, NC 28086

Location: Take I-85 to Exit 13. Turn left at the exit ramp and right on U.S. 29/74. Travel approximately two miles, turn left on Sparrow Springs Road and follow it approximately 2.5 miles until it veers to the right. Located off of Sparrow Springs Road. Continue to the park gate approximately one-fourth a mile on the right.

Open: Visitor Center: Daily 8 a.m. - 5 p.m. Park hours change seasonally. Call or check the web site for hours. Closed Christmas Day.

Phone: 704-853-5375

E-mail: crowders.mountain@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free to visit. Modest fee for rentals and camping.

Crowders Mountain State Park is a scenic wilderness state park consisting of more than 5,000 acres and more than 20 miles of hiking trails. It now connects to Kings Mountain State Park in South Carolina via the Ridgeline Trail. Canoe rentals are available year-round. Reservations are required in advance for camping, the picnic shelter and auditorium/classroom rentals.

Sparrow Springs Access contains a large visitor center, restrooms, two separate picnic areas with shelters, a nine-acre lake open for fishing and canoe rentals, and access to several trails of various difficulty.

Parking: Three marked accessible parking spaces. The lake has hard-packed gravel accessible parking space.

Types of Paths: Wide, smooth paved surfaces except at the lake, which is hard-packed gravel.


Entrance: The Visitor Center has a ramp, and the door is at least 32 inches wide and easy to open.


Restrooms: Two accessible restrooms. Sink faucets have manual handles.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes, in the parking lot.

Accessibility Rating

 **Physical Disabilities:** See above and below notes. The parking areas and many pathways are accessible to visitors with mobility disabilities. But some trails have hard-packed gravel or hardened earth with slopes and without areas of rest.

 **Vision Loss:** Some objects in facilities may protrude more than four inches from the wall without a leading edge 27 inches or less from the floor. The visitor center has a touch screen that provides park information and some signs with large-print.

Crowders Mountain State Park

Linwood Road Access

4611 Linwood Road
Gastonia, NC 28052

Location: Take I-85 to Exit 13. Turn left at the exit ramp and cross U.S. 29/74 onto Archie Whitesides Road until it ends. Turn left on Linwood Road and turn right two miles into Linwood Access.

Phone: 704-853-5315 **E-mail:** crowders.mountain@ncdenr.gov

Linwood Road Access contains a small contact station, restrooms, picnic tables, parking and access to trails, including the trailhead for the Crowders Mountain Summit. There is a trailhead for rock climbers, who must register to climb legally. No overnight facilities are available at this access area.

Parking: Three marked accessible parking spaces in a smooth, paved parking lot.

Types of Paths: Small sidewalk at least four feet with slopes. Trails are gravel-hardened and earth-surfaced with no areas of rest. A small grassy area provides picnic space.

Entrance: The contact station has a ramp, and the door is at least 32 inches wide and easy to open.

Restrooms: Two accessible restrooms. Sink faucets have manual handles.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes.

Boulders Access Area

108-2 Van Dyke Road
Kings Mountain, NC 28086

Location: Take I-85 to Exit 5. Turn left on Dixon School Road and left on Bethlehem Road. Bear right on Van Dyke Road and right into the entrance gate.

Phone: 704-739-5919 **E-mail:** crowders.mountain@ncdenr.gov

The Boulders Access Area provides access by foot only (no motor vehicles) to Kings Mountain State and National Military Parks in South Carolina. Access the Boulders for westward countryside views and the sport of bouldering. Rock climbing is prohibited. No overnight facilities are available. Hikers and boulderers must register to use the trails. A small contact station is available onsite with staff, restrooms, maps and parking.

Parking: Three marked accessible parking spaces.

Types of Paths: Smooth, paved surfaces at least four feet with with no slopes. Trails are hardened earth. There are areas of rest.

Entrance: The contact station has a ramp, and the door is at least 32 inches wide and easy to open.

Restrooms: Two accessible restrooms. Sinks have automatic faucets.

Water Fountain: Yes, no more than three feet high.

Dismal Swamp State Park

2294 U.S. Highway 17 North
South Mills, NC 27976

Location: Three miles south of the Virginia-North Carolina border on U.S. Highway 17 beside the historic Dismal Swamp Canal.

Open: Park hours: November - February 8 a.m. - 5 p.m.; March - October 8 a.m. - 6 p.m.

Visitor Center hours: Monday - Friday 8 a.m. - 4:30 p.m.; Saturday and Sunday 9:30 a.m. - 4:30 p.m. Closed Christmas Day.

Phone: 252-771-6593

E-mail: dismal.swamp@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free.

The Great Dismal Swamp is one of North America's great wetland forests and is a habitat for rare plant and animal species. The park visitor has a unique opportunity to see animals such as black bears, butterflies and songbirds. A pedestrian bridge provides access to the park, which contains a Visitor Center with exhibits, a classroom and an auditorium and a half-mile boardwalk.

Parking: Three marked accessible parking spaces.

Types of Paths: Accessible half-mile boardwalk and 17 miles of rugged old logging trails with packed dirt and gravel.

Entrance: The visitor center is accessible.

Restrooms: Accessible restrooms available.

Water Fountain: Yes, no more than three feet high.

Accessibility Rating

Physical Disabilities: See the above information about the pedestrian bridge, the boardwalk and the trails. With advance notice, the park can provide special assistance (staff permitting).

Vision Loss: The Visitor Center has objects that visitors can touch. Some labels have small print that may be difficult for visitors with low vision to read.



Delores Smith greets two black bear replicas in the Visitor Center.

Elk Knob State Park

5564 Meat Camp Road
Todd, NC 28684

Location: From U.S. 421 in Boone, turn right on NC Highway 194, travel approximately four miles and turn left on Meat Camp Road. Travel 5.6 miles and turn right into the park.

Open: November-February: 8 a.m. - 6 p.m.;
March - May and September - October: 8 a.m. - 8 p.m.;
June - August: 8 a.m. - 9 p.m.
Closed Christmas Day.

Phone: 828-297-7261

Web Site: www.ncparks.gov

E-mail: elk.knob@ncdenr.gov

Cost: Free.

Established in 2004, Elk Knob State Park is one of North Carolina's newest State Parks. The park features a unique ecosystem created by its base rock of amphibolites. The sweet (or alkaline) soil from the rock grows a northern hardwood forest system replete with rare and beautiful wildflowers. The severe winter weather has helped produce a stunted beech forest on the summit, which has an almost enchanted appearance when fog and rime ice settle on the mountain.

Currently, the park has an office/contact station, a picnic area, a 3.6-mile hiking trail to the summit of Elk Knob, a maintenance facility and backcountry campsites and offers showshoeing and cross country skiing during winter snow events.

Parking: One marked accessible parking space.

Types of Paths: Gravel and natural surface with slopes.

Entrance: The entrance to the park office has a ramp, and the door is at least 32 inches wide.

Restrooms: One accessible restroom. However, the paper towel dispenser is more than four feet above the floor. Sink faucets have turn handles.

Water Fountain: Yes, no more than three feet high.

Accessibility Rating



Physical Disabilities: Not all trails are wheelchair-accessible, but the park office and the restrooms are.



Vision Loss: Some objects may protrude more than four inches from the wall without a leading edge 27 inches or less from the floor.

Fort Macon State Park

2303 East Fort Macon Road
Atlantic Beach, NC 28512

P.O. Box 127
Atlantic Beach, NC 28512

Location: Located on the eastern end of Bogue Banks. Turn south off U.S. 70 in Morehead City, cross the bridge to Atlantic Beach, and turn left onto Highway 58 South.

Open: Fort: daily 9 a.m.-5:30 p.m. See web site for seasonal hours for the Fort Area and the Bathhouse/Swimming Area.

Phone: 252-726-3775

E-mail: fort.macon@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Donations accepted.

Fort Macon State Park, surrounding the historic fort, has an accessible Bathhouse, two ramps to the beach, a covered observation deck, and a Coastal Education and Visitor Center that opened in 2009 to interpret the N.C. coast and barrier island ecology.

Parking: 18 total marked accessible parking spaces are located at the Bathhouse and Visitor Center.

Types of Paths: Paved pathways lead to the visitor center and the fort. The interior of the fort has brick pathways and steep steps. A grassy pathway runs along the top perimeter.

Entrance: The entrance to the fort has a steep ramp leading to a rocky path. Rooms inside the fort have a threshold taller than one-half an inch.

Restrooms: The Visitor Center and Bathhouse have accessible restrooms.

Accessibility Rating

Physical Disabilities: The ACCESS North Carolina program funded the production of a video "Fort Macon Standing through the Tides of History" (pictured) to present a virtual tour of the fort to visitors who cannot physically access it. The Bathhouse has two Landeez all-terrain wheelchairs that visitors with disabilities may borrow to use on the beach on a first come, first served basis. Each wheelchair requires another person to push it, and park staff are available to assist.

Deaf and Hard of Hearing: The video contains subtitles and closed captions that can be turned on upon request.

Vision Loss: The video contains audio description that can be turned on upon request. A tactile model of the fort will be on display in December 2010, and a tactile model of the island will be available later. Restroom signs have Braille.



Eno River State Park

6101 Cole Mill Road
Durham, NC 27705

Location: Take I-85 to the Cole Mill Road exit and follow the signs to the park.

Open: November - February 8 a.m. - 6 p.m.
March - April and September - October: 8 a.m. - 8 p.m.
May - August: 8 a.m. - 9 p.m.

Phone: 919-383-1686

Web Site: www.ncparks.gov

Cost: Free. Fee for camping and picnic shelter reservations.

Eno River State Park is a wilderness park with nature trails along the Eno River that offer picnicking, primitive camping, canoeing and fishing. The Eno River's waters roll past historic mill sites, river bluffs covered with flowering shrubs and fords used by early settlers. Groups should call in advance to request that river access be opened. Call the park office for information on numerous special events held throughout the year.

Parking: Six marked accessible parking spaces.


Types of Paths: Varied types of paths, including dirt trails, at least four feet wide with slopes. There are no frequent areas of rest.

Entrance: The entrance has a ramp, and the doors are at least 32 inches wide.

Restrooms: Four accessible restrooms. However, restroom accessories are more than four feet above the floor. Sink faucets have levers.

Water Fountain: Yes, wheelchair-accessible near Fews Ford.

Accessibility Rating

 **Physical Disabilities:** Being a wilderness park, Eno River State Park presents challenges to visitors with mobility disabilities. Fews Ford has 20 picnic sites, ten of which are accessible. An accessible water fountain and restrooms are nearby. A 12-table picnic shelter with a fireplace and a grill is also accessible and may be reserved for a fee. Another eight-table shelter at the Cole Mill Access is accessible and may be reserved for a fee.

Falls Lake State Recreation Area

13304 Creedmoor Road
Wake Forest, NC 27587

Location: Near NC 50 and NC 98 in Wake and Durham Counties.

Open: November-February 8 a.m.-6 p.m.
March-April and September-October: 8 a.m.-8 p.m.
May-August: 8 a.m.-9 p.m.

Phone: 919-676-1027

E-mail: falls.lake@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping and picnic shelter reservations.

Hours of relaxation await visitors at Falls Lake State Recreation Area. Just moments away from the hustle and bustle of the city, Falls Lake is a great way to escape urban life. With a 12,000-acre lake and 26,000 acres of woodlands, Falls Lake State Recreation Area offers a choice of recreation areas: Beaverdam, B.W. Wells, Highway 50, Holly Point, Rolling View, Sandling Beach and Shinleaf. Fishing, boating and swimming are only a few of the activities awaiting visitors on the water. On land visitors can enjoy walking, mountain biking or camping along a portion of the state's Mountains-to-Sea Trail. From recreation to environmental education, no matter what visitors are looking for, they are sure to discover it at Falls Lake.


Parking: All parking lots have marked accessible parking spaces.

Types of Paths: Various types of paths include a few short concrete paths (one by the office leads to the lake), hiking trails, mountain bike trails and paved boat ramps.

Entrance: The park office/visitor center has a ramp at the building's rear. The Community Building's entrance is accessible to visitors with mobility disabilities.

Restrooms: Each restroom has an accessible toilet stall; however, it is uncertain if all accessible stalls are at least five feet wide and five feet long. Most sink faucets have lever-style turn handles.

Accessibility Rating

 **Physical Disabilities:** Visitors with mobility disabilities will find access to a wide range of recreational opportunities at Falls Lake, and park staff can guide visitors to facilities best suited to their needs. An accessible fishing pier is located at Beaverdam and Rollingview. Accessible picnic shelters are available at Beaverdam, Rolling View and Sandling Beach. Accessible swimming is available at Beaverdam, Rolling View and Sandling Beach. Accessible campsites are available at Holly Point, Rolling View and Shinleaf.

Fort Fisher State Recreation Area

1000 Loggerhead Road
Kure Beach, NC 28449

Location: On U.S. 421 south of Kure Beach.

Open: Office: daily 8 a.m.-5 p.m.
Park: January-February and November-December: 8 a.m.-6 p.m.;
March-May and September-October: 8 a.m.-8 p.m.;
June-August: 8 a.m.-9 p.m.

Phone: 910-458-5798

E-mail: fort.fisher@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. A fee for use of four-wheel drive access.

Fort Fisher State Recreation Area includes a state park providing beach access, a four-wheel drive beach and a basin trail.

Parking: Seven marked accessible parking spaces.

Types of Paths: A long, winding boardwalk ramp with areas of rest leads up to the park office and to the beach.

Entrance: The entrance to the park office and the beach has a long, winding ramp. The door of the park office is at least 32 inches wide and easy to open.

Restrooms: Two accessible restrooms. Sink faucets have push buttons.

Accessibility Rating

Physical Disabilities: The ACCESS North Carolina program provided boardwalk ramps up over the dunes, made a public shower accessible and furnished a Landeez all-terrain wheelchair. The park has two Landeez all-terrain wheelchairs.

Additional Information: Visitors interested in four-wheel drive beach access should see the Beach Vehicle Access Permit application on the web site.

Fort Macon State Park

2303 East Fort Macon Road
Atlantic Beach, NC 28512

P.O. Box 127
Atlantic Beach, NC 28512

Location: Located on the eastern end of Bogue Banks. Turn south off U.S. 70 in Morehead City, cross the bridge to Atlantic Beach, and turn left onto Highway 58 South.

Open: Fort: daily 9 a.m.-5:30 p.m. See web site for seasonal hours for the Fort Area and the Bathhouse/Swimming Area.

Phone: 252-726-3775

E-mail: fort.macon@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Donations accepted.

Fort Macon State Park, surrounding the historic fort, has an accessible Bathhouse, two ramps to the beach, a covered observation deck, and a Coastal Education and Visitor Center that opened in 2009 to interpret the N.C. coast and barrier island ecology.

Parking: 18 total marked accessible parking spaces are located at the Bathhouse and Visitor Center.

Types of Paths: Paved pathways lead to the visitor center and the fort. The interior of the fort has brick pathways and steep steps. A grassy pathway runs along the top perimeter.

Entrance: The entrance to the fort has a steep ramp leading to a rocky path. Rooms inside the fort have a threshold taller than one-half an inch.

Restrooms: The Visitor Center and Bathhouse have accessible restrooms.

Accessibility Rating

Physical Disabilities: The ACCESS North Carolina program funded the production of a video "Fort Macon Standing through the Tides of History" (pictured) to present a virtual tour of the fort to visitors who cannot physically access it. The Bathhouse has two Landeez all-terrain wheelchairs that visitors with disabilities may borrow to use on the beach on a first come, first served basis. Each wheelchair requires another person to push it, and park staff are available to assist.

Deaf and Hard of Hearing: The video contains subtitles and closed captions that can be turned on upon request.

Vision Loss: The video contains audio description that can be turned on upon request. A tactile model of the fort will be on display in December 2010, and a tactile model of the island will be available later. Restroom signs have Braille.



Goose Creek State Park

2190 Camp Leach Road
Washington, NC 27889

Location: From Washington follow U.S. 264 East ten miles, turn right on Camp Leach Road and travel 2.5 miles to the park entrance.

Open: Park Office: Daily 8 a.m.-5 p.m.
Closed Christmas Day.
Park: November-February 8 a.m.-6 p.m.;
March-April and September-October: 8 a.m.-8 p.m.;
June-August 8 a.m.-9 p.m.

Phone: 252-923-2191 Reservations: 1-877-7-CAMP-NC (1-877-722-6762)

E-mail: goose.creek@ncdenr.gov

Web Site: www.ncparks.gov Reservations: www.ncreserveworld.com

Cost: Free. Fee for camping.

Giant old oaks draped in Spanish moss welcome you to this special world where broad, lazy Goose Creek joins the Pamlico River. A primitive camping area, picnic sites, swim beach, hiking trails and a paddling trail offer a variety of ways to savor the tranquil surroundings at Goose Creek State Park. Located between Bath and Washington, Goose Creek is the perfect place to unwind and soak up the peacefulness. A hectic pace is not permitted.


Parking: Four marked accessible parking spaces.


Types of Paths: One accessible trail at least four feet wide.

Entrance: The entrances to the Environmental Education/Visitor Center and the Outdoor Classroom have a ramp, and the door is at least 32 inches wide.

Restrooms: Two accessible restrooms. The sink faucets have lever handles.

Accessibility

 **Physical Disabilities:** One accessible trail. One primitive campsite is accessible with an accessible picnic bench. The picnic shelters are accessible.

 **Vision Loss:** Some objects may protrude more than four inches from the wall without a leading edge within 27 inches of the floor.

Gorges State Park

17762 Rosman Highway P.O. Box 100
Sapphire, NC 28774 Sapphire, NC 28774

Location: The park is approximately 45 miles southeast of Asheville, and the interim park office is located in the same building as the Sapphire Post Office on U.S. 64, just east of N.C. 281 South.

Open: Park office: year-round 8 a.m. - noon and 1 p.m. - 5 p.m.

Phone: 828-966-9099

E-mail: gorges@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free.

Visitors to Gorges State Park will find plunging waterfalls, rugged river gorges, sheer rock walls and one of the greatest concentrations of rare and unique species in the eastern United States. The park is known for its steep topography and high rainfall, averaging 85 inches annually. The elevation rises 2,000 feet in only four miles. Together the elevation and rainfall create a temperate rain forest and supports a collection of waterfalls.

Note: Owing to ongoing park development and construction, the park encourages visitors to call the park for specific accessibility information.

Gorges State Park

17762 Rosman Highway P.O. Box 100
Sapphire, NC 28774 Sapphire, NC 28774

Location: The park is approximately 45 miles southeast of Asheville, and the interim park office is located in the same building as the Sapphire Post Office on U.S. 64, just east of N.C. 281 South.

Open: Park office: year-round 8 a.m. - noon and 1 p.m. - 5 p.m.

Phone: 828-966-9099

E-mail: gorges@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free.

Visitors to Gorges State Park will find plunging waterfalls, rugged river gorges, sheer rock walls and one of the greatest concentrations of rare and unique species in the eastern United States. The park is known for its steep topography and high rainfall, averaging 85 inches annually. The elevation rises 2,000 feet in only four miles. Together the elevation and rainfall create a temperate rain forest and supports a collection of waterfalls.

Note: Owing to ongoing park development and construction, the park encourages visitors to call the park for specific accessibility information.

Gorges State Park

Grassy Ridge Access

Highway 281 South
Sapphire, NC 28774

Open: November - February: 8 a.m. - 6 p.m.; March - May and September and October : 8 a.m. - 8 p.m.; June - August: 8 a.m. - 9 p.m.
Closed Christmas Day.

When completed in 2012, Grassy Ridge Access will include: the park visitor center, maintenance facilities, two picnic shelters, two restrooms and various trailhead and observation accesses.

Parking: All parking areas are paved with marked accessible parking spaces.

Types of Paths: Trails are hard packed gravel. Sidewalks are available at the visitor center, picnic areas and the observation area.

Entrance: All new facilities have a concrete ramp with an accessible grade.

Restrooms: Accessible restrooms are available at the visitor center and both picnic shelters.

Water Fountain: Yes, no more than three feet high at the visitor center and both picnic shelters.

Accessibility Rating



Physical Disabilities: See above notes. The trails are not fully wheelchair-accessible.

Frozen Creek Access

Frozen Creek Road
Brevard, NC 28712

Open: Year-round 24 hours a day.

Frozen Creek Access is a 24/7 access point with long-range trails leading into Gorges State Park. The access area also has accessible picnic tables and Port-a-Jons.

Parking: A hard-packed parking area.

Types of Paths: Hard-packed gravel trails approximately five feet wide with steep grades and strenuous terrain.

Entrance: The entrance is level, hard-packed gravel.

Restrooms: One accessible Port-a-Jon.

Accessibility Rating



Physical Disabilities: See above note about the steep trails, strenuous terrain and the restrooms.

Grandfather Mountain

2050 Blowing Rock Highway
Linville, NC 28646

P.O. Box 129
Linville, NC 28646

Location: On U.S. Highway 221, two miles north of Linville and one mile south of the Blue Ridge Parkway at milepost 305.

Open: Winter: 9 a.m. - 5 p.m. (weather permitting). Spring and fall: 8 a.m. - 6 p.m.
Summer: 8 a.m. - 7 p.m.

Phone: 828-733-4337 or 800-468-7325

E-mail: nature@grandfather.com

Web Site: www.grandfather.com

Cost: Admission fee. Children under age 4 are free.

Offering visitors easy access to its towering peaks, Grandfather Mountain is one of the world's most environmentally diverse nature preserves and presents guests with opportunities for rejuvenation, excitement and family memories in a natural haven that will endure for generations. Look out from the Mile High Swinging Bridge across mountain ridges cascading away in all directions and stand eye-to-eye with bears, otters, cougars and deer in their natural habitats. Choose to stroll gentle nature paths or hike rugged back-country trails, to dine in the convenient family restaurant, or take your order out to a scenic picnic spot. Interact with entertaining, knowledgeable staff and find your own perfect mountain adventure.

Parking: Four marked accessible parking spaces at each facility.

Types of Paths: Paved paths at least four feet wide. The Mile High Swinging Bridge is metal. Some hiking trails are steep and rugged.

Entrance: The entrance to the Nature Museum and Top Shop have a ramp, and all doors are at least 32 inches wide and easy to open.

Restrooms: Each building has accessible restrooms. Sink faucets are automatic.

Water Fountain: Yes, no more than three feet high.

Elevator: The Top Shop, which opened in June 2010, has an elevator that takes visitors to a path leading directly to the Mile High Swinging Bridge.

Accessibility Rating

● **Physical Disabilities:** See the above notes about the hiking trails and the buildings, including the new Top Shop with an elevator that gives visitors with mobility disabilities access to the Swinging Bridge. Before the new Top Shop opened, visitors had to climb 50 steps to access the Swinging Bridge. Thus, the Top Shop presents a substantial accessibility improvement. Pictured: Luke Wilcox became one of the first people to cross the bridge using a wheelchair when his friend, Cole Hawkins, pushed him across in June 2010.



Hammocks Beach State Park

1572 Hammocks Beach Road
Swansboro, NC 28584

Location: Located off Highway 24 on Hammocks Beach Road.

Open: Daily 8 a.m. -5 p.m.
Closed Christmas Day.

Phone: 910-326-4881 Reservations: 1-877-7-CAMP-NC (1-877-722-6762)

E-mail: hammocks.beach@ncdenr.gov

Web Site: www.ncparks.gov Reservations: www.ncreserveworld.com

Cost: Fee per person for passenger ferry and for camping.

Venture to Bear Island and reward yourself with vivid memories of one of the most unspoiled beaches on the Atlantic coast. Accessible only by passenger ferry or private boat, there's just one thing at Hammocks Beach that's crowded – the list of things to do. Stroll the beach with laughing gulls and sandpipers. Cast a baited hook into endless rows of foaming breakers. Discover tiny specimens of marine life in tidal pools and mudflats. Use a camera or paintbrush to capture the green and gold grasses that color the salt marshes. Spend the night among the sand dunes or simply bask in the sun and do nothing at all. Secluded and tranquil, free from intruding commercialism, Hammocks Beach may not be for everyone, but the island is a retreat for people who welcome the challenges of relentless sun, sand, sea and sky.

Parking: Three marked accessible parking spaces.

Types of Paths: Paved, gravel and sand at least four feet wide with gentle slopes.


Entrance: The entrance to the visitor center has a ramp, and the door is at least 32 inches wide. The rear visitor center entrance may be difficult to open.


Restrooms: Two accessible restrooms. Sink faucets have push down, automatic shutoff handles.


Water Fountain: Yes, no higher than three feet high.

Public Telephone: Yes with a push button to amplify the sound.

Accessibility Rating

 **Physical Disabilities:** The ferry to the island is accessible, and the park will provide transportation on the island if requested. The primitive campsites are inaccessible.

 **Deaf and Hard of Hearing:** The auditorium has an assistive listening system.

 **Vision Loss:** The entrance to the exhibit area, auditorium and restrooms is only 79 inches tall. Displays may protrude more than four inches from the wall without a leading edge within 27 inches of the floor.



Haw River State Park

339 Conference Center Drive
Browns Summit, NC 27214

Location: Take U.S. 29 North to the Browns Summit exit (N.C. 150). Turn left and go through Browns Summit, where N.C. 150 veers right and crosses railroad tracks. Continue about three miles past the railroad tracks and turn right on Spearman Road (Fire Station #33 is on the corner). Go 1.4 miles and turn left on Conference Center Drive. The Lodge is near the end of the drive.

Open: Monday - Friday 8 a.m. - 5 p.m. Closed most state holidays. Call the park office to find out about extended hours for some weekends.

Phone: 336-342-6163

E-mail: haw.river@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free for trail and laker users. Visitors must stop at the main office to sign in and receive a map. A fee for overnight stay or day events.

Haw River State Park is the only overnight facility for the state parks system and offers environmental education programming as well as conference center amenities. The park has a fully stocked cafeteria and food services for visitors who are staying for the day or overnight. All meeting areas are accessible as well as four motel-style rooms. All overnight rates are per person per night. Rates are based on 5 p.m. arrival and 5 p.m. departure and include one meeting space, use of audiovisual equipment, three meals and one snack break. The motel rate includes linens. Visitors staying in the cabins should bring their own linens.

Parking: Eight marked accessible parking spaces.

Types of Paths: Paved paths between buildings at least four feet wide with slopes. Gravel and dirt trails at least four feet wide with slopes run throughout the park grounds; they don't have areas of rest.

Entrance: All buildings have a ramp or a level entrance. Doors are at least 32 inches wide and easy to open.


Restrooms: Four accessible restrooms for each gender. Sink faucets have lift levers. The Lodge and the education building's sink faucets are automatic.


Water Fountain: Yes, no higher than three feet above the ground.

Elevator: Yes.

Public Telephone: Yes, but no TTY.

Accessibility Rating

 **Physical Disabilities:** See the path notes. The park recently completed a renovation of all restrooms and one meeting area to make them more accessible in addition to installing an elevator and a deck with a level entryway.

 **Deaf and Hard of Hearing:** The park can hire sign language interpreters if necessary.

Hanging Rock State Park

1790 Hanging Rock Park Road
Danbury, NC 27016

Location: From Danbury take Highway 8 north to Hanging Rock Park Road. Turn left and go 1.5 miles to the park. From King take Highway 66 west, turn right on Moore Springs Road and right on Hanging Rock Park Road to the park entrance.

Open: May - August: 8 a.m. - 9 p.m.
March, April, September and October: 8 a.m. - 8 p.m.
November - February: 8 a.m. - 6 p.m.

Phone: 336-593-8480

E-mail: hanging.rock@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free to visit. Fee for certain activities.

Not far from the cities of the Triad area, off the four-lane highways, there's another North Carolina to be discovered – sheer cliffs and peaks of bare rock, quiet forests and cascading waterfalls, views of the piedmont plateau that stretch for miles. Hanging Rock State Park is a 7,040-acre park in the scenic Sauratown Mountains with waterfalls, beautiful forests and wildlife. The accessible visitor center has an auditorium, exhibit hall, classrooms and restrooms.


Parking: 23 marked accessible parking spaces.


Types of Paths: Asphalt paths at least four feet wide with areas of rest. A 5-foot-wide asphalt trail leads from the lake parking lot to an accessible fishing pier.

Entrance: The entrance to the visitor center is level, and the door is at least 32 inches wide and easy to open.

Restrooms: Three accessible restrooms. Sink faucets have single and dual handles.

Accessibility Rating

 **Physical Disabilities:** See the above note about the trail to the accessible fishing pier. The asphalt trail to the Rock Garden is wheelchair-accessible. The Upper Cascade Trail has a boardwalk bridge. One picnic site is wheelchair-accessible as is the nearby restroom. One campsite is wheelchair-accessible as is the adjacent showerhouse. Two vacation cabins are wheelchair-accessible. However, the waterfalls and overlooks are not accessible to visitors with mobility disabilities. The park has made plans to increase facility and trail accessibility in the future.

 **Other Disabilities:** With advance notification, park rangers can provide environmental and historical interpretive programs tailored to meet disability needs.

Jones Lake State Park

4117 Highway 242 North
Elizabethtown, NC 28337

Location: In Bladen County four miles north of Elizabethtown on Highway 242. From Wilmington drive west on U.S. 74/76, turn right on N.C. 87, and travel north toward Elizabethtown. Turn right on N.C. 87 Business, and, at the second light, turn right on U.S. 701. Go north and turn left on N.C. 53 and then immediately right on N.C. 242. Drive north for two miles, and the park entrance will be on the left. From Fayetteville drive east on N.C. 53 for 40 miles, turn left on N.C. 242 and travel north. The park entrance is two miles on the left.

Open: Park hours: daily 8 a.m.-5 p.m. Closed Christmas Day.
Park Office hours: Monday-Friday 8 a.m.-5 p.m. Closed state holidays.

Phone: 910-588-4550

E-mail: jones.lake@ncdenr.gov

Web Site: www.ncparks.gov

Cost: **Free.** Fee for camping.

Jones Lake State Park consists of 2,208 acres, including two natural Carolina Bay lakes: Jones Lake and Salters Lake. Much of the exhibit hall and the interpretive displays explain the concepts associated with the mysterious Carolina Bay phenomenon. Jones Lake offers six miles of hiking trails that traverse through several distinct habitats, each with a variety of flora and fauna. The park also offers a 20-site campground and one group campsite, complete with shower and restroom facilities and a large picnic area with a large picnic shelter and six small picnic shelters. The park also offers a 204-foot fishing pier and a boathouse.

Parking: Ten marked accessible parking spaces with curb cuts.

Types of Paths: Gravel trails and concrete sidewalks at least four feet wide with areas of rest.

Entrance: The entrance is level, and the doors are at least 32 inches wide and easy to open.

Restrooms: Two accessible restrooms. Sink faucets have push buttons.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes.

Accessibility Rating



Physical Disabilities: See the above notes about the types of paths. Beach wheelchairs are available for use on the lake beach area. Campsites and picnic shelters are accessible, but the boat rental areas are not.



Vision Loss: Doors have Braille.

Jordan Lake State Recreation Area

280 State Park Road
Apex, NC 27523 (Park Office)

Location: On U.S. Highway 64 in Chatham County.

Open: Park Office: Daily 8 a.m. - 5 p.m. Closed Christmas Day.
Park: November - February 8 a.m. - 6 p.m.; March - April and September - October: 8 a.m. - 8 p.m.; May - August: 8 a.m. - 9 p.m. Closed Christmas Day.

Phone: 919-362-0586 **E-mail:** jordan.lake@ncdenr.gov

Web Site: www.ncparks.gov

Cost: An admission fee is collected on any vehicle that enters any State Park property with amenities on weekends in April, May and September and daily from Memorial Day through Labor Day. Fee for camping, facilities and shelters. Reduced camping fee for seniors ages 62+.

Imagine relaxing in a cove, listening to the sounds of water rippling. Then, you feel a firm tug on your fishing line. It's going to be a big one! Picture the surface of the lake glistening, water spraying your face, and the boat motor ahead roaring. Hear the laughter of children, smell burgers roasting over a charcoal fire, and feel a breeze blowing through the campground. With almost 14,000 acres of water, all this and more is yours to discover at Jordan Lake State Recreation Area. The N.C. Division of Parks and Recreation operates nine recreation areas on the lake: Crosswinds Campground, Ebenezer Church, Parker's Creek, Poplar Point, Seaforth, Vista Point, Robeson Creek, New Hope Overlook, and White Oak Recreation Area. Whether you're looking for fun in the sun or an evening under the stars, Jordan Lake offers it all.

Jordan Lake State Recreation Area's park office provides information to the general public visiting Jordan Lake. Its exhibit hall that educates visitors about the flora, fauna and history of Jordan Lake.

Parking: Two marked accessible parking spaces at the park office.


Types of Paths: Level sidewalks at least four feet wide with mild slopes and areas of rest.

Entrance: The park office has a ramp, and the doors are at least 32 inches wide.

Restrooms: Two accessible restrooms. Sink faucets have push buttons.

Water Fountain: Yes, no more than three feet high.

Accessibility Rating

 **Physical Disabilities:** The park office is accessible. Primitive campsites are not accessible. The group tent and RV campsites are accessible. The non-electric and electric campsites are accessible near each shower house. The picnic shelters are accessible.

Jockey's Ridge State Park

300 West Carolista Drive
Nags Head, NC 27959

Location: Located at milepost 12 on U.S. 158 Bypass (South Croatan Highway).

Open: Visitor Center: November - February 9 a.m. - 5 p.m.;
March - October 9 a.m. - 6 p.m.
Park: November - February 8 a.m. - 6 p.m.;
March - April and September - October: 8 a.m. - 8 p.m.;
June - August 8 a.m. - 9 p.m.
Closed Christmas Day.

Phone: 252-441-7132 Reservations: 1-877-7-CAMP-NC (1-877-722-6762)

E-mail: jockeys.ridge@ncdenr.gov

Web Site: www.ncparks.gov Reservations: www.ncreserveworld.com

Cost: Free.

Jockey's Ridge is the tallest dune on the East Coast. Jockey's Ridge State Park offers a visitor center, an auditorium, a museum, picnic shelters, restrooms, a boardwalk/dune viewing area and a multipurpose pavilion. Kite flying, hang gliding and sand climbing are popular activities.

Parking: Six marked accessible parking spaces.

Types of Paths: Paved sidewalks, a 360-foot boardwalk at least four feet wide. Unpaved sand hiking trails with slopes. The boardwalk provides areas of rest.


Entrance: The entrance to the visitor center is level, and the door is at least 32 inches wide and easy to open.

Restrooms: Two accessible restrooms.

Water Fountain: Yes, no higher than three feet above the floor.

Public Telephone: Yes, a payphone on the deck.

Accessibility

 **Physical Disabilities:** The park provides a dune ride with 24-hour notice and has a beach wheelchair available for use. Call the park office for more information.

Although not all areas of the park are accessible to visitors with mobility disabilities, the dune ride and beach wheelchair could increase access to those areas.

Kerr Lake State Recreation Area

6254 Satterwhite Point Road
Henderson, NC 27537 (Park Office)

Location: In Vance and Warren Counties north of Henderson. Visitors can access it via U.S. 1, N.C. 39, or I-85. On I-85, the exits for the individual recreation areas are marked -- follow the brown signs.

Open: November-February 8 a.m.-6 p.m.; March-April and September-October: 8 a.m.-8 p.m.; May-August: 8 a.m.-9 p.m. Closed Christmas Day. Park Office: daily 8 a.m.-5 p.m. Closed Christmas Day.

Phone: 252-438-7791

E-mail: kerr.lake@ncdenr.gov

Web Site: www.ncparks.gov

Cost: An admission fee is collected on any vehicle that enters any State Park property with amenities on weekends in April, May and September and daily from Memorial Day through Labor Day. Fee for camping, facilities and shelters. Reduced camping fee for seniors ages 62+.

Kerr Lake State Recreation Area is comprised of seven individual areas on 50,000-acre John H. Kerr Reservoir. The U.S. Army Corps of Engineers lease the areas to the N.C. Division of Parks and Recreation. Facilities include 650 campsites, three improved group areas, nine boat ramps, three community buildings, 11 picnic shelters, 300 picnic tables, one defined swim area and two fishing piers. The majority of the park's visitors come to camp, picnic, fish or swim.

Parking: Each of the seven areas has at least two marked accessible parking spaces.

Types of Paths: Foot paths and nature trails at least four feet wide with mild slopes and areas of rest. The Satterwhite Point Amphitheater Trail is paved and meets ADA requirements.


Entrance: The visitor center has a ramp, and the doors are at least 32 inches wide and easy to open.

Restrooms: Each area has at least one accessible restroom. Sink faucets have levers.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes, nine pay phones in various locations.

Accessibility

 **Physical Disabilities:** See the above note about the Satterwhite Point Amphitheater Trail. Satterwhite Point also has a Rolleeze all-terrain wheelchair available upon request to provide access to the defined swim area. Each area has at least one accessible campsite. Exhibits at the park office/visitor center were designed to comply with ADA requirements.

 **Deaf and Hard of Hearing:** Five Easy Listener assistive listening devices are available.

Lake James State Park

6883 N.C. 126

P.O. Box 340

Nebo, NC 28761

Nebo, NC 28761

Location: Traveling east on I-40: Take the Nebo/Lake James exit (Exit 90) and head north. After one-half a mile, turn right onto Harmony Grove Road and follow it for two miles to a stoplight. Go straight across the intersection past Nebo Elementary School to a Stop sign. Turn right onto N.C. 126 and follow the signs to the park entrance 2.3 miles on the left.

Traveling west on I-40: Take the Dysartsville/Lake James exit (Exit 94) and head north for one-half a mile to a Stop sign. Turn left onto U.S. 70 and go 1.5 miles. Turn right onto Bridgewater Road and go 1.2 miles. Turn left on Benfield's Landing Road and go two miles to a Stop sign. Turn left on N.C. 126, and follow the signs to the park entrance 1.7 miles on the right.

Open: November - February: 8 a.m. - 6 p.m.; March, April, September, October: 8 a.m. - 8 p.m.; May - August: 8 a.m. - 9 p.m. Closed Christmas Day.

Swim Area hours: May - September: 10 a.m. - 6 p.m.

Phone: 828-584-7728

E-mail: lake.james@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free.

Tucked away in rolling hills at the base of Linville Gorge is Lake James, a 6,510-acre lake with more than 150 miles of shoreline. This impressive waterway forms the centerpiece of Lake James State Park. Here nature offers scenic vistas of the Appalachian Mountains and beckons to those with an appetite for outdoor recreation: swimming, boating, water skiing, fishing, sunbathing or picnicking along the lakeshore or walking through an abundance of wildflowers and wildlife.

Parking: Four marked accessible parking spaces at the Catawba River Area and eight at the Paddy's Creek Area.

Types of Paths: Sidewalks and hiking trails. The Catawba River Area has a one-fourth a mile paved trail at least four feet wide with areas of rest leading to an accessible fishing pier. The Paddy's Creek Area has sidewalks and a paved access trail to the sandy swimming beach. Steep, forested ridges dominate the landscape.

Entrance: The entrance has a ramp, and the door is at least 32 inches wide and easy to open.

Restrooms: One accessible restroom facility at the Catawba River Area and two at the Paddy's Creek Area. Sink faucets have levers.

Accessibility Rating



Physical Disabilities: The park has one accessible fishing pier, two accessible campsites and an accessible showerhouse near the campsites.



All Disabilities: To arrange a special exploration of Lake James State Park for a group or class, contact the park office.

Lake Norman State Park

159 Inland Sea Lane
Troutman, NC 28166

Location: In Iredell County, 10 miles south of Statesville and 32 miles north of Charlotte. From I-77, take Exit 42 onto U.S. 21 North to Troutman. In Troutman turn left on Wagner Street and right on State Park Road, which leads into the state park.

Open: November - February: 8 a.m. - 6 p.m.;
March, April, September and October: 8 a.m. - 8 p.m.;
May - August, 8 a.m. - 9 p.m.
Closed Christmas Day.

Phone: 704-528-6350

Web Site: www.ncparks.gov

Cost: No entrance fee. There are fees for camping, swimming, boat rentals and facility rentals.

At Lake Norman State Park, fun is just a matter of scale. On one hand, there's the largest manmade lake in the state, Lake Norman. When filled to capacity, its surface area is 32,510 acres with a shoreline of 520 miles and a main channel 34 miles in length – thus its nickname, the “Inland Sea.” The 13-mile shoreline within the state park provides boating access. On another hand, the park boasts its own 33-acre lake where visitors can enjoy fishing and boating. Also, with hiking trails, picnic areas, interpretive programs and campgrounds, there's more to Lake Norman State Park than merely water.

Parking: 18 marked accessible parking spaces.


Types of Paths: Accessible paths at least four feet wide with slopes and areas of rest lead to the community building and an accessible fishing dock.


Entrance: The Park Office has steps. The door is at least 32 inches wide and easy to open.


Restrooms: Five accessible restrooms. Sink faucets have push buttons.

Telephone: The park has three public telephones.

Accessibility Rating

 **Physical Disabilities:** See above notes. Facilities that have a ramp or wheelchair access include swimming area, the community building, the family campground showerhouse and the Osprey and Kingfisher picnic shelters.

 **Vision Loss:** Some objects in facilities may protrude more than four inches from the wall, but they have a leading edge within 27 inches of the floor.

 **All Disabilities:** The park requires at least 72 hours (three days) advance notice to provide accommodations for visitors with disabilities such as allowing vehicular access down a service road to a picnic area that is not accessible by wheelchair.

Lake Waccamaw State Park

1866 State Park Drive
Lake Waccamaw, NC 28450

Location: In Columbus County 38 miles west of Wilmington and 12 miles east of Whiteville. Signs on Highway 74/76 will direct drivers to the park. Turn right on Jefferson Road, turn left on Bella Coola Road until it ends at the park.

Open: Park hours: November-February 8 a.m.-6 p.m.;
March-May, September and October 8 a.m.-8 p.m.;
June-August 8 a.m.-9 p.m. Closed Christmas Day.
Park Office hours: Daily 8 a.m.-5 p.m. Closed state holidays.

Phone: 910-646-4748

E-mail: lake.waccamaw@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping, special activity permits and indoor facility use for special meetings/gatherings.

The cool, tea-colored waters at first appear similar to other lakes in the area, but Lake Waccamaw is a unique body of water. You will find species of animals found nowhere else on the planet, rare plants and endangered animals. At Lake Waccamaw, you can view one of the greatest geological mysteries of the eastern U.S. – the phenomenon of Carolina bays. Limestone bluffs along the north shore neutralize the lake's water, make the lake different from any other Carolina bay. Nearby, you can catch a glimpse of a botanical wonder – the Green Swamp. From its sandy shorelines to its tree-lined natural areas, Lake Waccamaw offers peaceful surroundings, an intriguing natural history and fun in the sun.


Parking: Four marked accessible parking spaces.


Types of Paths: Paved paths, a 700-foot boardwalk, and dirt and paved trails at least four feet wide with areas of rest.

Entrance: The entrance has a ramp, and the doors are at least 32 inches wide and easy to open.

Restrooms: Five accessible restrooms. Sink faucets have levers.

Accessibility Rating

 **Physical Disabilities:** A paved, accessible trail leads from the visitor center to the lake. Shelters and picnic tables, including accessible picnic tables, are located along the trail. However, not all trails may be wheelchair-accessible.

 **Vision Loss:** Rooms have Braille signage. Some objects in the visitor center protrude more than four inches from the wall, but they have a leading edge within 27 inches of the floor.

Orrum Outdoor Activities

Lumber River State Park

2819 Princess Anne Road

Orrum, NC 28369

Location: To the Princess Ann Access Area from I-95, take Exit 13A or B to U.S. 74 East. Travel 13 miles east and turn right on Creek Road (SR 2225) near Orrum. Travel 5.5 miles and turn left on Princess Anne Road (SR 2246). Travel two miles, and the park entrance is on the left.

Open: Park office: Monday - Friday 8 a.m. - noon, 1 p.m. - 5 p.m.
 Princess Anne Access: Daily November - February: 8 a.m. - 6 p.m.;
 March-April and September - October: 8 a.m. - 8 p.m.;
 June-August: 8 a.m. - 9 p.m. Closed Christmas Day.
 Chalk Banks Access: Thursday - Sunday November - February:
 9 a.m. - 5 p.m.; March, April, September and October: 9 a.m. - 7 p.m.;
 June - August: 9 a.m. - 8 p.m. Closed Christmas Day.

Phone: 910-628-4564

Web Site: www.ncparks.gov

Cost: Free. Fee for overnight camping and picnic shelter reservation.

Lumber River State Park includes 115 miles of the Lumber River, sections of which are designated as North Carolina Natural & Scenic and National Wild & Scenic. It has two access areas which the public can drive to: the Princess Ann Access Area on the lower end of the river near Orrum and the Chalk Banks Access Area on the upper end near Wagram. Popular activities include canoeing, kayaking, boating, fishing, primitive camping, picnicking, hiking, and nature study. The park offers regularly scheduled general public nature programs related to the river, the surrounding natural habitats and the plants and animals that live in and around the river, and it offers cultural programs related to the history of the river, Princess Ann and Chalk Banks, and Native American history.

Parking: Four accessible parking spaces.

Types of Paths: A paved path approximately 300 yard long at least four feet wide with areas of rest. The rest (1.4 miles) is screening (very fine gravel) or dirt.

Entrance: The entrance has a ramp, and the door is at least 32 inches wide and easy to open.

Restrooms: Three accessible restrooms. Sink faucets have levers.

Accessibility Rating



Physical Disabilities: Of the 23 primitive campsites, Site #1 at Princess Anne and Site #3 at Chalk Banks are designated as accessible. All campsites at Chalk Banks are accessible with slight difficulty. The picnic shelter is accessible.

Mayo River State Park

500 Old Mayo Park Road
Mayodan, NC 27027

Location: One public access – Mayo Mountain Access located on Highway 220 between Mayodan and Stoneville. Take 220 North toward Martinsville, Virginia, take the Stoneville exit and turn left at the bottom of the ramp. Go 1.7 miles, and the entrance is on the right.

Open: November - February 8 a.m.-6 p.m.;
March and October: 8 a.m.-7 p.m.;
April, May and September: 8 a.m. - 8 p.m.;
June-August: 8 a.m.-9 p.m.
Closed Christmas Day.

Phone: 336-427-2530

E-mail: mayo.river@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee to rent the picnic shelter.

The Mayo River State Park's interim facility, Mayo Mountain Access, opened to the public on April 1st, 2010. Located at the site are a park office/visitor contact station, a picnic shelter with grills (accommodates up to 100), three individual picnic pads each with table and grill, a one-half-mile loop hiking trail, a 1.8-mile loop hiking trail, restrooms, a catch and release fishing in the pond (N.C. fishing license required) and a maintenance facility. Total acreage for the entire park is presently 1,967 acres. Park staff is available to provide outreach environmental education programs and will be hosting volunteer workdays.

Parking: Four marked accessible parking spaces at ground level (no need for curb cuts).

Types of Paths: Concrete sidewalks at least four feet wide with slopes lead to all outdoor structures. The hiking trails have natural surfaces.

Entrance: The park office has a ramp, and the doors are at least 32 inches wide and easy to open.

Restrooms: Three accessible restrooms. Sink faucets are automatic.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes.

Accessibility



Physical Disabilities: The visitor center and all outdoor structures are wheelchair-accessible. However, the two natural surface hiking trails are not wheelchair-accessible.

Medoc Mountain State Park

1541 Medoc State Park Road
Hollister, NC 27844

Location: Four miles east of Hollister on 561; follow the signs.

Open: Park hours: November - February 8 a.m. - 6 p.m.;
March - May, September and October 8 a.m. - 8 p.m.;
June - August 8 a.m. - 9 p.m. Closed Christmas Day.
Park Office hours: Monday - Friday 8 a.m. - 5 p.m. Closed state holidays.

Phone: 252-586-6588

E-mail: medoc.mountain@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping. Reduced fee for seniors.

At Medoc Mountain State Park, the urban refugee finds a welcome tranquility and a chance to embrace the outdoors. Trails beckon as light filters through branches overhead and falls on paths that hold the promise of new frontiers. The peacefulness gives the opportunity to refresh. The silence of the forest is broken only by bird songs and the occasional drumming of the pileated woodpecker. Grab your hiking boots. Load your camera. Spend some time at Medoc Mountain State Park and let nature renew your spirit. The park offers electric and non-electric and group camping sites, hiking, canoeing, horse trails and a picnic area.

Parking: Eight marked accessible parking spaces.

Types of Paths: Paths/trails at least four feet wide, including wooden bridges and wooden stairs. There are areas of rest.

Entrance: The entrance has a ramp, and the doors are at least 32 inches wide.

Restrooms: Four accessible restrooms. However, the sink does not provide at least nine inches of toe space or a pipe covering.

Accessibility Rating



Physical Disabilities: Two electric campsites are wheelchair-accessible. The improved group campsites are not wheelchair-accessible. The picnic shelter is wheelchair-accessible. Not all trails are paved, and they include wooden steps.

Vision Loss: Some objects in the visitor center protrude more than four inches from the wall without a leading edge within 27 inches of the floor.



Mount Jefferson State Natural Area

1481 Mount Jefferson State Park Road
West Jefferson, NC 28694

Location: Off of U.S. 221 in West Jefferson.

Open: November - February: 9 a.m. - 5 p.m.;
March - April and September - October: 9 a.m. - 7 p.m.;
May - August: 9 a.m. - 8 p.m.
Closed Christmas Day.

Phone: 336-246-9653

Web Site: www.ncparks.gov

E-mail: mount.jefferson@ncdenr.gov

Cost: Free.

The summit of Mount Jefferson rises 1,500 feet above the New River Valley. An ascent of Mount Jefferson reveals two overlooks with magnificent views of up to 60 miles in three states. Mount Jefferson State Natural Area was formed in 1956 and contains three moderate to strenuous trails provide visitors with two miles of hiking.

Parking: Three marked accessible parking spaces.

Types of Paths: The Summit Trail is gravel tread at least four feet wide with slopes. The Lost Province Trail is gravel tread with steps and rocks at least four feet wide with slopes. The Rhododendron Trail is gravel tread with some steps and rocks and slopes. It is not at least four feet wide.


Entrance: The entrance to the park office is level, and the door is at least 32 inches wide.


Restrooms: One accessible restroom. Sink faucets have dual twist handles.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes, but no TTY.

Accessibility Rating

 **Physical Disabilities:** Not all trails are accessible. The pathway to the second overlook is gravel with wood borders. The picnic shelter is accessible, but the nearby restrooms are not accessible. Accessible restrooms are located in the park office.

 **Vision Loss:** Some objects may protrude more than four inches from the wall without a leading edge 27 inches or less from the floor.

Mount Mitchell State Park

2388 State Highway 128
Burnsville, NC 28714

Location: Entrance at mile marker 355.4 on the Blue Ridge Parkway.

Open: Park Hours: November - February: 8 a.m. - 6 p.m.; March, April, September and October: 8 a.m. - 8 p.m.; May - August: 8 a.m. - 9 p.m.
Closed Christmas Day. Exhibit Hall: May - October: 10 a.m. - 6 p.m.

Phone: 828-675-4611

E-mail: mount.mitchell@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free.

In the crest of the Black Mountains lies the summit of Mount Mitchell, the highest point east of the Mississippi River. For those who ascend this mighty peak, what looms on the horizon is a feast for the eyes – breathtaking views of the Blue Ridge Mountains, rolling ridges and fertile valleys. Forested and forever misty, 1,946-acre Mount Mitchell State Park will provide visitors with some of the most tranquil moments they will ever experience. Facilities at the park include a nine-site campground (tent camping only), an environmental education center, a museum, a picnic area, a concession stand, a gift shop and a restaurant.

Parking: 12 marked accessible parking spaces located throughout the park.

Types of Paths: There is a paved 280-yard Summit Tower Trail that is ADA-accessible. All other trail systems have gravel or a naturally occurring base such as rock or dirt. There are areas of rest, including benches at the summit tower.


Entrance: The entrance to the park office, restaurant, and gift shop/museum all have a sidewalk to a ramp and a door at least 32 inches wide.

Restrooms: Three accessible public restroom facilities located at the park office, the summit area and the restaurant. Restroom doors are difficult to open. Sink faucets have push buttons with automatic water shutoff.


Water Fountain: Four water fountains no more than three feet high at the summit.

Public Telephone: Yes, at the park office and restaurant but no TTY available.

Accessibility Rating

 **Physical Disabilities:** A four-passenger All-Terrain Vehicle (ATV) available upon request to transport people with mobility disabilities to the Observation Deck.

This service is not available during inclement weather (heavy rain, snow and high winds). The ACCESS North Carolina program built a boardwalk ramp and paved an accessible path to a picnic area near the summit to provide an opportunity for all visitors to experience Mount Mitchell's vistas from the picnic shelter.

 **Vision Loss:** Some shelves in the Balsam Gift Shop may protrude more than four inches from the wall without a leading edge within 27 inches of the floor. The exhibit hall has tactile objects and signs with good contrast.

Morrow Mountain State Park

49104 Morrow Mountain Road
Albemarle, NC 28001

Location: Six miles east of Albemarle. Accessible from N.C. Highways 24/27, 73 and 740.

Open: November-February: 8 a.m.-6 p.m.; March-May and September-October: 8 a.m.-8 p.m.; June-August: 8 a.m.-9 p.m. Closed Christmas Day.

Phone: 704-982-4402 **E-mail:** morrow.mountain@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free to visit. Fee for certain activities.

Enjoy the gifts of nature surrounded by the remnants of a once mighty range of peaks, the Uwharrie Mountains. Recreation is plentiful in and around the waters of Lake Tillery and the Yadkin-Pee Dee River. Fishing and boating are popular pastimes. Nature lovers can pick from miles of trails to travel on foot or horseback. For those who want to stay and take it all in, cabins and camping are available. There's really only one word to describe Morrow Mountain State Park: variety. Use the family car or RV, horseback or canoe, put on a pair of hiking boots or bait a favorite fishing pole – a visit to Morrow Mountain lets visitors choose their kind of adventure.

Parking: Numerous marked accessible parking spaces and areas.


Types of Paths: Concrete, stone, asphalt, wood and dirt/gravel paths. Most are at least four feet wide with slopes.


Entrance: Some buildings have a ramp, and some buildings have level entrances. All doors are at least 32 inches wide.

Restrooms: Numerous restrooms that are mostly accessible. The swimming pool has a restroom stall that is ten feet by three feet, and the family campground has a restroom stall that is three feet by six feet. The restrooms at the lower picnic area and shelters have accessories that are more than four feet above the floor, and the bottom of the mirror is more than 40 inches above the floor.

Water Fountain: Yes, no more than three feet high.

Accessibility Rating

 **Physical Disabilities:** The park has an accessible picnic shelter in the lower picnic area, an accessible fishing pier, six accessible campsites in the C loop, one accessible group campsite (Campsite 4) and one accessible vacation cabin. The accessible campsites have raised fire pits and a three-foot by seven-foot shower with grab bars and a seat; however, the shower hose does not reach the seat. The swimming pool has a four-foot wide access ramp with handrails.

 **Vision Loss:** Two wall displays in the park office's/community building's foyer protrude slightly more than four inches from the wall without a leading edge. The A View from the Top sign at one scenic overlook has large print with good contrast.

New River State Park

358 New River State Park Road
Laurel Springs, NC 28644

Location: Located on Highway 221 nine miles north of Jefferson.

Open: November - February: 8 a.m. - 6 p.m.; March - April: 8 a.m. - 8 p.m.;
May - August: 8 a.m.-9 p.m.; September - October: 8 a.m. - 8 p.m.
Closed Christmas Day.

Phone: 336-982-2587

Web Site: www.ncparks.gov

Cost: Free. Fee for camping.

Rugged hillsides, pastoral meadows and farmlands surround what is believed to be one of the oldest rivers in North America: the New River. The New River area still maintains an old-fashioned charm. Mountain roads are narrow and winding, dotted with small farms, churches and country stores. The river itself is tranquil, offering good bass fishing, trout streams, excellent birding and inspiring mountain scenery. But one great way to absorb and appreciate the river's peacefulness is from the seat of a canoe as it glides across the slow-moving waters. Four areas with access to this waterway make up more than 2,200 acres of New River State Park and provide spots for camping, canoeing, picnicking and fishing.


Parking: Four marked accessible parking spaces.


Types of Paths: Sidewalks at least four feet wide with slopes. Trails have either gravel or earthen tread, most have slopes and do not have areas of rest every 400 feet. One trail at the picnic shelter is four feet wide, level and leads to a viewing platform.

Entrance: The visitor center entrance has a ramp, and the door is at least 32 inches wide and easy to open.

Restrooms: Three accessible restrooms. However, the bottom of the mirror is 44 inches above the floor. Sinks have automatic faucets.

Accessibility Rating

 **Physical Disabilities:** All learning displays in the visitor center are wheelchair-accessible, and the deck area has a bench for resting. The web site contains detailed information about camping at Facilities and Fees and then Camping. Two drive-to campsites with electric, water and sewer hook-ups are completely accessible with a paved path to the restrooms. 18 drive-to campsites are wheelchair-accessible; eight have electric, water and sewer hook-ups, and the remaining ten have electric hook-ups only. Each site has a tent pad, table and grill. The picnic shelters and Community Building are wheelchair-accessible.

 **Vision Loss:** Some objects in the visitor center protrude more than four inches from the wall, but they have a leading edge 27 inches or less from the floor.

Occoneechee Mountain State Natural Area

Office Address: 6101 Cole Mill Road
Durham, NC 27705

Location: From I-85, take Exit 164. Turn right traveling north on Churton Street and turn left at the light on Mayo Street. At the next Stop sign, turn left onto Orange Grove Road. Take the second right to Virginia Cates Road and follow the signs to the parking area.

Open: November-February 8 a.m.-6 p.m.
March-April and September-October: 8 a.m.-8 p.m.
May-August: 8 a.m.-9 p.m.
Closed Christmas Day.

Phone: 919-383-1686

Web Site: www.ncparks.gov

Cost: Free.

High scenic views and mountain trails await visitors at Occoneechee Mountain State Natural Area. This Piedmont monadnock has been recognized as one of the most important natural areas in the Triangle. It is the highest point in Orange County at 867 feet, and the oak forest, pond, field, heath bluff and river habitats found on the mountain support species that are rare and significant in this region. With 190 acres of land and nearly three miles of trails, visitors can experience a wide variety of the area's natural surroundings and wildlife.


Parking: No marked accessible parking spaces.


Types of Paths: The summit trail is an old road bed at least 12 feet wide, but all other hiking trails are two-foot-wide corridors with slopes. There are no areas of rest.

Entrance: The entrance is level. There are no buildings at Occoneechee Mountain State Natural Area.

Restrooms: There is only a Romtec vault toilet. While the toilet is technically accessible, the approach to it is not accessible. The toilet does not have a sink.

Accessibility Rating

 **Physical Disabilities:** Occoneechee Mountain State Natural Area is not accessible to visitors with mobility disabilities. There are long-range plans to develop it, but those plans are largely land acquisition-dependent.

 **Other Disabilities:** Occoneechee Mountain State Natural Area could be enjoyed by visitors who have disabilities other than mobility disabilities, but it offers no special accommodations for those visitors.

Pilot Mountain State Park

1792 Pilot Knob Park Road
Pinnacle, NC 27043

Location: From Winston-Salem, take U.S. 52 North 20 miles to the base of the mountain. From Mount Airy, take U.S. 52 South 14 miles to the base of the mountain.

Open: November-February 8 a.m. - 6 p.m.; March - April and September-October: 8 a.m. - 8 p.m.; May - August: 8 a.m. - 9 p.m. The River Section opens one-half hour after the Mountain Section and closes one hour prior to the Mountain Section.

Park Office: Monday - Friday 9 a.m. - 6 p.m. Open limited hours on weekends. Closed state holidays.

Phone: 336-325-2355

E-mail: pilot.mountain@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping and to rent the picnic shelter.

Approach from any direction and see Pilot Mountain rising more than 1,400 feet above the rolling countryside of the upper Piedmont plateau. Dedicated as a National Natural Landmark in 1976, this solitary peak is the centerpiece of Pilot Mountain State Park. Fun, from relaxation to exhilaration, is easy to find here. A seven-mile woodland corridor joins two sections of the park, each section offering a wealth of opportunities for outdoor fun. The mountain segment, which includes the two pinnacles, contains most of the visitor facilities. The more primitive river section centers around the lazy, meandering Yadkin River.

Parking: Eight marked accessible parking spaces with curb cuts.


Types of Paths: 25 miles of trails at least four feet wide with slopes and areas of rest. There is a one-tenth of a mile paved accessible path with a 10-percent or less slope.


Entrance: The visitor center has a ramp. The doors are at least 32 inches wide do not meet ADA standards for turning a wheelchair.

Restrooms: No restrooms meet full ADA standards for turning a wheelchair. Sink faucets have push buttons.

Water Fountain: Yes, no more than three feet high.

Accessibility Rating

 **Physical Disabilities:** See the above notes about the doors and restrooms. The drive to the summit has one accessible overlook, and the summit picnic area has an accessible path. The river section has primitive facilities and is not accessible.

 **Vision Loss:** Most print material is 18-point or larger font. Some objects in the visitor center protrude more than four inches from the wall without a leading edge 27 inches or less from the floor.

Raven Rock State Park

3009 Raven Rock Road

Lillington, NC 27546

Location: Off of Highway 421 at the end of Raven Rock Road.

Open: Park hours: November-February 8 a.m.-6 p.m.;
March-May, September and October 8 a.m.-8 p.m.;
June-August 8 a.m.-9 p.m. Closed Christmas Day.
Park Office hours: Daily 8 a.m.-5 p.m. Closed Christmas Day.

Phone: 910-893-4888

E-mail: raven.rock@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping.

The first feeling you are likely to experience at Raven Rock State Park is one of renewal. Here, the forest reigns as each year the timeless cycle of growth further heals age-old wounds inflicted by man. Nature triumphs as plants compete in the stages of forest succession and the woodlands are restored. High above the Cape Fear River stands Raven Rock, its austere beauty a testament to the forces that have shaped the land. As the river below rushes to join the sea, nature's elements continue to shape the surface of this natural monument. Spend some time at Raven Rock State Park and let nature refresh your spirit.

Parking: Seven marked accessible parking spaces.


Types of Paths: Pavement, screening surfaces and natural trail surfaces at least four feet wide with slopes in some areas.

Entrance: The entrance has a ramp/flat surface, and the doors are at least 32 inches wide and easy to open.

Restrooms: Two accessible restrooms in the visitor center and two in the picnic area. Sink faucets have push handles.

Water Fountain: Yes, no more than three feet high.

Accessibility Rating

 **Physical Disabilities:** The new visitor center and picnic area are wheelchair-accessible. The park has some wheelchair-accessible paths, but some nature trails are not wheelchair-accessible. The primitive and group campsites are not wheelchair-accessible.

Singletary Lake State Park

6707 NC Highway 53 East
Kelly, NC 278448

Location: In Bladen County on N.C. 53, ten miles southeast of Elizabethtown and six miles east of White Lake. From Wilmington drive north on U.S. 421. Turn left onto N.C. 53 and travel west toward Elizabethtown. The park entrance, indicated by a large sign, will be on the right. From Fayetteville drive east on N.C. 53 for approximately 40 miles, drive through Elizabethtown and continue east. The park entrance, marked with a large sign, is on the left.

Open: Park hours: daily 8 a.m.-5 p.m. Closed Christmas Day.
Park Office hours: Monday-Friday 8 a.m.-5 p.m. Open limited weekend hours. Closed state holidays.

Phone: 910-669-2928

E-mail: singletary.lake@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Fee for camping and classroom use.

Bring your group to Singletary Lake State Park and enjoy group camping in a land of mysterious origins. A portion of the unique Carolina bay ecosystem found nowhere else in the world, Singletary Lake lies within the 35,975-acre Bladen Lakes State Forest. Developed primarily for organized group camping, visitors must arrange for access by contacting the park staff. The park encompasses 649 acres of land and a 572-acre natural lake and operates two group camps: one accommodates 92 people, and the other accommodates 48 people. In addition to group camping, Singletary Lake State Park offers ample opportunities for nature study and recreation.


Parking: Parking information was not provided.


Types of Paths: Hardpacked paths at least four feet wide with areas of rest.

Entrance: The entrance has a ramp, and the doors are at least 32 inches wide and easy to open.

Restrooms: Five accessible restrooms. However, restroom accessories may be higher than four feet above the floor, and the bottom of the mirror is more than 40 inches above the floor.

Accessibility Rating

 **Physical Disabilities:** See the above notes about the paths and restrooms. The group camps and classroom are accessible to visitors with mobility disabilities.

 **Vision Loss:** Some objects in the visitor center protrude more than four inches from the wall without a leading edge within 27 inches of the floor.

South Mountains State Park

3001 South Mountain Park Avenue
Connelly Springs, NC 28612

Location: In Morganton take Exit 105. Go south 11 miles on N.C. Highway 18. Turn right on Old N.C. 18 and drive 2.7 miles. Turn right on Ward's Gap Road and drive 1.4 miles. Turn right on South Mountain Park Avenue and go one mile to the park entrance.

Open: November-February: 8 a.m. - 6 p.m.;
March, April, September and October: 8 a.m. - 8 p.m.;
May - August: 8 a.m. - 9 p.m.
Closed Christmas Day.

Phone: 828-433-4772

E-mail: south.mountains@ncdenr.gov

Web Site: www.ncparks.gov

Cost: No entrance fee. There are fees for camping and facility rentals.

Nestled deep in the woods, South Mountains State Park is the perfect place to enjoy nature. Here, visitors can see a majestic mountain range peeking out from the gently rolling landscape of the piedmont. The park includes elevations up to 3,000 feet, a waterfall dropping 80 feet and more than 40 miles of trails. From equestrian camping to trout fishing, mountain biking to picnicing, South Mountains State Park offers a rugged terrain perfect for a number of activities.

Parking: Six marked accessible parking spaces.

Types of Paths: Gravel paths at least four feet wide with areas of rest.


Entrance: The entrance to the visitor center is level, and doors are at least 36 inches wide and easy to open.


Restrooms: Ten accessible restrooms. Sinks have levers, push buttons and automatic faucets.

Water Fountain: Yes, no more than three feet high.

Public Telephone: Yes.

Accessibility Rating

Physical Disabilities: One primitive campsite is wheelchair-accessible and can be reserved in advance, but primitive group campsites are not wheelchair-accessible.  Equestrian facilities and the picnic shelter at the Jacob Fork parking area are wheelchair-accessible.

Vision Loss: Objects may protrude more than four inches from the wall, but they have  a leading edge within 27 inches of the floor.

Stone Mountain State Park

3042 Frank Parkway
Roaring Gap, NC 28668

Location: From Elkin, travel approximately 14 miles on U.S. 21 North. Turn left on Traphill Road, travel four miles, turn left on John P. Frank Parkway and travel 3.5 miles to the park.

Open: November - February: 8 a.m. - 6 p.m.;
March - April and September - October: 8 a.m.-8 p.m.;
May - August: 8 a.m. - 9 p.m.
Closed Christmas Day.

Phone: 336-957-8185

Web Site: www.ncparks.gov

Cost: No entrance fee. There are fees for camping, fishing and facility rentals. Firewood is available for purchase.

Stone Mountain is not immediately visible upon entering the park that bears its name, but this magnificent 600-foot granite dome is well worth the wait. Sunlight and shadows dance across a broad tapestry of stone. Designated as a National Natural Landmark in 1975, Stone Mountain is bounded on the north by the Blue Ridge Parkway and on the west by the Thurmond Chatham Game Lands. More than 14,100 acres of mountain beauty offer opportunities for outdoor activities of all kinds, including hiking, camping, group camping, trout fishing, backpacking, a horse trail, picnicking and visiting the visitor center.

Parking: 16 marked accessible parking spaces.

Types of Paths: Hiking paths at least four feet wide with slopes. The trail near Stone Mountain Falls has wooden steps.

Entrance: All buildings are wheelchair-accessible. The Hutchinson Homestead has a level entrance. The doors are at least 32 inches wide and easy to open.


Restrooms: Seven accessible restrooms. Sink faucets have levers and push buttons.

Water Fountain: Yes, no higher than three feet above the floor.

Public Telephone: Yes, three, but there is no TTY.

Accessibility

 **Physical Disabilities:** The Family Campbground's B Loop has two accessible camping sites. All three picnic shelters are accessible. Not all trails are accessible.

 **Vision Loss:** Some objects in facilities may protrude more than four inches from the wall, but they have a leading edge 27 inches or less from the floor.

William B. Umstead State Park

8801 Glenwood Avenue
Raleigh, NC 27617

Location: The park has two entrances. The Crabtree section is located on U.S. 70 between Raleigh-Durham International Airport and Raleigh. The Reedy Creek section is located just off of I-40 at Exit 287 in Cary.

Open: November - February 8 a.m. - 6 p.m.; March - April and September - October: 8 a.m. - 8 p.m.; May - August: 8 a.m. - 9 p.m.
Closed Christmas Day.

Phone: 919-571-4170

E-mail: william.umstead@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free. Fee for camping, boating, facilities and shelters.

Tucked between the growing cities of Raleigh, Cary, Durham and Research Triangle Park is an oasis of tranquility, a peaceful haven – William B. Umstead State Park. Here, two worlds merge as the sounds of civilization give way to the unhurried rhythm of nature. Highways fade in the distance as trees, flowers, birds and streams form a more natural community. William B. Umstead is a place to escape the pressures of everyday life, a place to picnic in the pines, to fish or to take a hike or horseback ride.

Parking: 19 total marked accessible parking spaces in four different areas.

Types of Paths: Paved paths at least four feet wide with slopes and a wooden bridge. Some trails are not paved. The visitor center has carpeted and tile floors and benches.


Entrance: The visitor center has a ramp, and the doors are at least 32 inches wide and easy to open.

Restrooms: Restrooms in the visitor center and the picnic area and bathrooms near the Reedy Creek picnic shelters are accessible. Sink faucets have single levers.


Water Fountain: Yes, no more than three feet high.


Public Telephone: Yes, outside the visitor center.

Accessibility Rating

 **Physical Disabilities:** The lower parking lot serving the boat house and picnic shelters leads to a one-fourth mile paved loop around the picnic area. The Crabtree section's parking lot leads to an eight-foot wide paved trail to the Big Lake Dam and boat house. The Reedy Creek section has one accessible picnic shelter. The visitor center exhibit areas has lift flaps that are 30-35 inches above the floor.

 **Deaf and Hard of Hearing:** A script of the visitor center videos is available at the front desk. Two interactive video monitors contain no audio.

 **Vision Loss:** The exhibit area has new L.E.D. lighting and some large-print signs with good contrast. Two interactive video monitors contain no audio; visitors with vision loss may need assistance using these. Restroom signs have Braille.

 **Cognitive/Intellectual Disabilities:** The exhibit area has an interactive turtle activity and lift flaps with photos.

Weymouth Woods-Sandhills Nature Preserve

1024 Fort Bragg Road
Southern Pines, NC 28387

Location: In the Sandhills of North Carolina. One hour south of Raleigh; 45 minutes west of Fayetteville; and 10 minutes southeast of Southern Pines.

Open: Daily 8 a.m.-5 p.m. Closed Christmas Day.

Phone: 910-692-2167

E-mail: weymouth.woods@ncdenr.gov

Web Site: www.ncparks.gov

Cost: Free.

The Weymouth Woods-Sandhills Nature Preserve maintains examples of the longleaf pine forest that once covered the entire southeastern United States. Weymouth Woods is different from traditional parks in that this limited-use area serves to preserve and portray the natural features unique to its region. Visitors can look at the longleaf pine forest and see how human actions have affected the environment, can learn about rare and endangered species such as the red-cockaded woodpecker, and can learn about the role fire plays in maintaining this incredible forest. A small natural history museum contains audio and visual exhibits. Interpretive talks and hikes occur every Sunday at 3 p.m. in April-November.


Parking: Two marked accessible parking spaces.


Types of Paths: The Pine Barrens Trail is a 1/4-mile out/return trail made of hard-packed screening surface. The trail is at least four feet wide and contains areas of rest.

Entrance: The entrance to the natural history museum is level, and the door is at least 32 inches wide and easy to open.

Restrooms: One accessible restroom for each gender. Sinks faucets are automatic.

Accessibility Rating

 **Physical Disabilities:** One 300-yard section of the Pine Barrens Trail is the only wheelchair-accessible trail at this time and provides access to plants and animals, including the endangered red-cockaded woodpecker. Plans include constructing an observation platform halfway out and increasing the length of the trail. The museum contains an underground diorama where visitors can crawl beneath the forest to view wildlife that seek shelter there; it is not wheelchair-accessible, but visitors with mobility disabilities who have sufficient upper-body strength could crawl in.

 **Vision Loss:** The preserve provides headsets that are mp3 players with four stories for use on the 1 trail. The museum has multiple audio exhibits, including a large mural that depicts flora and fauna in the park has push buttons that allow visitors to hear their calls.