



2026

TrailLink Unlimited 

Guides



**Tar River
Trail**
North Carolina



Tar River Trail

North Carolina

The Tar River Trail parallels the Tar River, where Tuscarora Indians traveled before colonists settled here. Along the trail you



and canoe launches, as well as numerous fishing spots along the riverbank.

The Tar River Trail parallels the Tar River, where Tuscarora Indians traveled before colonists settled here. Along the trail you will find evidence of early colonial history, the industrial revolution, Civil War activity and a tribute to the Civil Rights movement. The trail links five city parks and passes the original site of Rocky Mount, the second cotton mill operated in North Carolina.

The Tar River Trail also passes Stonewall Manor, which Federal troops spared from burning during the Civil War. Near one of the two pedestrian bridges on the trail, look for a roadside marker commemorating General Laffayette's visit to the area.

Most of the trail is paved but there is one boardwalk section that crosses marsh habitat. There are public boat



Tar River Trail

North Carolina

States: North Carolina

Counties: Edgecombe, Nash

Length: 3 miles

Trail end points: City Lake on Sunset Avenue to Martin Luther King, Jr. Park off Leggett Road to Rocky Mount Sports Complex

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Tar River Trail is easily accessible with public parking at five locations. For more information, contact:

City of Rocky Mount, Outdoor Recreation
PO Box 1180
Rocky Mount, NC, 27802-1180
252-972-1235



Tar River Trail

North Carolina



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com