



2026

TrailLink Unlimited 

Guides



## Highland Rail Trail

*North Carolina*



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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.



# 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

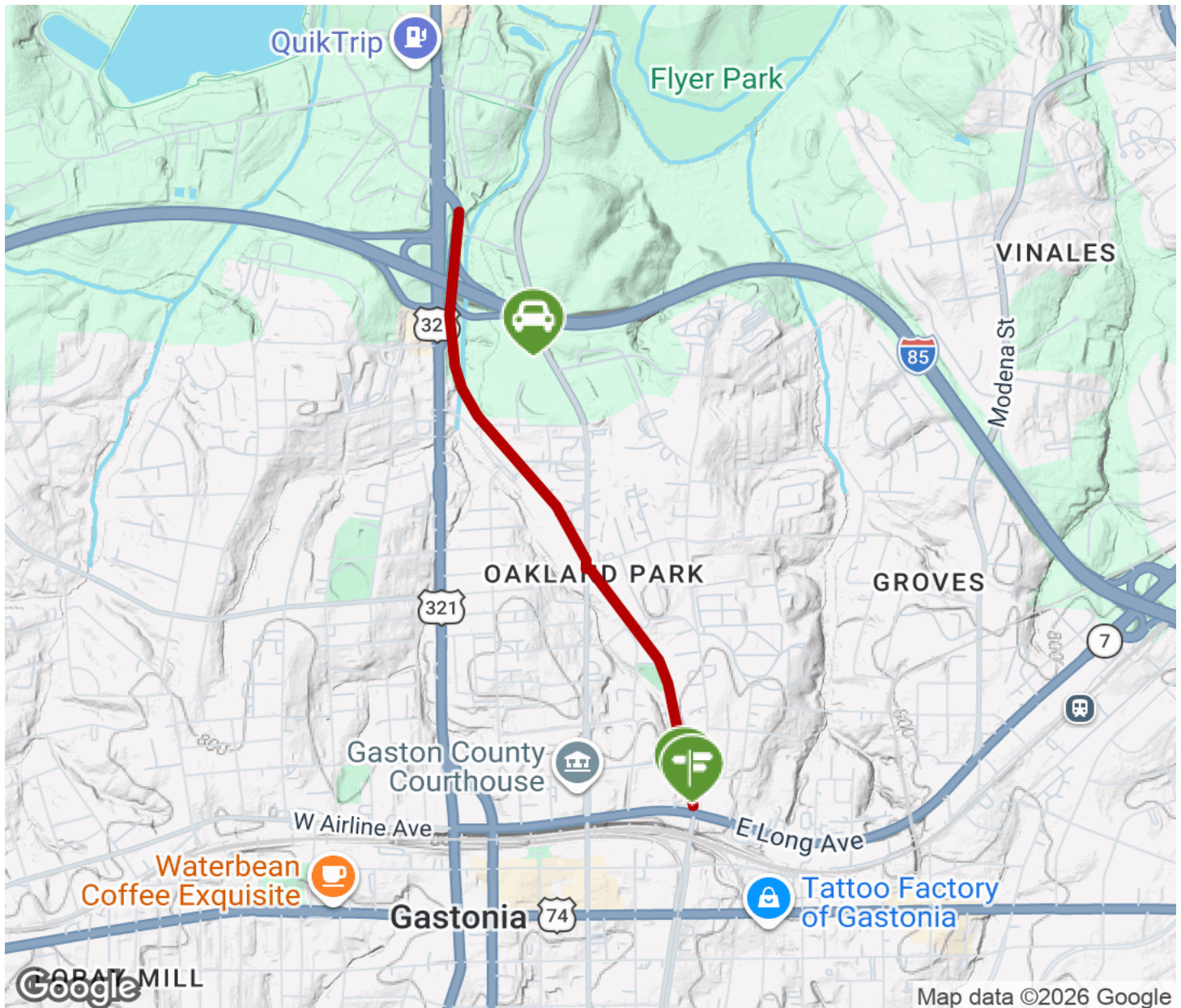
## Parking & Trail Access

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



# Highland Rail Trail

North Carolina



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**