



2025

## TrailLink Unlimited 🔯



Guides 🕫 🤝 😲









**South Fork** Rail-Trail North Carolina



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As you might expect, the South Fork Rail-Trail closely follows the South Fork of the Catawba River on the south end of Lincolnton. The trail rests atop a former rail corridor within land preserved by the Catawba Lands Conservancy. Scenic views of the river abound with several small dams peppering the trail, and wildflowers line the route in the late spring. The landscape along the trail consists primarily of forest and wetland, as well as an adjacent bald cypress swamp.





**States:** North Carolina **Counties:** Lincoln Length: 2miles

**Trail end points:** Laboratory Rd. to Near the confluence of the South Fork Catawba River

and Indian Creek

Trail surfaces: Crushed Stone, Dirt

Trail category: Rail-Trail

Trail activities: Mountain Biking, Walking

## Parking & Trail Access

A gravel parking lot for the South Fork Rail-Trail can be found at the northern trailhead on Laboratory Road. Take Exit 20 (Lincolnton and High Shoals) off US 321 and turn left onto Gastonia Highway/Business US 321. After approximately 2.7 miles, turn left onto Southside Road, which quickly becomes Southfork Road. At Laboratory Road, turn right and cross the South Fork River. The parking lot is located on the right.



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