



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

## **WILLIAM B UMSTEAD STATE PARK WALK**

**An AVA Sanctioned Year-Round Event  
of the Triangle Trailblazers  
Special Programs: Capitals (City of Raleigh)**

**>Print pages 2 and 3 for walk directions and map<**

This walk will go through the forests of Umstead State Park and include creek crossings and hiking into and out of ravines. You will primarily follow the Sycamore Trail but will also utilize portions of other hiking and multi-use trails. We hope you enjoy the beauty and serenity of this vast 5600-acre park!

**Brief history of the park:** The land now occupied by Umstead State Park was originally untamed wilderness where bison, elk, bobcats, and wolves roamed freely. Eventually Native Americans inhabited the land and trade routes were developed. In 1774 land grants opened the area for settlement.

Forests were cleared as early settlers began to farm the area. But poor cultivation practices and one-crop production led to the depletion and erosion of the soil. In 1934 federal and state agencies united to buy 5,000 acres of this land to develop a recreation area. The Civilian Conservation Corps, as well as the Works Progress Administration, helped construct the site while providing much needed jobs. Four camps along with day-use and picnic facilities were built and the park opened to the public in 1937.

Over the years more land was purchased, and more facilities were built, and in 1966 the various tracts of land were combined to form the current State Park, named after former Governor William Bradley Umstead in honor of his conservation efforts.

*There are numerous restaurants in the area for an after-walk meal. Exit the park and turn LEFT on US-70. In 1.25 miles, go under the bridges of I-540. In ¼ of a mile, turn LEFT at the first signal, Brier Creek Parkway. Most restaurants will be on the left: Olive Garden, Carolina Ale House Jason's Deli, Applebee's, Long Horn Steak House, and many others. In addition, there is a Hampton Inn in this same area. Further north on US-70 you can find a Holiday Inn Express and a Courtyard by Marriott.*

**Upon completion of the walk, remember to log back in to the OSB system to “finish/complete” the online registration. Upon entering your participation date, distances, and any included Special Programs, you can print out an Insert Card for each applicable book.**

# Triangle Trailblazers

Umstead State Park Year-Round Event / Wake County  
12k / 5k Walk – YR0994



## **Driving Directions to the Start Point: 8801 Glenwood Ave Raleigh, NC**

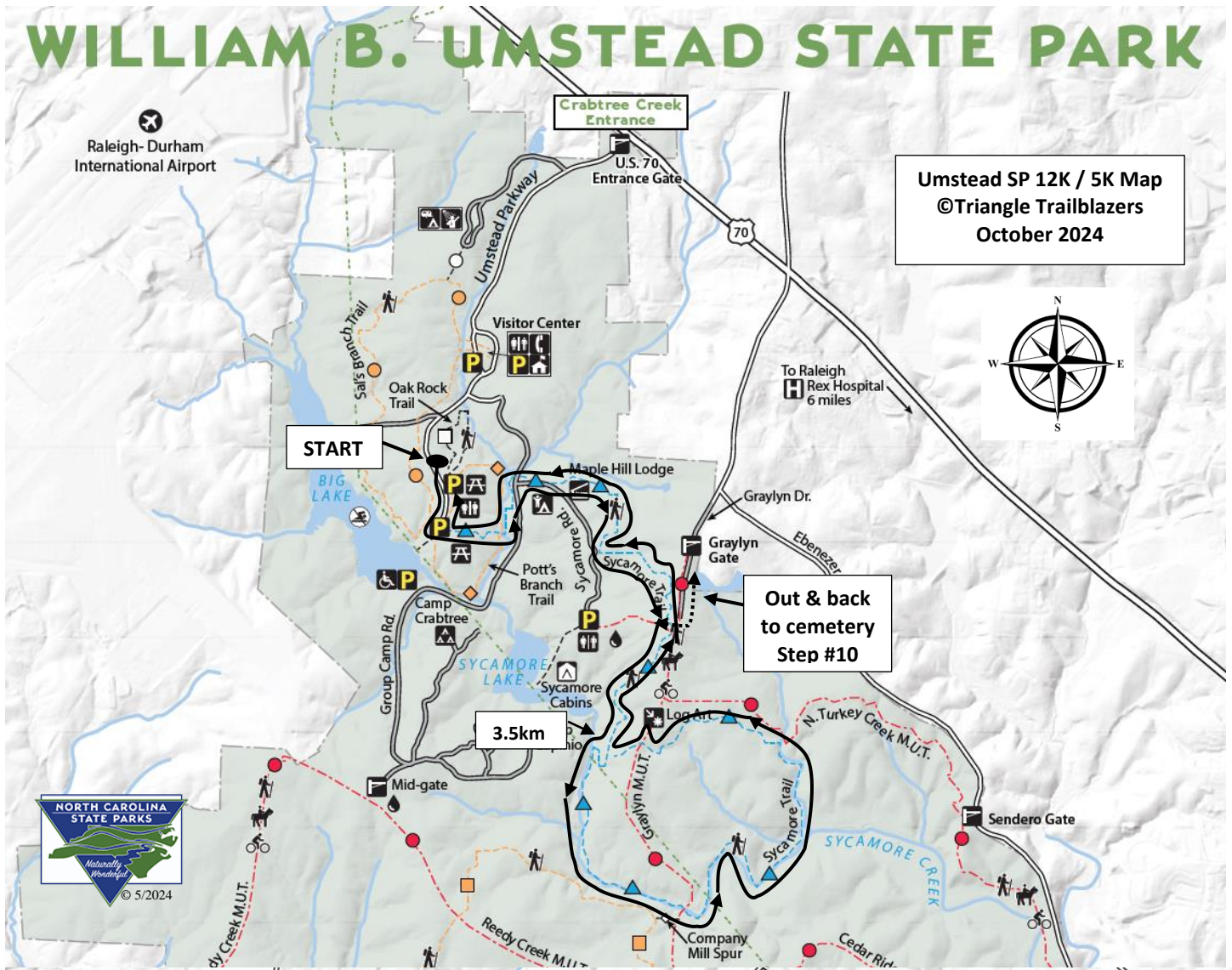
Above address is for the Visitor Center at Umstead State Park. You will drive past this to get to the start point as detailed in the following directions:

From I-440 take Exit 7 for US-70 West/Glenwood Ave. Go 6.25 miles West on US-70 to the park entrance on the left. From I-540 take Exit 4A for US -70 East/Raleigh. Stay on US-70 for 1.25 miles to the park entrance on the right.

From either direction, after entering the park: In approximately 1 mile the Visitor Center will be on your right (restrooms available). Continue past the Center for an additional ½ mile to the 1<sup>st</sup> parking lot on the left (sign for Oak Rock Trail). Additional restrooms available just as you start trail.

1. Go to the end of the parking lot where you entered and take the asphalt trail on the **LEFT**. Veer to the **RIGHT** (orange blazes) and you will come to the restrooms.
2. After passing the restrooms, turn **LEFT** at the first fork.
3. Turn **LEFT** again to follow the Sycamore Trail (blue triangles).
4. Pass Shelter #2 on the left, and then turn **RIGHT** to shelter #1. Veer **LEFT** on natural surface path to follow the sign for "Sycamore Trail/Nature Trail just to the left of Shelter #1.
5. At the bottom of the incline, **CROSS** the wooden bridge and veer **LEFT**. From here on, the trail is clearly marked with Blue Triangles.
6. After **CROSSING** a second wooden bridge, turn **LEFT** (do not go up to the road).
7. After a short distance, the trail leads to a road, **CROSS** here to pick up trail on the other side.
8. After approximately 1.4K you will come to a narrow bridle trail (2 signs are at this junction).
9. **10K Walkers:** turn **LEFT** on this trail and then **LEFT** again onto the wide, gravel bike/bridle trail.
10. Go a short distance to the King Family Cemetery on the right.
11. **TURN AROUND** at the cemetery and turn **RIGHT** to retrace your steps back to the narrow bridle trail where the 2 signs were located.
12. Turn **LEFT** on Sycamore Trail (blue blazes) and continue, crossing a dirt road.
13. At about 3.5km (see trail map), you will come to a 'Y', turn **RIGHT** and follow blue blazes.
14. In a short distance you'll come to signs indicating the Sycamore trail splits into a loop. Stay to the **RIGHT** and follow the blue blazes.
15. The trail goes **DOWN** a long, winding hill towards the creek. Trail will continue for some distance following the creek while going **UP and DOWN** hills.
16. **CROSS** gravel road ('You are Here' sign) and continue ahead.
17. In about 2.8K turn **RIGHT** on another gravel road. Go a short distance to view the "log art".
18. Turn around and quickly turn **RIGHT** to continue on the Sycamore Trail.
19. At the end of the loop, turn **RIGHT** at the Sycamore Trailhead sign. Continue following Blue Blazes-do not take any side paths (you will be retracing your steps to the start).
20. At the stone bridge, **CROSS** the road and veer **RIGHT** to stay on trail still following blue blazes.
21. **CROSS** bridge/creek. At the junction with Potts Branch Trail, **CROSS** and head up to the **LEFT**.
22. Go by Shelter #'s 1 & 2 and then veer **RIGHT** towards Restrooms.
23. Just past the restrooms, veer **LEFT** to return to parking lot.

# WILLIAM B. UMSTEAD STATE PARK



Umstead SP 12K / 5K Map  
©Triangle Trailblazers  
October 2024



## LEGEND

Hiking Trail -----	Bathhouse	Powerline - - - - -
Biking Trail -----	Hospital	Restrooms
Bridle Trail -----	No Swimming	Roads
Tent/Trailer Camping	Park Boundary	Gravel =====
Group Camping	Park Gate	Paved =====
Youth Camping	Parking Area	Telephone
Primitive Cabins	Picnic Area	Visitor Center
Primitive Lodge	Picnic Shelter	Water for Horses
Accessible	Point of Interest	

## TRAILS

Multiuse Trails (M.U.T.)	moderate	13.0 miles	
-Cedar Ridge			
-S. Turkey Creek			
-Graylyn			
-Reedy Creek			
-N. Turkey Creek			
-Reedy Creek Lake			
Campground Spur	easy	0.4 mile	
Company Mill	moderate	5.8 miles	
Company Mill Spur	easy	0.2 mile	
Inspiration	easy	0.4 mile	
Loblolly*	moderate	2.7 miles	
Oak Rock	easy	0.6 mile	
Pott's Branch	easy	1.3 miles	
Sal's Branch	moderate	2.8 miles	
Sycamore	moderate	7.2 miles	

\*Loblolly Trail is an out-and-back trail. The round-trip distance to the park boundary is 5.4 miles.

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

In Case of Emergency: Dial 911  
 For Event Assistance: Rich Rycek 919-699-0123