



HIGHLAND RAIL TRAIL GASTONIA, NC

The 1.5 mile long Highland Rail Trail is constructed along the historic Carolina and Northwestern Railway. Running north, the Highland Rail Trail begins downtown at Long Avenue near Broad Street and currently ends at Rankin Lake Road, north of I-85. It's an urban trail meandering through residential neighborhoods and industrial areas, with access to Marietta Street, Davidson Street and Rankin Lake Road. The rail-trail is part of a planned system that will connect Downtown Gastonia to Rankin Lake Park.

Through a cooperative arrangement between the City of Gastonia and Norfolk Southern Corp., it was the first municipal federally rail banked corridor in NC. The rail-trail is named for, and runs adjacent to Highland, Gastonia's historic African-American community situated immediately to the north of downtown.

[Click here for directions, additional information and photos.](#)





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Directions and Parking

Parking is available along the trail at Sims Legion Park.

Directions from I-85 take Exit 17 onto N Chester / US 321. Travel south for 0.3 miles. Turn left onto N Caldwell Street. Travel 0.1 miles. Turn left onto West Sycamore Avenue. Travel 0.3 miles. Turn left onto N Marietta Street and travel 0.1 miles. The parking lot is on the left.

Parking is also available in Downtown Gastonia across the railroad trench, south of the Long Avenue/Broad Street trailhead. In early 2010, a bicycle-pedestrian system will be completed through downtown and connect to this trailhead.



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Trail Length

1.5 Miles

Points of Interest

Sims Legion Park Baseball Fields

Highland School of Technology

Access to Erwin Neighborhood Center along Davidson Avenue

Farmer's Market on Long Avenue

Surface Type

Paved asphalt

Permissible Activities

Walking

Running

Paved surface Bicycling

Roller Skating and Skateboarding

Level of Difficulty

Easy walk, level

Pet Policy

Dogs on a leash

Restroom facilities availability

Restrooms are available at Sims Legion Park, but only when there are Grizzlies games during summer evenings

Fees and hours

No fees

Hours: Daily during daylight hours

