

Hanging Rock State Park – Newbie Guide
1790 Hanging Rock Park Road
Danbury, NC 27016

From Walkertown, Kernersville, Winston-Salem, Stokesdale, Greensboro and Germanton. Take the Germanton Exit from US Hwy 52 and continue to follow Highway 8 into the county seat of Danbury, NC. Or from I-40 take the Highway 68(Airport) exit and continue into Stokesdale, turning left onto Hwy 158 then right onto Highway 65 which will bring you into Walnut Cove and Hwy 8/89. Pass through the Historic Downtown Main Street, by the Historic Courthouse and The Arts Place Market, until the intersection of Hanging Rock State Park Road and Highway 8. Turn left onto Hanging Rock Park Road and continue through the park gate driving up Hanging Rock Park Road to embark on an outdoor adventure in Stokes County.

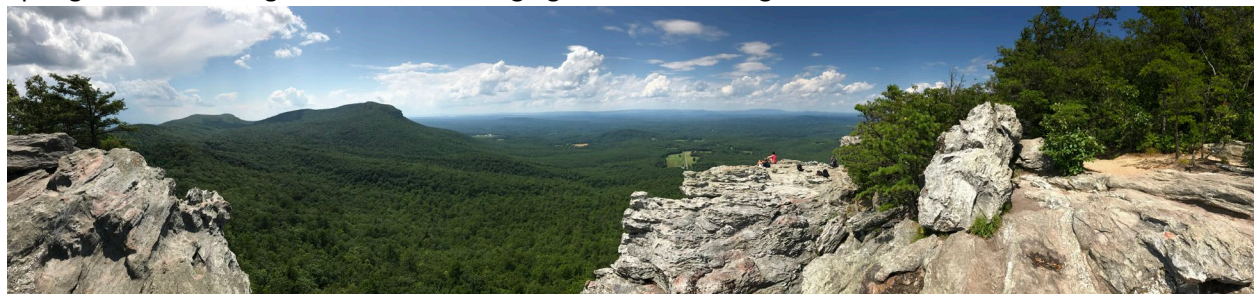


Follow Brown, State Highway Signage directing toward Hanging Rock State Park



The view driving down the last hill before entering Hanging Rock State Park Gate.

If arriving at Hanging Rock from Surry or Mount Airy and areas of King, NC. Take the Moore/RJR Exit from US Highway 52, follow Highway 66 and take a right onto Moore's Springs Road. At the end of Moore's Springs Road take a right to drive into Hanging Rock State Park gate.



View from the top of Hanging Rock looking out toward Moore's Knob.

Trail: Hanging Rock Peak

Marker: Orange Circle

Length: 1.3 miles (One-Way)

Difficulty: Moderate

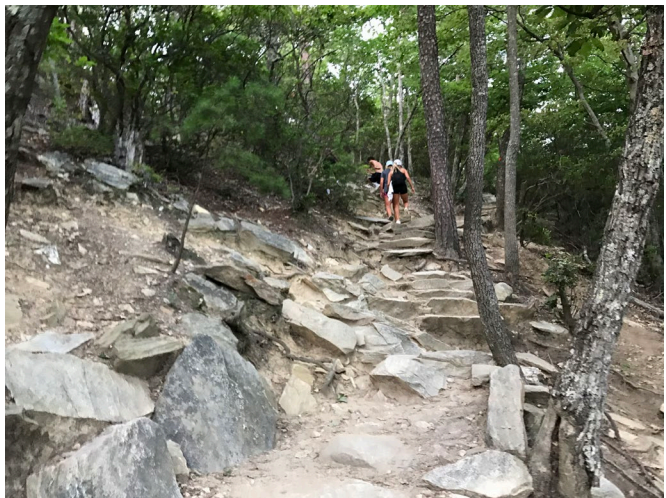
Time: 45min to 1 hour (One-Way)

Named for the state park and the rock formation visible at the summit. This trail is the MAIN tourist attraction for first time or annual visitors. Trailhead begins at the top edge of the Visitor Center parking lot. From Hanging Rock Park Road continue uphill until you reach a 4 way intersection, turn left into the Visitor Center Parking Lot which is across from a driveway leading to Family Camping.



Progress into the first bay of the parking lot, midway on the right you will see an overlook balcony and just past that the trailhead sign.

Trail starts out paved and turns to gravel/dirt/rock, gradually gaining elevation. Wood and stone stairs lead to the top of the namesake rock formation, which juts out over the landscape. Hikers can rest on the quartzite and enjoy spectacular views of the park below and the Blue Ridge Mountains to the north. Directly across from the view at the top, visitors will notice the Sauratown Mountain Range ending in a knob style formation.



There are many Uphill treks along this trail, but there are points of level areas between uphill hiking where hikers can catch their breath or take a seat on a park bench or at a Picnic Table. The span of flat trail above is just before the wooden step section that will get your heart pumping, and then level out/pass by a rock outcropping under the "hanging rock". Enjoy this last leisure walk before the rock steps seen on right. This stair step hike will

all be worth it once you walk out onto the peak to see the scenic views and beauty below.

Trail: Wolf Rock Trail

Marker: Blue Triangle

Length 1.7 mi. (One – Way)

Difficulty: Moderate

Time: 1.5 – 2 hours (One – Way)

Trail begins behind the lake bathhouse at 2847 Hanging Rock Park Rd. and ends at an intersection with Hanging Rock Trail. This hike is less difficult if you start at the lake parking lot, the ascent is not as steep.

This trail has an alternate starting point and can be hiked by starting at the Hanging Rock Trail head in the Visitor Center Parking Lot, you will hike 0.5 miles of Hanging Rock Trail and reach the sign that splits off for Wolf Rock. The trail surface here is more natural, without trail work and gravel bought in from outside the park, as seen on the Hanging Rock Trail. Trail is narrow in some spaces and has a natural dirt and trail/plant rooting surface.

Definitely a good uphill workout to get to the trailhead, a little more incline once you get on that. But pretty easy from probably 1/4 mile in. Enjoy unobscured views from Wolf Rock, a large outcropping of quartzite. Trail surface is gravel/dirt/rock with some uneven steps.



Rock, 1.4 mi. from the trailhead, is a rock formation named for a house-like portion of a rock shelter overhang cavity that resembles a “living room.”

After House Rock, continue hiking along the trail system which will link in with Cooks Wall Trail. There is an additional 1.5 miles of hiking one way to Cooks Wall. **If you began your hike to Wolf Rock from the Hanging Rock Trail, there are two trails that go off to the right and back to the Lake after passing House Rock. These trails cutting back to the Lake are helpful if a hiker gets too exhausted and can’t make it to Cooks Wall. Likewise if hiking to Cooks Wall from Wolf Rock on the return a hiker wouldn’t need to rewalk the entire trail, they may take the nature trail back to Lake.

****Frequent Hiker Tip:** For a few extra miles and to reach two additional peaks after hiking to Hanging Rock, on the return to Visitor Center Parking Lot take the left trail to Wolf Rock as noted by a small wooden sign at the trail entrance. The hike out to Wolf Rock doesn’t make you nearly as winded as the hike to Hanging Rock. Once reaching Wolf Rock Peak the trail will continue out to House



Trail: Moore's Wall Loop Trail

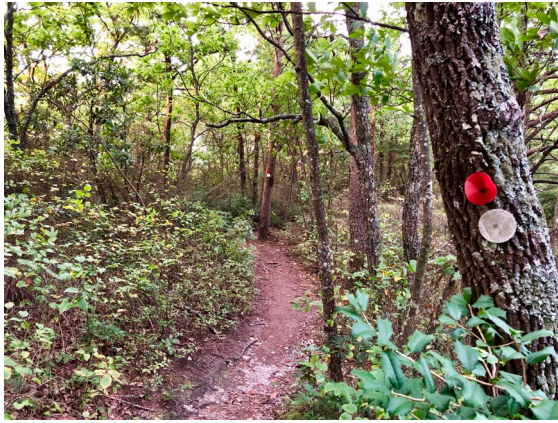
Marker: Red Circle

Length: 4.7 miles (Loop)

Difficulty: Strenuous

**Time: 2 – 2.5 hours to Look Out Tower,
30-45 mins to return back to parking lot.**

Begins directly behind the stone bathhouse next to the lake parking lot. Arrive at the Lake Parking Lot by continuing all the way to end of Hanging Rock Park Road, this is where you will park to embark on Moore's Wall Loop.



If hiking clockwise, the trail climbs elevation slowly, ultimately leading to the Observation Tower at 2,497 ft. above sea level. Trail can also be hiked in reverse by following signage along way to Family Campground where hikers can hike up 684 rock steps to the Lookout Tower and return down those steps or continue counter clockwise to complete the loop and return to Bathhouse.

Although marked as a strenuous trail the semi-regular hiker will enjoy this loop hike which also follows portions of the Mountains To Sea Trail. Wear hiking boots and be ready to navigate a true trail



surface climbing small rocks and rough terrain along the way. In the beginning there are a few creek crossings with boardwalks over them making for ease of passage.

Enjoy 360-degree views from atop this former fire tower. After passing "Balanced Rock," continue down the 684 stone steps of the "endless staircase." The trail crosses a small creek and passes behind the campground amphitheater,

then emerges onto a paved surface. Follow the red blazes painted on pavement to campsite 40 where the trail goes through the woods, meanders along the lake and returns to the lake parking lot. Sunsets are enjoyed here in the Spring and Summer when daylight is longer, plan on returning to parking lot once the sun sinks below the horizon.



Trail: Cook's Wall Trail

Marker: White Diamond

Length: 2.2 mi. (One – Way)

Difficulty: Moderate

Time: 2.5 hours (Round Trip)

Trailhead begins behind the lake bathhouse, 2847 Hanging Rock Park Rd. and offers sweeping views of the south and west with Sauratown and Pilot Mountain visible in the distance. Tall rock wall formations including Devil's Chimney are found past the end of the trail.



Alternate start point available by beginning your hike on Hanging Rock Trail, taking the Wolf Rock Trail on the right, hiking for 1.5 miles and continuing another 2 miles onto the Cooks Wall Trail which meets up with another right hand cut back trail to the Lake (this the point a hiker would have joined into the trail to Cooks Wall if they began at the Lake).

Cook's Wall is open to climbers and requires a permit. Trail surface is

gravel/dirt/rock & some uneven steps. Before reaching the peak of Cook's Wall the trail passes through a grassy mountain meadow where sprigs of grass wave in the wind as seen in the image to the right.



****Hiker Tip:** Great trail! My dog and I started out around 7:10 a.m. and saw a few deer, and even the resident Hanging Rock bear (as it ran away!). The deer didn't run off, but kept an eye on us, so we could pause and watch them for a couple minutes. During the trail we saw a bit of variety in the types of forest/trees, the end was a beautiful far stretching, flat view.



Explore this 4.10 mile, out and back trail near Westfield, North Carolina. Generally considered a moderately challenging route, it takes an average of 2 h 12 min to complete. This is a popular trail for birding, hiking, and trail running, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime. Dogs are welcome, but must be on a leash.

Trail: Tory's Den Trail**Marker: Blue Circle****Length: 2.4 mi. (One – Way)****Difficulty: Moderate****Time: Just over 2 hours (Round Trip)**

Begins at the west end of Torys Den parking lot, 1185 Charlie Young Rd. and goes downhill along the powerline before crossing Charlie Young Rd. The trail then meanders through forests and near a small stream before climbing up the mountain. Half of this trail is open to equestrians and a sign marks the end of the section that can be used by horses. Hikers can continue



up to Huckleberry Ridge. Trail ends at the intersection with Moore's Wall Loop Trail. Trail is made up of a gravel/dirt/rock. Distance is one-way. This trail is more relaxed, with limited inclines, and not as many scenic views although there are plenty of boulders and large rocks all along the trail. This trail also combines with Ruben Mountain.

**Trail: Ruben Mountain Trial****Marker: Orange Triangle****Length: 2.9 mi. (One – Way)****Difficulty: Moderate****Time: 2.5 hours (Round Trip)**

Park at Torys Den parking lot, 1185 Charlie Young Rd. Hikers must travel one mile on Torys Den Trail to get to the Ruben Mountain trailhead. Hiking the entire trail from the parking lot and back in a loop is approx. 5.5 miles. This wide trail winds around Ruben Mountain through boulder fields and past a lofty view of Brown Mountain in the distance. Trail surface is gravel/dirt/rock & is open to equestrians.

****Hiker Comment:** Ruben Mountain is a fun wide trail with gentle elevation. On the easy side of moderate. No real views but a good woods walk. We added the short little trail to Tory's Den and Falls. Beautiful. Also for a Saturday in a busy State Park, there were not very many people on this trail which was awesome. The Reuben Mountain loop was so quiet. I didn't see one human the whole time. The views in summer and winter will vary with leaves off the trees to look through the canopy for additional views. The whole trail were leafy maples, oaks, and birch this trail was pretty easy once you're in the loop part with its smooth ups and downs. But since it was a total of over 5 miles, perfect exercise.

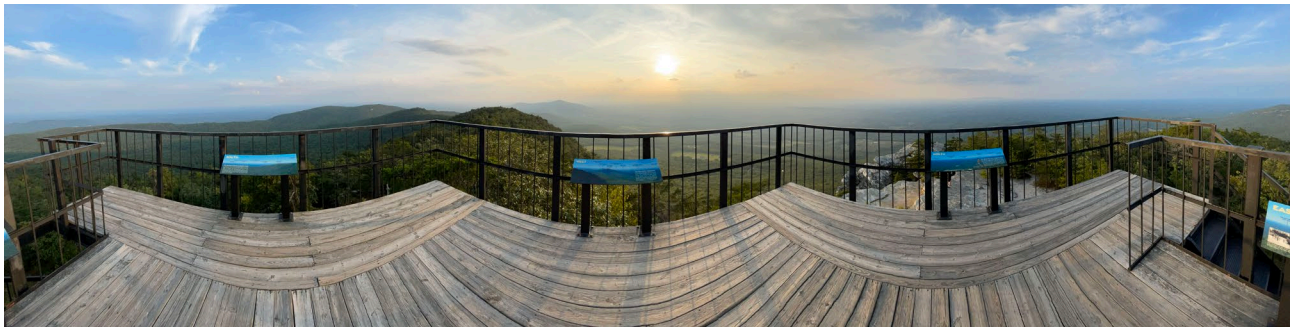
Hidden Points of Interest

Can You Hang From The Hanging Rock? The perfect selfie opportunity or photo op to capture a daredevil looking photo for sharing with friends, who will instantly think you're crazy for hanging off of Hanging Rock. Once at the top of Hanging Rock look for a side trail that cutting off to right of the peak to another point of observation. Just past this point, make your way behind a large rock standing tall above the rocky surface of the peak. Here you will find an almost identical suspended, hanging rock. Have someone stand on the surface before this point ready to snap a photo without including the ground. The person in photo will use upper body strength to pull themselves up on the rock suspending their feet in mid air. The final photo appears as if the person is hanging from Hanging Rock Peak, but in reality stable ground is just below them.



Moore's Knob Point Of Interest Signs

At the top of Moore's Knob's Look Out Tower signage on all four sides of the tower point out Point of Interest locations in each direction North, East, South and West. The lookout tower was once a Fire Observation point where a fire or forestry member would be stationed to watch & identify fires for dispatch



Campground & Lake, Beach, Canoe, Diving, & Paddle Boarding

Hanging Rock State Park Campground features 78 tent camping sites, many of which can also be used for teardrop or small campers, there are not water or sewer hookups. Also featured in the campground are 10 rustic cabins that have all be upfitted in recent years with kitchenette, plumbing and beds for sleeping.

