



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



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**States:** North Carolina

**Counties:** Edgecombe, Nash

Length: 3miles

**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

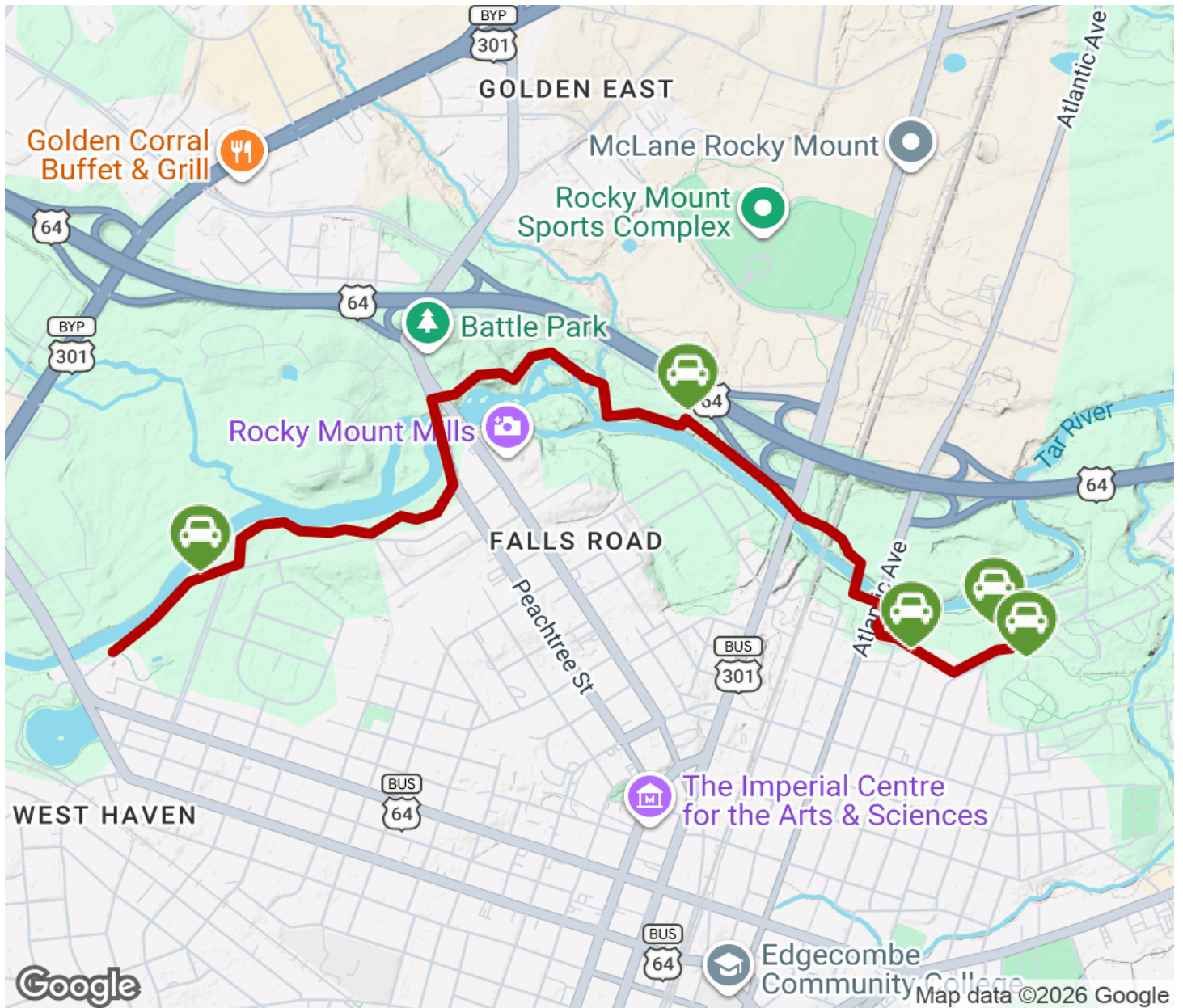
The Tar River Trail is easily accessible with public parking at five locations. For more information, contact:

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**