



2025

TrailLink Unlimited 

Guides



Highland Rail Trail

North Carolina



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Highland Rail Trail is named for the neighborhood that it runs adjacent to as it travels through Gastonia along the former Carolina and Northwestern (C&NW) Railway. Although short, it offers an important connection between downtown Gastonia at its southern end and the recreational amenities of Sims Legion Park at its northern end.

Future plans call for continuing the trail north to Rankin Lake Park. It's also part of the much larger Carolina Thread Trail, which winds across 15 counties through North and South Carolina.



TrailLink
by Rails-to-Trails Conservancy

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Highland Rail Trail

North Carolina

States: North Carolina

Counties: Gaston

Length: 1.6miles

Trail end points: Broad Street and Long
Avenue to Rankin Lake Road

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike,Inline
Skating,Walking,Wheelchair Accessible

Parking & Trail Access

Parking is available at the trail's northern end in Sims Legion Park (1001 N. Marietta Street).



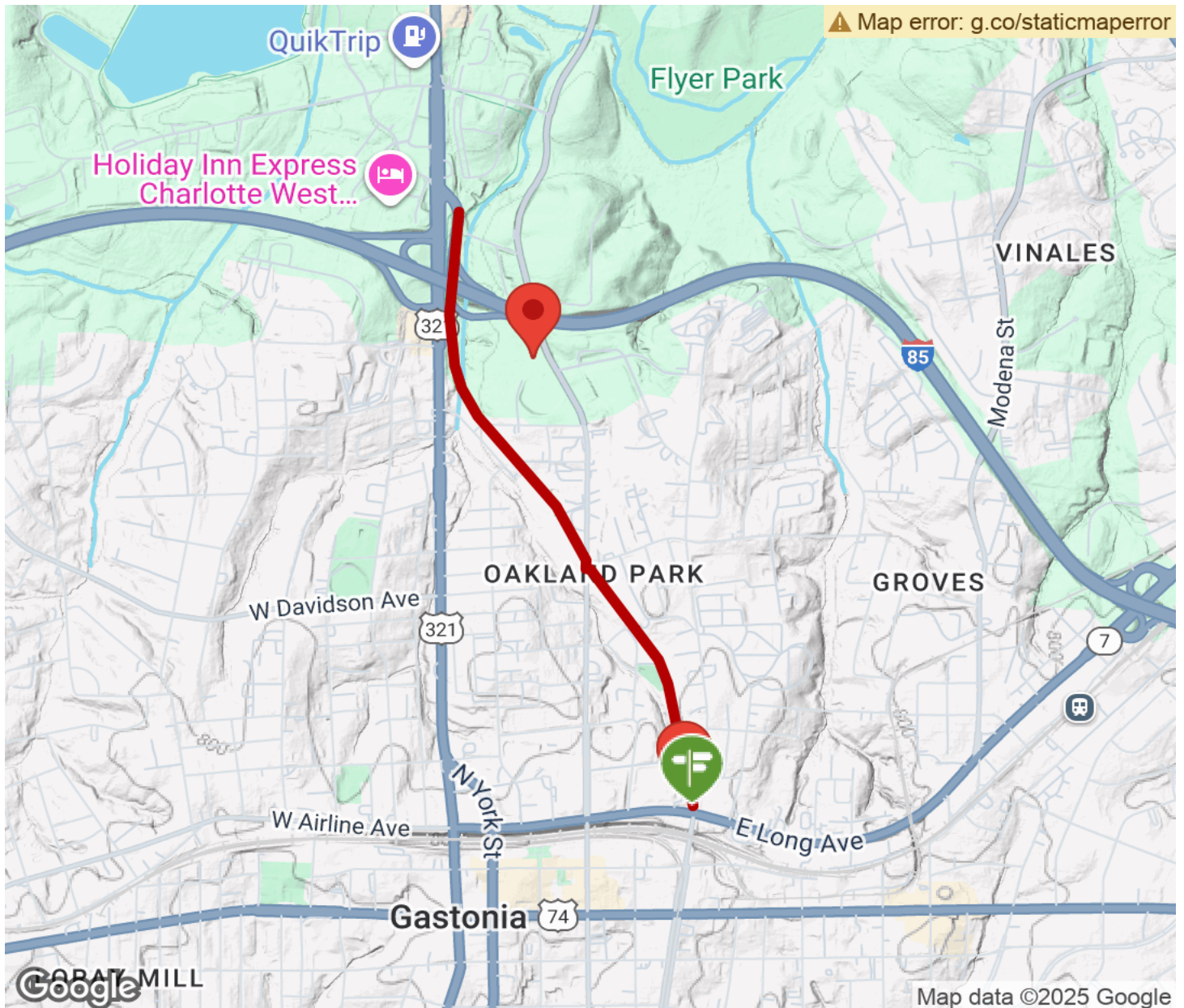
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Highland Rail Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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