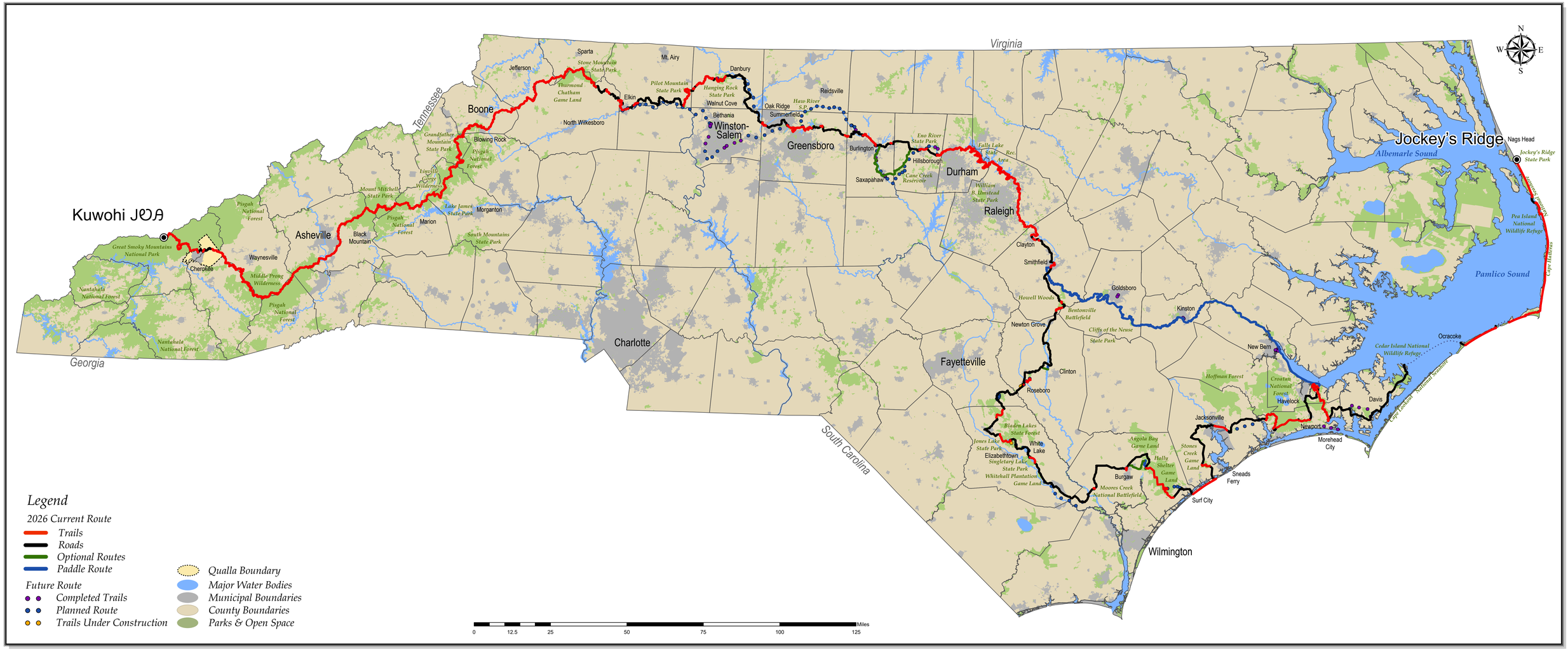
FRIENDS OF THE Mountains-to-Sea Trail NORTH CAROLINA

Mountains-to-Sea Trail

Kuwohi to Jockey's Ridge State Park

Explore the MST and Donate



© 2026 Friends of the Mountains-to-Sea Trail. Friends of the Mountains-to-Sea Trail acknowledges the following data providers: United States Census Bureau; Protected Areas Database of the US (PAD-US); National Park Service; NC Division of Parks and Recreation; N.C. Department of Information Technology; NC Center for Geographic Information and Analysis; NCDOT; Piedmont Triad Council of Governments; Alamance County; Guilford County; Johnston County GIS; Jones County GIS; Onslow County GIS; Surry County; The Southwest North Carolina Planning and Economic Development Commission; Town of Hillsborough; Town of Smithfield; Haw River Trail; additional trail GPS data provided by Jim Grode. Map created for Friends of the Mountains-to-Sea Trail by Curtis Belyea.