



2026

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. The trail is also part of the much longer 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: Norfolk Southern Railroad

Trail to N Broad St.

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

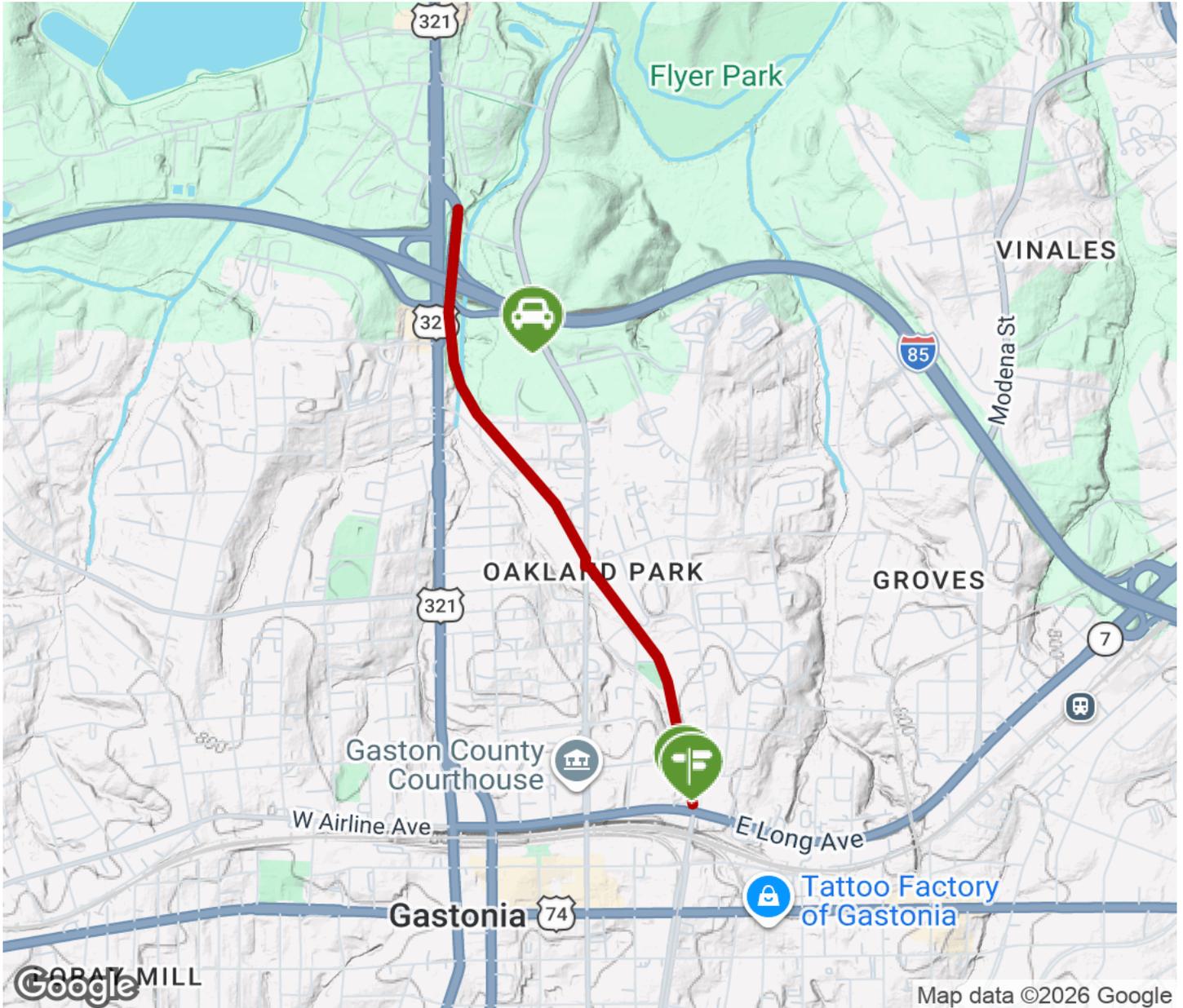
Parking & Trail Access

Parking is available at the trail's northern end in Sims Legion Park, 1001 N. Marietta St.



Highland Rail Trail

North Carolina



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)