THREADING THE TRAIL

POWERED BY OrthoCarolina

KINGS MOUNTAIN GREENWAY TRAIL



This trail is ADA-compliant, allowing more folks to get out and enjoy some of the historic aspects of Kings Mountain, NC. The trailhead is accessible from downtown via sidewalk, and connects to three extra miles of trails beyond the five trails that are officially designated Carolina Thread Trail.

DISTANCE: *5 miles, one way*
TRAILHEAD: *807 S. Battleground Avenue, Kings Mountain, NC*

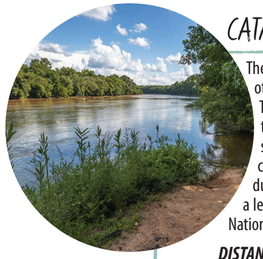
SEVEN OAKS PRESERVE TRAIL



This one is hard to beat in terms of just outright natural beauty, as the natural-surface trail meanders along the shoreline of Lake Wylie and is located on 78 acres of preserved land managed by the Catawba Lands Conservancy. The trail connects to Daniel Stowe Botanical Gardens for a five-mile loop.

DISTANCE: *2.6 miles, one way; 4.52 miles, loop*
TRAILHEAD: *6900 S. New Hope Road, Belmont, NC*

CATAWBA INDIAN NATION GREENWAY TRAIL



There are three trails on this reservation that connect to each other. Our recommended route: Start at the Cultural Center Trail or the Yehasuri Trail, which will bring you down to the river after a half-mile. The trail features interpretive signage about the importance of the land to the tribe's culture, as well as a Catawba dwelling, a bark house, dugout trees, story circle and active archeological dig. Take a left when you reach the river to get to the Catawba Indian Nation Greenway Trail.

DISTANCE: *2.5 miles, one way*
TRAILHEAD: *992 Avenue of the Nations, Rock Hill, SC*

TWELVE MILE CREEK TRAIL



Start your journey at Walnut Creek Park in Lancaster, SC, and head north on the natural-surface path and across a bevy of bridges and boardwalks before ending at a 170-foot suspension bridge that marks the border with North Carolina near Charlotte. The bridge will eventually connect the trail to the Twelve Mile Creek Greenway in Waxhaw, continuing the trail.

DISTANCE: *3.7 miles, one way*
TRAILHEAD: *10521 Walnut Creek Parkway, Lancaster, SC*



This trail traces the Catawba River near Charlotte, specifically the rocky outcroppings that are home to the largest known population of rocky shoals spider lilies, listed as a national species of concern and designated as endangered in some places. Most of this trail is within 10 feet of the Catawba's banks, making for a fragrant walk in the summer and beautiful walk year-round.

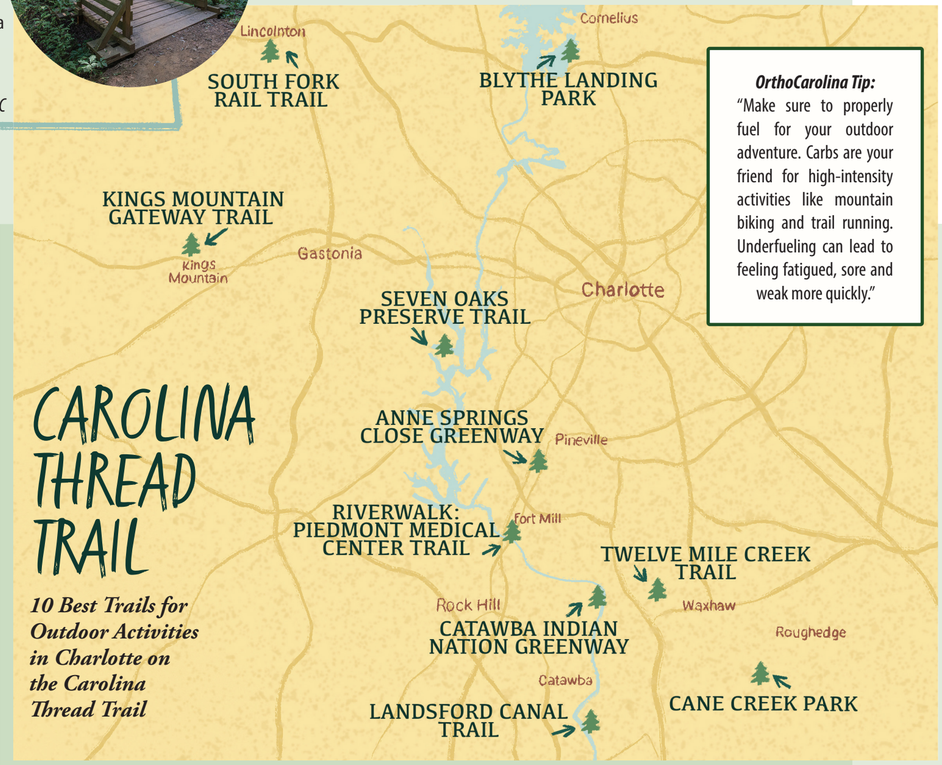
DISTANCE: *1.5 miles, one way*
TRAILHEAD: *2051 Park Drive, Catawba, SC*

LANDSFORD CANAL TRAIL

Our series of articles and informational graphics about getting outside in the Charlotte area to be active on the Carolina Thread Trail network and Catawba River is presented in partnership with local orthopedic-care provider OrthoCarolina.

A NOTE FROM CAROLINA THREAD TRAIL DIRECTOR BRET BARONAK

"I'm fortunate to be in the unique position in which the results of my professional work greatly benefit my personal life. Outside of the office, you will often find me hiking or cycling on the many trails in the region. The success of our work at Carolina Thread Trail, in conjunction with our partners, creates even more opportunities to enjoy all of the benefits that are bestowed upon us through trails. An ever-growing network enhances our relationship to the environment and each other, and allows us to connect internally within ourselves. The interest in trails over the past few years has been phenomenal. It's a wonderful display to see people discovering or re-discovering the outdoors. Communities across the region are all pulling in the same direction in the realization how profound an affect trails have on quality of life."



OrthoCarolina Tip:
"Make sure to properly fuel for your outdoor adventure. Carbs are your friend for high-intensity activities like mountain biking and trail running. Underfueling can lead to feeling fatigued, sore and weak more quickly."

NOTABLE PLANTS & TREES OF THE CAROLINA THREAD TRAIL NETWORK

by staff biologist Sean Bloom



BEECH TREE
Considered both a shade and ornamental tree, the Beech Tree grows between 50-70 feet tall with a spread around 40 feet. It provides edible, hard, brown beech nuts and a golden bronze fall color.



BLOODROOT
Bloodroot is an herbaceous perennial flower that grows to about a foot tall and blooms white flowers in March and April in shady, moist conditions.



CARDINAL FLOWER
Cardinal flowers are red perennials that bloom May through October. Cardinal flowers rely on hummingbirds for pollination and over-picking can create scarcity in certain areas.



SYCAMORE TREE
Sycamores are large, deciduous trees that grow between 100-130 feet tall. Two unique identifying features of Sycamore Trees are thin bark that gives off a patchy look, and round seed balls or pods containing tufts of seeds.



WHITE OAK TREE
White Oaks grow between 50-80 feet tall with an equal width span at full maturity. White Oaks produce acorns and red or burgundy tree cover in the fall months.



WOODLAND SUNFLOWER
Woodland sunflowers are miniature sunflowers that grow in sunny, dry conditions between June and September. The bright yellow flowering is tough to miss on the local trails.