

State Parks

Carolina Beach State Park

Diverse coastal ecological communities support rare plants, including Venus flytrap.

Physical Disabilities:

- Accessible fishing pier and boardwalk.
- Accessible bathhouse.
- Accessible campsites have an accessible picnic table, a raised grill, and a paved path to the bathhouse.
- Features an accessible trail funded by UNC-Wilmington.

Carvers Creek State Park

Diverse habitats, 100-acre millpond, picnic areas, historic buildings from the James S. Rockefeller's Long Valley Farm, bank fishing, and a lovely boardwalk extending 90 feet into the cypress trees of the millpond.

Physical Disabilities:

- Two marked accessible parking spaces.
- The park office has a ramp.
- One accessible restroom.
- The park has an ADA-friendly picnic area next to the park office, and park staff will open a gate to allow very close vehicle access as requested.
- On Tuesdays between 8:30 a.m. and 4 p.m., the park provides a shuttle program for visitors with disabilities, senior citizens and anyone who cannot make the half-mile hike to the Rockefeller house area and the observation and fishing deck.
- The observation deck has ADA access features.

Chimney Rock State Park

Spectacular vistas of Hickory Nut Gorge. Historic tourist destination, 26-story elevator, 404-foot waterfall, over 6,000 acres, rock climbing and bouldering. Admission.

Physical Disabilities:

- Four marked accessible parking spaces in upper parking lot.
- The Meadows restroom is paved with one marked accessible parking space.
- The gift shop and deli are wheelchair-accessible.
- One accessible restroom in upper parking area.
- A wheelchair-accessible elevator inside the mountain takes visitors near the top of the Chimney.

Cliffs of the Neuse State Park

Multicolored cliffs up to 98 feet tower over historic river. Part of the Mountains-to-Sea Paddle Trail. Swim lake open during summer

Physical Disabilities:

- Nine marked accessible parking spaces.
- The visitors center, picnic bathroom and lake area all have a ramp. All other buildings have steps.
- Two accessible restrooms are open year-round at the picnic areas and the visitor center.
- The bathhouse is wheelchair-accessible as are two campsites with stand-up grills and wheelchair-accessible picnic tables.

Crowders Mountain State Park

Two of the highest peaks in Kings Mountain Range, 20-mile views, streams and lake environments.

Physical Disabilities:

- Three marked accessible parking spaces. The lake has hard-packed gravel accessible parking space.
- The Visitor Center has a ramp.
- The parking areas and many pathways are accessible to visitors with mobility disabilities, but some trails have hard-packed gravel or hardened earth with slopes and without areas of rest.
- The park has an accessible family and group campground, each with a wheelchair-accessible picnic table, grill and paved pathway to vault toilets.

Vision Loss:

- The visitor center has a touch screen that provides park information and some signs with large print.

Dismal Swamp State Park

More than 20 miles of hiking and biking trails on 14,000 acres of the historic Great Dismal Swamp. Wetland habitat and wildlife viewing on half-mile boardwalk. Kayak/canoe/bike rental. Underground Railroad historic designation. Visitor center and museum.

Physical Disabilities:

- Three marked accessible parking spaces.
- Accessible half-mile boardwalk.
- The visitor center is accessible.
- Accessible restrooms available.
- With advanced notice, the park can provide special assistance (staff permitting).

Vision Loss:

- The Visitor Center has objects that visitors can touch.
- Some labels have small print that may be difficult for visitors with low vision to read.

Elk Knob State Park

Scenic vistas from more than 5,500 feet in elevation with rare and unique plant communities. Enjoy a picnic after a rugged hike to the summit. Visit on a snowy day to enjoy cross-country skiing or snowshoeing.

Physical Disabilities:

- One marked accessible parking space.

- Park entrance has a ramp.
- One accessible restroom.
- Not all trails are wheelchair-accessible.

Eno River State Park

Scenic wilderness corridor encompasses 14 miles of river, multiple cultural history sites, and an extensive trail system. Part of the Mountains-to-Sea State Trail.

Physical Disabilities:

- Six marked accessible parking spaces.
- The park entrance has a ramp.
- Four accessible restrooms available.
- Wheelchair-accessible water fountain near Few's Ford.
- Ten of 20 picnic sites are accessible.
- A 12-table picnic shelter with a fireplace and a grill is also accessible and may be reserved for a fee.
- An eight-table shelter at the Cole Mill Access is accessible and may be reserved for a fee.

Falls Lake State Recreation Area

Expansive reservoir and woodlands, habitat for diversity of animals, including American bald eagles. Part of the Mountains-to-Sea State Trail.

Physical Disabilities:

- All parking lots have marked accessible parking spaces.
- The park office/visitor center has a ramp at the building's rear.
- The Community Building's entrance is accessible to visitors with mobility disabilities.
- Each restroom has an accessible toilet stall.
- An accessible fishing pier is located at Beaverdam and Rollingview.
- Accessible picnic shelters are available at Beaverdam, Rolling View and Sandling Beach.
- Accessible swimming is available at Beaverdam, Rolling View and Sandling Beach.
- Accessible campsites are available at Holly Point, Rolling View and Shinleaf.

Fort Fisher State Recreation Area

Barrier island between Cape Fear River and Atlantic Ocean is home to rare and endangered coastal birds and sea turtles.

Physical Disabilities:

- Seven marked accessible parking spaces.
- A long, winding boardwalk ramp with areas of rest leads up to the park office and to the beach.
- Two accessible restrooms.
- The park has two Landeez all-terrain wheelchairs available for beach access.

Fort Macon State Park

Restored historic fort that played a key role in Civil War, barrier island beach. Fort tours, Civil War reenactments or enjoy the beautiful beach.

Physical Disabilities:

- 18 marked accessible parking spaces at the bathhouse.
- Paved pathways at least 4 feet wide lead to the visitor center and the fort.
- The Visitor Center and Bathhouse have accessible restrooms.
- A video about the park presents a virtual tour for those who cannot physically access the park.
- The park has two Landeez all-terrain wheelchairs available for beach access.

Hearing Loss:

- The park video tour has subtitles and closed captions.

Vision Loss:

- The park video has audio description that can be turned on upon request.
- A tactile model of the fort and of the island are on display.
- Restroom signs have Braille.

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Physical Disabilities:

- Six marked accessible parking spaces.
- The park entrance has a ramp.
- Four accessible restrooms available.
- Wheelchair-accessible water fountain near Fews Ford.
- Ten of 20 picnic sites are accessible.
- A 12-table picnic shelter with a fireplace and a grill is also accessible and may be reserved for a fee.
- An eight-table shelter at the Cole Mill Access is accessible and may be reserved for a fee.

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Physical Disabilities:

- All parking lots have marked accessible parking spaces.
- The park office/visitor center has a ramp at the building's rear.
- The Community Building's entrance is accessible to visitors with mobility disabilities.
- Each restroom has an accessible toilet stall.
- An accessible fishing pier is located at Beaverdam and Rollingview.
- Accessible picnic shelters are available at Beaverdam, Rolling View and Sandling Beach.
- Accessible swimming is available at Beaverdam, Rolling View and Sandling Beach.
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Physical Disabilities:

- Seven marked accessible parking spaces.
- A long, winding boardwalk ramp with areas of rest leads up to the park office and to the beach.
- Two accessible restrooms.
- The park has two Landeez all-terrain wheelchairs available for beach access.

Fort Macon State Park

Restored historic fort that played a key role in Civil War, barrier island beach. Fort tours, Civil War reenactments or enjoy the beautiful beach.

Physical Disabilities:

- 18 marked accessible parking spaces at the bathhouse.
- Paved pathways at least 4 feet wide lead to the visitor center and the fort.
- The Visitor Center and Bathhouse have accessible restrooms.

Goose Creek State Park

Hardwood swamps and brackish marshes along the Pamlico River, oaks draped in Spanish moss.

Physical Disabilities:

- Four marked accessible parking spaces.
- The entrances to the Environmental Education/Visitor Center and the Outdoor Classroom have a ramp.
- Two accessible restrooms.
- One accessible trail.
- One primitive campsite is accessible with an accessible picnic bench.
- The picnic shelters, auditorium and classroom are accessible.

Gorges State Park

An 8,000-acre park on the Blue Ridge Escarpment with waterfalls, gorges and dramatic elevation changes provide for a concentration of rare and unique plant and animal species. A LEED-certified visitor center with exhibits, large picnic shelters with fireplaces, hiking trails, observation decks and primitive backcountry camping.

Physical Disabilities:

- Four parking areas with two to four marked accessible spaces in each area.
- The entrance has a ramp.
- Accessible restrooms at the Visitor Center and the Bearwallow and White Pines picnic areas.

Vision Loss:

- The Visitor Center has a large exhibit hall with hands-on activities, including a water cart exhibit that allows visitors to play in running water that creates different sound and stream behaviors.
- Some exhibits have sound features that play automatically.

Grandfather Mountain State Park

12 miles of rugged, scenic trails with magnificent views from rock outcrops and forested coves; highest peak at 5,946 feet. Home to over 70 rare/endangered species and 16 distinct natural communities. Adjacent to the private Grandfather Mountain attraction.

Physical Disabilities:

- Two marked accessible parking spaces at the office.
- The office entrance has a ramp.
- The office has one restroom with a stall that is 5 feet by 5 feet with grab bars.

Hammocks Beach State Park

On mainland and islands; park operates a seasonal passenger ferry to ocean beach, maritime forests, salt marshes, tidal creeks. Sea turtle nesting site.

Physical Disabilities:

- Three marked accessible parking spaces.
- The entrance to the visitor center has a ramp.
- Two accessible restrooms.
- The ferry to the island is accessible, and the park will provide transportation on the island if requested.

Hearing Loss:

- The auditorium has an assistive listening system.

Hanging Rock State Park

Rock outcrops at elevations up to 2,580 feet, five waterfalls, mountain lake, access to scenic river. Part of the Mountains-to-Sea State Trail.

Physical Disabilities:

- 23 marked accessible parking spaces.
- A 5-foot-wide asphalt trail leads from the lake parking lot to an accessible fishing pier.
- The asphalt trail to the Rock Garden is wheelchair-accessible.
- The entrance to the visitor center is level.
- Three accessible restrooms.
- One campsite is wheelchair-accessible as is the adjacent showerhouse.
- Two vacation cabins are wheelchair-accessible.
- A picnic shelter is ADA accessible.

Haw River State Park

The Summit Environmental Education and Conference Center provides training facilities, environmental education opportunities and overnight accommodations.

Physical Disabilities:

- Eight marked accessible parking spaces.
- All buildings have a ramp or a level entrance.
- Four accessible restrooms for each gender.
- An elevator is available.

Hearing Loss:

- Sign language interpreters can be hired if needed.

Jockey's Ridge State Park

Tallest living sand dune along U.S. Atlantic coast, barrier island ecology. Stroll along the sound or hang glide from a dune. Part of the Mountains-to-Sea State Trail.

Physical Disabilities:

- Six marked accessible parking spaces.
- The entrance to the visitor center is level.
- Two accessible restrooms.
- The park provides a dune ride with 24-hour notice and has a beach wheelchair available for use.

Jones Lake State Park

Carolina bay environment, five-mile hiking trail through diverse habitats with lake overlooks.

Physical Disabilities:

- Ten marked accessible parking spaces.
- The entrance is level.
- Two accessible restrooms.
- Beach wheelchairs are available for use on the lake beach area.
- Campsites and picnic shelters are accessible.

Vision Loss:

- Braille signage on doors.

Jordan Lake State Recreation Area

13,900-acre reservoir, home to American bald eagles. Several areas for day-use or overnight recreation.

Physical Disabilities:

- Two marked accessible parking spaces at the park office.
- The park office has a ramp.
- Two accessible restrooms.
- The group tent and RV campsites are accessible.
- The non-electric and electric campsites are accessible near each shower house.
- Picnic shelters are accessible.

Kerr Lake State Recreation Area

50,000-acre reservoir with 800 miles of shoreline spanning North Carolina/Virginia state line.

Physical Disabilities:

- Each of the seven areas has at least two marked accessible parking spaces.
- The Satterwhite Point Amphitheater Trail is paved and meets ADA requirements.
- The visitor center entrance has a ramp.
- Each area has at least one accessible restroom.
- Satterwhite Point has a Rolleeze all-terrain wheelchair available upon request to provide access to the defined swim area.
- Each area has at least one accessible campsite.
- Exhibits at the park office/visitor center were designed to comply with ADA requirements.

Hearing Loss:

- Five Easy Listener assistive listening devices are available.

Lake James State Park

Vistas of surrounding Black Mountains overlooking manmade 6,812-acre lake. Take advantage of the many recreation opportunities this lake has to offer.

Physical Disabilities:

- Four marked accessible parking spaces at the Catawba River Area and eight at the Paddy's Creek Area.
- The entrance has a ramp.
- One accessible restroom facility at the Catawba River Area and two at the Paddy's Creek Area.
- The park has one accessible fishing pier, two accessible campsites, an accessible showerhouse near the campsites and an accessible picnic shelter at Paddy's Creek.
- To arrange a special exploration of Lake James State Park for a group or class, contact the park office.

Lake Norman State Park

State's largest manmade lake at 32,510 acres. More than 30 miles of biking trails.

Physical Disabilities:

- 22 marked accessible parking spaces.
- Accessible paths at least 4 feet wide with slopes and areas of rest lead to the Visitor Center, Community Building, accessible fishing dock, Dragonfly Trail and all three shelters.
- The visitor center entrance is level.
- Six accessible restrooms.
- A beach wheelchair is available for beach access.
- Facilities that have a ramp or wheelchair access include swimming area, the community building, the family campground showerhouse and the Osprey and Kingfisher picnic shelters.
- The park requires at least 72 hours advanced notice to provide accommodations for visitors with disabilities such as allowing vehicular access down a service road to a picnic area that is not accessible by wheelchair.

Lake Waccamaw State Park

One of the largest Carolina bays with unique plants and animals, including alligators.

Physical Disabilities:

- Four marked accessible parking spaces.
- The entrance has a ramp.
- Five accessible restrooms.
- A paved, accessible trail leads from the visitor center to the lake. Shelters and picnic tables, including accessible picnic tables, are along the trail.

Vision Loss:

- Rooms have Braille signage.

Lumber River State Park

State Nature & Scenic and National Wild & Scenic 115 miles blackwater river. Enjoy Griffin's Whirl, a unique reverse flow area.

Physical Disabilities:

- Four marked accessible parking spaces.
- The entrance has a ramp.
- Three accessible restrooms.
- Of the 23 primitive campsites, Site #1 at Princess Anne and Site #3 at Chalk Banks are designated as accessible. All campsites at Chalk Banks are accessible with slight difficulty.
- Picnic shelter is accessible.

Mayo River State Park

A visitor's center, hiking trails, picnic tables and a picnic shelter are situated near two fishing ponds. Call the park office for updates on new facilities.

Physical Disabilities:

- Four marked accessible parking spaces.
- The park office has a ramp.
- Three accessible restrooms.
- The visitor center and all outdoor structures are wheelchair-accessible.

Medoc Mountain State Park

Exposed rock outcrops, bluffs, steep topography, rocks, minerals unusual to piedmont.

Physical Disabilities:

- Eight marked accessible parking spaces.
- The entrance has a ramp.
- Four accessible restrooms.
- One electric campsite, one non-electric campsite and primitive campsite #1 are wheelchair-accessible.
- The picnic shelter is wheelchair-accessible.
- Not all trails are paved, and they include wooden steps.

Merchants Millpond State Park

Maze of towering bald cypress trees draped in Spanish moss dominates millpond and adjacent swamp. Rent a canoe/kayak to explore the millpond.

Physical Disabilities:

- Marked accessible parking spaces.
- The entrance has a ramp.
- Four accessible restrooms.
- The auditorium, classrooms, drive-to campsite 14, the picnic shelter and a one-third mile trail are wheelchair-accessible.

Morrow Mountain State Park

Mountains up to 936 feet, peaceful lake. These pinnacles are the remains of one of the oldest mountain ranges in the eastern United States.

Physical Disabilities:

- Numerous accessible parking spaces.
- Some buildings have a ramp, and some buildings have level entrances.
- Numerous restrooms that are mostly accessible.
- The park has an accessible picnic shelter in the lower picnic area, an accessible fishing pier, six accessible campsites in the C loop, one accessible group campsite (Campsite 4) and one accessible vacation cabin.

Mount Jefferson State Natural Area

Panoramic views from scenic Blue Ridge mountaintop at 4,683-foot elevation. National Natural Landmark.

Physical Disabilities:

- Three marked accessible parking spaces.
- Entrance to the park office is level.
- One accessible restroom in the park office.
- Not all trails are accessible.
- The picnic shelter is accessible, but the nearby restrooms are not.

Mount Mitchell State Park

Highest peak east of the Mississippi at 6,684 feet, views up to 100 miles, North Carolina's first state park. Part of the Mountains-to-Sea State Trail.

Physical Disabilities:

- 12 marked accessible parking spaces.
- Paved 280-yard Summit Tower Trail is ADA-accessible.
- The entrance to the park office, restaurant, and gift shop/museum all have a sidewalk to a ramp.
- Three accessible public restroom facilities located at the park office, the summit area and the restaurant.
- A four-passenger All-Terrain Vehicle (ATV) is available upon request to transport people with mobility disabilities to the Observation Deck. This service is not available during inclement weather.
- A boardwalk ramp and paved accessible path lead to a picnic area near the summit to provide an opportunity for all visitors to experience Mount Mitchell's vistas from the picnic shelter.

Vision Loss:

- The exhibit hall has tactile objects and signs with good contrast.

New River State Park

Nationally designated Wild and Scenic and American Heritage River. It offers canoeing and hiking past scenic rock outcrops, farmlands and woodlands.

Physical Disabilities:

- Four marked accessible parking spaces.
- The visitor center entrance has a ramp.
- Three accessible restrooms.
- All learning displays in the visitor center are wheelchair- accessible, and the deck area has a bench for resting.
- Two drive-to campsites with electric, water and sewer hook-ups are completely accessible with a paved path to the restrooms.
- Eighteen drive-to campsites are wheelchair-accessible; eight have electric, water and sewer hook-ups, and the remaining 10 have electric hook-ups only.
- The picnic shelters and Community Building are wheelchair-accessible.

Occoneechee Mountain State Natural Area

Over three miles of trail circle around the highest point in Orange County, providing beautiful views of the mountain and the Eno River.

Physical Disabilities:

- No marked accessible parking spaces.
- Entrance is level.
- There are no buildings at this facility.

Pettigrew State Park

Second-largest natural lake in state, old-growth trees, American Indian artifacts including second-oldest dugout canoe in U.S., plantation historic site and grave of Confederate general.

Physical Disabilities:

- Marked accessible parking spaces.
- Entrance has a ramp.
- Some family and drive-to campsites are accessible, but the washhouse is not.
- The primitive group campsite and two picnic shelters are accessible.
- Boardwalks are accessible.
- The ADA-compliant, quarter-mile Lakeshore Trail boardwalk has wooden guards on both sides; multi-use platforms for fishing, swimming or accessing kayaks/canoes from; and two swim ladders to access the water.

Pilot Mountain State Park

National Natural Landmark offering scenic vistas of Blue Ridge mountains. Canoe the Yadkin River as it flows for two miles through the park.

Physical Disabilities:

- Eight marked accessible parking spaces.
- The visitor center has a ramp.
- Restrooms do not meet full ADA standards for turning a wheelchair.
- The drive to the summit has one accessible overlook, and the summit picnic area has an accessible path.

Raven Rock State Park

Landmark bluff that stretches 150-foot-high and more than a mile along the Cape Fear River.

Physical Disabilities:

- Seven marked accessible parking spaces.
- The entrance has a ramp/flat surface.
- Two accessible restrooms in the visitor center and two in the picnic area.
- The park has some wheelchair-accessible paths, but some nature trails are not wheelchair-accessible.

Singleary Lake State Park

Carolina bay environment, scenic lake vistas, undeveloped shoreline.

Physical Disabilities:

- One marked accessible parking space at the park office, one at Camp Loblolly and four at Camp Ipecac.
- The entrance has a ramp.
- Five accessible restrooms.

South Mountains State Park

Mountain peaks to 3,000 feet, 80-foot waterfall. Parts of the park were constructed by the Civilian Conservation Corps (CCC).

Physical Disabilities:

- Six marked accessible parking spaces.
- The entrance to the visitor center is level.
- Ten accessible restrooms.
- One primitive campsite is wheelchair-accessible and can be reserved in advance.
- Two equestrian campsites and the picnic shelter at the Jacob Fork parking area are wheelchair-accessible.

Stone Mountain State Park

Rock dome rising 600 feet above the valley floor, waterfalls, mid-19th century homestead, Blue Ridge mountain views. Part of the Mountains-to-Sea State Trail.

Physical Disabilities:

- 16 marked accessible parking spaces.
- All buildings are wheelchair-accessible.
- Seven accessible restrooms.
- The Family Campground has two accessible campsites with full hookups and 16 accessible campsites with no hookups.
- All three picnic shelters are accessible.
- Not all trails are accessible.
- The park has two wheelchair-accessible fishing piers.

Weymouth Woods-Sandhills Nature Preserve

Longleaf pine forest; broad, flat valleys; rare and endangered species include red-cockaded woodpecker, pine barrens tree frog, bog spicebush.

Physical Disabilities:

- Two marked accessible parking spaces.
- The entrance to the natural history museum is level.
- One accessible restroom for each gender.
- One 300-yard section of the Pine Barrens Trail is the only wheelchair-accessible trail at this time and provides access to plants and animals, including the endangered red-cockaded woodpecker.

Vision Loss:

- The preserve provides headsets that are mp3 players with four stories for use on the 1 trail.
- The museum has multiple audio exhibits, including a large mural that depicts flora and fauna in the park and that has push buttons allowing visitors to hear their calls.

William B. Umstead State Park

More than 5,000 acres of hardwood forest in urban Triangle region including creeks, lakes and extensive trail network with scenic overlooks.

Physical Disabilities:

- 19 total marked accessible parking spaces in four different areas.
- The visitor center has a ramp.
- Restrooms in the visitor center and the picnic area and bathrooms near the Reedy Creek picnic shelters are accessible.
- The lower parking lot serving the boat house and picnic shelters leads to a one-fourth mile paved loop around the picnic area.
- The Crabtree section's parking lot leads to an 8-foot wide paved trail to the Big Lake Dam and boat house.
- The Reedy Creek section has one accessible picnic shelter.

Hearing Loss:

- A script of the visitor center videos is available at the front desk.
- Two interactive video monitors contain no audio.

Vision Loss:

- The exhibit area has new L.E.D. lighting and some large-print signs with good contrast.
- Two interactive video monitors contain no audio; visitors with vision loss may need assistance using these.
- Restroom signs have Braille.