

## **Popular Bike Trails in North Carolina**

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Bike riding is not only a great way to incorporate exercise into your life, but it's also a very enjoyable activity. Depending on where you choose to ride, bike riding gives you the opportunity to admire the scenic views around you, or at least allow you to explore the areas that you choose to ride. If you're ever in the state of North Carolina and are interested in finding some of the more ideal trails, this guide gives you information about several good choices.

**Carolina Thread Trail** - If you're looking for a particularly scenic biking route, this trail is a terrific choice. Connecting a total of 15 counties, Carolina Thread Trail is full of natural culture, perfect for someone who is interested in viewing the natural beauty of North Carolina. This trail is currently under construction, but as soon as it is finished, over 2.5 million people are expected to be able to take advantage of its convenience. The counties that will be included are as follows: Anson, Cabarrus, Catawba, Cherokee, Chester, Cleveland, Gaston, Iredell, Lancaster, Lincoln, Mecklenburg, Rowan, Stanly, Union and York, two of which are in South Carolina.

**Gastonia Greenway** - This trail is just over 5 miles long and is an excellent fitness trail for anyone interested in biking or walking to take advantage of.

**Bicentennial Greenway** - This Guilford County fitness trail is still in the process of being created and will extend from High Point to Greensboro, providing ample length for fitness fanatics.

**Yadkin River Greenway** - A truly beautiful nature trail, which gives bikers, in-skaters, walkers, etc. the opportunity to appreciate the nature and beauty of Wilkes County while they exercise, this trail is another perfect choice.

**Devil's Ridge** - If you're into mountain biking, this 3+ mile trail located in Sanford County is a great trail. Those who have had the pleasure of riding on this trail state that it's very enjoyable, although they wouldn't recommend riding after it has rained. They have also stated that the trail is very "rooty".

**Lake Crabtree** - Another choice for mountain bikers, this Triangle area bike trail is about 8 miles long and is for every skill level, from beginner to advanced. There is wonderful scenery on the trail, and it's located south of Raleigh/Durham airport, off Aviation Parkway.

**Umstead Park** - Another Triangle area bike trail, this trail extends about 11.5 miles long and is also near Raleigh/Durham airport. The skill level is for beginners, but of course anyone of any skill level can enjoy this trail. Just be sure to apply your mosquito repellent, as you'll encounter some pretty woody areas during your ride.

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