

Trails

Flytrap Trail easy 0.5 mile orange

This wheelchair-accessible trail loops through pocosin wetlands, longleaf pine, and wiregrass savanna communities. Venus flytraps can be seen along the edges of the pocosins. Wildflowers bloom along the trail. Parts of the trail travel along wooden boardwalks.

Sugarloaf Trail easy 3.0 miles orange

This trail begins at the marina parking area and offers great birding opportunities. Journey through a coastal evergreen forest, coastal fringe sandhill forest, tidal cypress-gum swamp, and longleaf pine savanna on your way to the Sugarloaf Dune, a prominent pre-colonial geological feature.

Campground Trail easy 1.0 mile blue

This trail begins and ends at the visitor center and briefly joins the Sugarloaf Trail. Much of this trail winds through a coastal fringe sandhill forest, dominated by longleaf pines and live oaks.

Sand Live Oak Trail easy 1.5 miles yellow-green

This trail takes you along the river and through a sand dune forest, looping around the southern end of the park before connecting back to Sugarloaf Trail. Part of this trail is on U.S. Federal property.

Snow's Cut Trail easy 0.75 mile red

This trail begins at the picnic area and follows along Snow's Cut through a pine-hardwood forest. Towering trees and scenic views of the Intracoastal Waterway are seen along this trail.

TRACK Trail easy 0.25 mile red

This section of the Snow's Cut Trail is designated as a self-guided trail for kids. Activity brochures may be found at the picnic area trailhead and at the tent, trailer, RV campground trail access near campsite #20.

Swamp Trail easy 0.75 mile red

This trail begins and ends along the Sugarloaf Trail. It provides access to the group camping area, as well as views of a tidal cypress-gum swamp and brackish marsh.

Oak Toe Trail easy 0.25 mile blue

This trail spurs off the Sugarloaf Trail and journeys to the Marsh Overlook. It offers views of the Cape Fear River and brackish marsh as well as sightings of fiddler crab, dwarf palmetto, and oak toe lichen.

Fitness Trail easy 1.0 mile yellow

This wheelchair-accessible loop has several exercise and activity stations set up along the way. This trail is located off of 7th Street with parking at the Carolina Beach Recreation Center.

Carolina Beach State Park

