



2026

TrailLink Unlimited 

Guides



**Winston-
Salem
Strollway**
North Carolina



Winston-Salem Strollway

North Carolina

As its name suggests, the Winston-Salem Strollway presents the perfect setting for a leisurely walk. Completed in 1988, the popular



As its name suggests, the Winston-Salem Strollway presents the perfect setting for a leisurely walk. Completed in 1988, the popular rail-trail links Winston-Salem's modern business district with historic Old Salem. The 1.2-mile Strollway is 8ft wide with a paved and pea gravel surface.

From its northern end on W Fourth Street by Merschel Park (122 W 4th St, Winston-Salem), the Strollway threads through several engaging downtown blocks. It uses a sidewalk connector along Town Run Lane NW until crossing Second Street. At it passes Corpening Plaza, it runs along partially a closed one-way road until it crosses First Street, where it becomes an off-road pathway.

The Strollway crosses over Salem Parkway via a

pedestrian bridge. As you approach the bridge, the cityscape gives way to green spaces, fragrant magnolias and residential neighborhoods.

Almost a mile south from the bridge, the Old Salem Museums & Garden (900 Old Salem Rd)—which includes the Old Salem Visitor Center—is next to the trail on the west side. The Old Salem Covered Bridge provides a connection to the restored Old Salem historic district. Cross the bridge to reach additional museums (924 S Main St) and to explore the historic district. Established in 1766 by Moravian craftsmen, it grew into a thriving trading center and reputable source of high-quality handicrafts. Today it's one of the country's most authentic and best documented colonial sites, boasting 100 restored and reconstructed buildings.

Continue south along the Strollway to W Salem Avenue, where there is a roughly 250ft section of widened sidewalk west along W Salem Avenue. The Strollway briefly continues south as an off-road pathway until it connects to the [Salem Creek Greenway](#) at its pedestrian bridge over the creek.

The intersection of S Main Street and Waughtown Street provides access to the southern end of the Strollway. From the intersection, follow a short section of the Greenway to the bridge and head north along the Strollway.

For a longer adventure, continue west along the [Salem Creek Greenway](#) through Washington Park for roughly a mile to reach the Greenway's western trailhead. Alternatively, continue east for about 4 miles to reach the scenic Salem Lake and the Greenway's eastern trailhead.



Winston-Salem Strollway

North Carolina

States: North Carolina

Counties: Forsyth

Length: 1.2miles

Trail end points: by Merschel Park (122 W 4th St, Winston-Salem) to Salem Creek Greenway

Trail surfaces: Asphalt, Concrete, Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Mountain

Biking, Walking, Wheelchair Accessible

Parking & Trail Access

The central business district trailhead is on Fourth between Cherry and Trade. Limited street parking is available, or you can use the public parking garage on Cherry between Fourth and Fifth.

Additional parking is available at the Old Salem Visitor Center (900 Old Salem Road) and in several shopping complex parking lots by the southern end of the trail.

The city's transit system (WSTA) provides access to the trail via a number of bus stops. Visit the [TrailLink map](#) for all locations, transit options, and detailed directions.



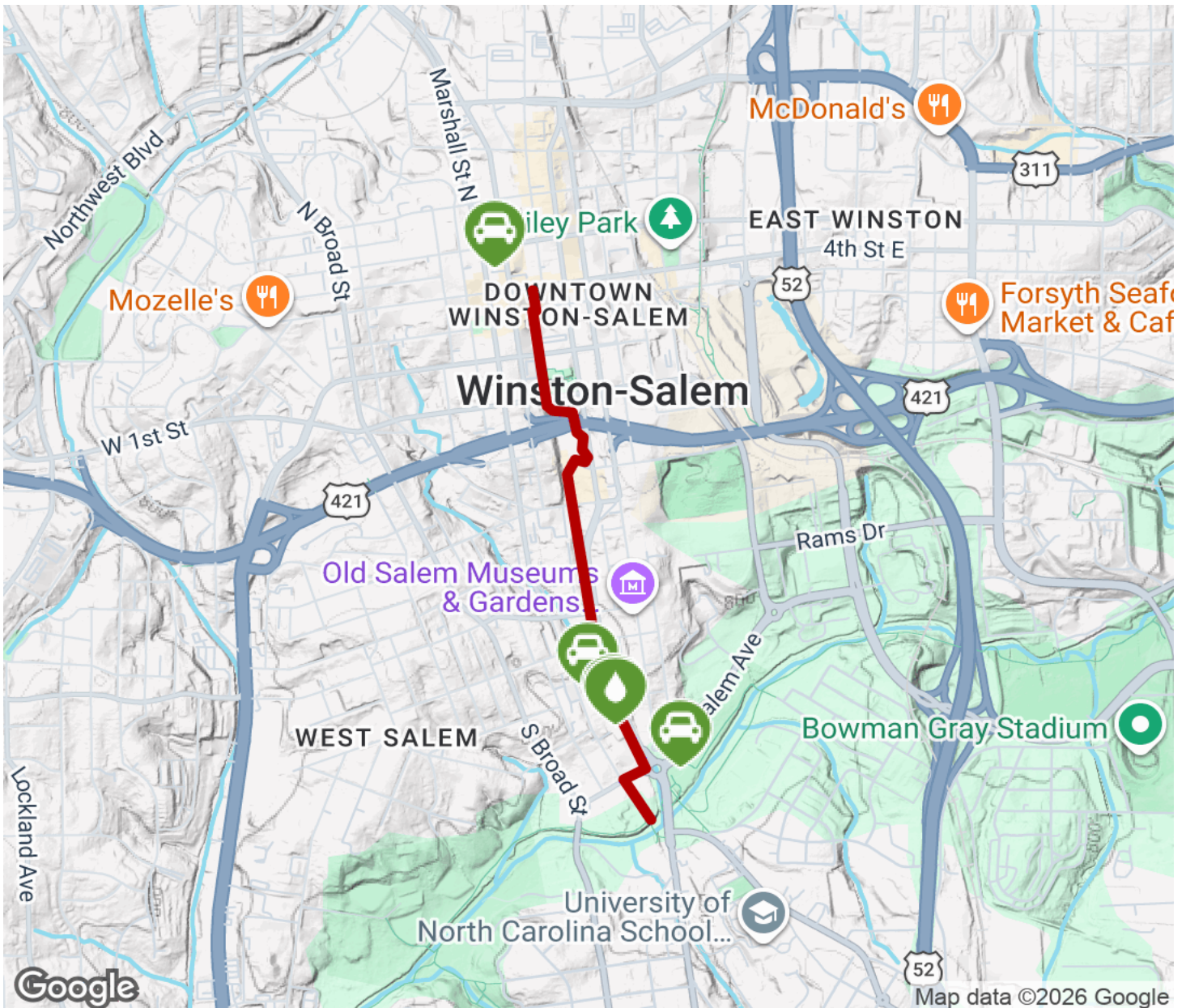
TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Winston-Salem Strollway

North Carolina



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com