

WELCOME TO NAGS HEAD WOODS PRESERVE

Privately owned and managed by The Nature Conservancy.

As you hike through Nags Head Woods, you'll discover incredible biodiversity. Over 8 miles of walking trails feature steep, lushly wooded dunes, peaceful ponds and brackish marsh teeming with plant and animal life. Some of the beech, hickory, oak and pine trees may be hundreds of years old, and each trail provides a different perspective on our rare maritime forest preserve.

1 Center Trail

This short loop introduces casual hikers and small children to the forest. You will cross multiple bridges and pass a pond where you may hear and see many signs of animal life.

Trailhead: Walk past the administrative buildings and down the stairs off the deck to the left.

2 Sweetgum Swamp Trail

Designed for more adventurous hikers, this trail climbs several steep dune ridges and leads through a variety of plant communities. Trail includes stairs.

Trailhead: Walk past the administrative buildings and down the stairs off the deck toward the Center Trail. Bear left at the markers to the Sweetgum Swamp Trail.

3 Blueberry Ridge Trail

The combined Sweetgum Swamp and Blueberry Ridge Trails offer our longest and most rigorous hike. Blueberry Ridge winds around a beautiful pond and provides scenic vistas. This trail climbs steep dune ridges and has stairs.

Trailhead: Follow directions to the Sweetgum Swamp Trail. The Blueberry Ridge Trail is accessed about halfway around the Sweetgum Swamp Trail loop.

4 Discovery Trail

This short loop trail is great for families. You will walk through dense forest, over two bridges, past freshwater ponds and up a dune ridge. Permitted fishing is allowed on the large pond. The Roanoke Trail Extension leads off the loop and meets the Roanoke Trail.

Trailhead: Walk out of the parking lot and turn left on the gravel road. The trail head is a short distance on the right through the split rail fence.

5 Roanoke Trail

This popular trail leads through pine forest and dense salt marsh, ending at a small beach on Roanoke Sound. Once the site of a nineteenth-century homestead, hikers can access a cultural history audio tour with a cell phone along the trail.

Trailhead: Walk out of the parking lot and left on the gravel road for .2 miles. Turn right at the stop sign. The trail head is about 50 yards ahead on the left through the split rail fence. You can also access the Roanoke Trail from the Discovery Trail.

6 ADA Trail (Americans with Disability Act)

This trail hosts a butterfly garden, a maritime swamp forest, a freshwater pond (permitted fishing allowed), and an overlook of the brackish marsh. The trail is comprised of a wooden boardwalk and concrete; it is stroller friendly and is fully accessible for those with disabilities.

Trailhead: There are two handicapped parking spaces available at the trailhead. Walk out of the parking lot and left on the gravel road for .2 miles. Continue straight through the intersection to the trailhead and signs.

7 Nags Head Town Trail

This trail climbs several dune ridges and leads to the shore of the Roanoke Sound. A trail map is available at the trailhead kiosk.

Trailhead: Accessed at the Nags Head Town Park 415 Health Center Drive Nags Head, NC (off West Barnes Street). Follow parking area towards the right and look for the trailhead kiosk.

8 YMCA Trail

This very short trail climbs several dune ridges and connects to the Nags Head Town Trail.

Trailhead: Accessed behind The Outer Banks Family YMCA 3000 S. Croatan Highway Nags Head, NC.



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Nags Head Woods Preserve

TRAIL GUIDE

For more information, visit nature.org/nhw or call (252) 441.2525.

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Want to help support the preserve?

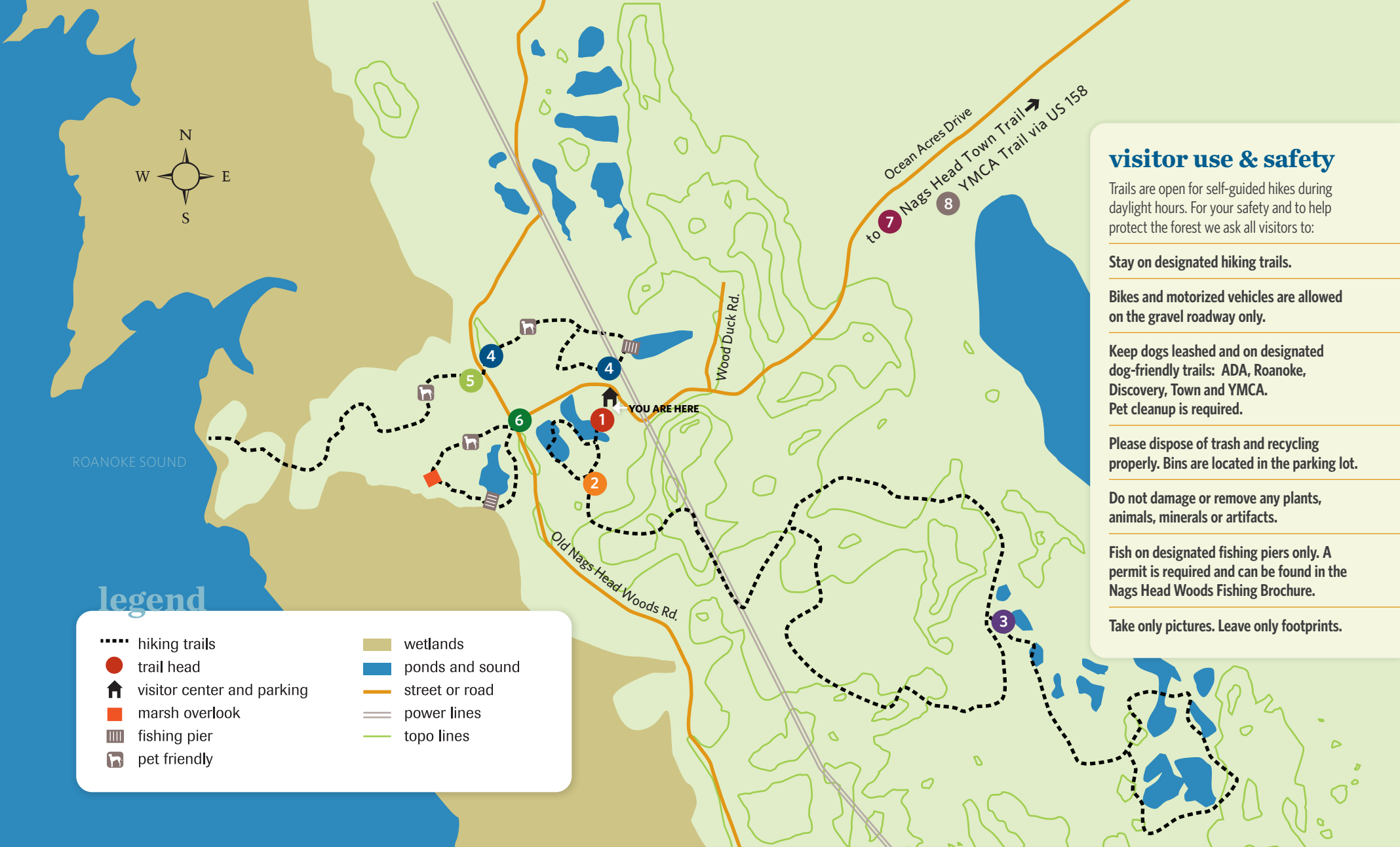
Consider becoming a Nature Conservancy member.

Visit nature.org/northcarolina for more information. Thank you!

Help TNC save money and paper by returning your trail map when you are finished.

The Nature Conservancy 

Protecting nature. Preserving life.



visitor use & safety

Trails are open for self-guided hikes during daylight hours. For your safety and to help protect the forest we ask all visitors to:

Stay on designated hiking trails.

Bikes and motorized vehicles are allowed on the gravel roadway only.

Keep dogs leashed and on designated dog-friendly trails: ADA, Roanoke, Discovery, Town and YMCA. Pet cleanup is required.

Please dispose of trash and recycling properly. Bins are located in the parking lot.

Do not damage or remove any plants, animals, minerals or artifacts.

Fish on designated fishing piers only. A permit is required and can be found in the Nags Head Woods Fishing Brochure.

Take only pictures. Leave only footprints.

Legend

- hiking trails
- trail head
- 🏠 visitor center and parking
- 📏 marsh overlook
- 🎣 fishing pier
- 🐾 pet friendly
- 🟡 wetlands
- 🟦 ponds and sound
- 🟠 street or road
- ⚡ power lines
- 🟢 topo lines

TRAIL	LENGTH	DIFFICULTY	TRAIL	LENGTH	DIFFICULTY
1 Center	0.25 mile loop	easy walk	5 Roanoke	1.5 mile total out-&-back	moderate hike
2 Sweetgum Swamp	2 miles total out-&-back	steep terrain	6 ADA Trail	0.5 mile loop	easy walk
3 Blueberry Ridge	3 miles total out-&-back	steep terrain	7 Nags Head Town	1.6 mile total out-&-back	moderate hike
4 Discovery	0.5 mile loop	easy to moderate hike	8 YMCA Trail	.2 mile to Nags Head Town Trail	moderate hike