Gaston County Bicycle MAP

About the Routes

The Gaston County bicycle routes were developed with two primary goals in mind: to identify safe, scenic, and inviting places to ride via lightly traveled roads and to designate routes that serve a transportation function by connecting the various municipalities and points of interest in the county. Due to the high traffic volumes of some of the roads in the county however, it was not possible to connect all the points of interest and towns to each other. During commute times, traffic volumes along some portions of the designated routes are higher than desirable. These sections of roadway are marked on the map and are posted with Share the Road signs on the road.

There are five signed bicycle routes in Gaston County totaling 85 miles. An additional 42 miles of unsigned connectors and the 2.5-mile Avon/Catawba Creek Greenway off-road trail provide many opportunities to enjoy bicycling throughout the county. The following section provides information helpful in planning rides, and highlights some of the points of interest you will encounter along the way. On the road look for signs like the one shown above that mark the routes.

In addition to showing the bike routes, the map pinpoints the locations of various services throughout the county including country stores, campgrounds, restaurants, and bike shops. Towns that provide overnight accommodations, restaurants, grocery stores and other amenities are marked with a star and are designated as "full service areas". Enlarged detail maps are shown for Gastonia, Bessemer City, Dallas, Mount Holly, Stanley, Cherryville, and the McAdenville/Belmont/Cramerton area to further help you to navigate these areas and locate points of interest. Additional useful information on bicycle safety, proper riding techniques, bicycling equipment, and the laws pertaining to the operation of a vehicle in North Carolina is also provided on the reverse side.

Route Descriptions

Route 1 – High Shoals to Crowders Mountain (28 miles)

This north/south route bisects the county connecting High Shoals, Dallas, Gastonia, and Crowders Mountain State Park. Cyclists will travel through the charming downtown of Dallas, listed on the National Register of Historic Places, which includes the original Gaston County Courthouse and Gaston County Museum of Art and History. The museum features an 1884 Edison dynamo, the first hydroelectric power generator in the South, and the longest running one of its kind in the world. Another feature is the Daniel Stowe Carriage House with North Carolina's largest collection of horse drawn vehicles. The museum is open Tuesday–Friday from 10:00 am – 5:00 pm, Saturday from 1:00 pm – 5:00 pm, and every fourth Sunday from 2:00 pm – 5:00 pm (704.852.6025). Traveling south through Gastonia, cyclists will pass Sims Park, once home to various minor league semi-pro baseball teams, and the newly constructed County Courthouse and Department of Social Services Buildings. Cyclists will also wind through downtown Gastonia, past restaurants, shops, and the historic Firestone Mill.

The terrain along the southern portion of the route becomes mountainous with many sharp curves along the way, making for a challenging yet rewarding ride. A special feature of this route is Crowders Mountain State Park, open from 8:00 am to sunset all year except for Christmas Day (704.853.5375). Once the boundary between the hunting grounds of the Catawba and Cherokee Indians, the peaks of Crowders Mountain and Kings Pinnacle were included within the State Park in 1977 and 1987 respectively. In 1803, gold was discovered in this area and in fact, North Carolina led the nation in gold production until the California gold rush of 1849. There are two park entrances along the route, providing access to the many recreational opportunities that the park offers such as hiking, climbing, fishing, canoeing, and camping. The Linwood Road Access provides a trailhead for various hiking trails linking the Crowders Mountain with the Kings Pinnacle. The Springs Road entrance is where the main park headquarters is located, with a ranger station, campground, a lake with canoe rentals, hiking trails to Kings Mountain Pinnacle, picnic areas, and restrooms. Kings Mountain National Military Park can also be accessed from the southern portion of the route, and is approximately 5 miles from the begin/end point of the route at the South Carolina State line. Kings Mountain was the site of a battle between an irregular army of American colonists known as the "over-mountain men" and British loyalists. The battle, fought on October 7, 1780, was a rousing victory for the colonists and was one of the first battles of the Revolutionary War.

Route 2 – Cherryville to Mount Holly (30 miles)

This east/west route connects the towns of Cherryville, High Shoals, Stanley, and Mount Holly, passing various recreational areas along the way including the picturesque falls at High Shoals and Robert Ballard Park in Cherryville. The route traverses the gently rolling countryside along the Lincoln/Gaston County line. Access to the Cross-state Piedmont Spur, a state designated bicycle route, is provided along an unsigned connector route to the north. In terms of attractions along the route, there are shops, stores, and restaurants in downtown Cherryville, Stanley and Mount Holly for cyclists to enjoy. In downtown Cherryville, the C. Grier Beam Truck Museum chronicles the history of the Carolina Freight Corporation. The museum, which was founded in 1982 to celebrate the 50th anniversary of the company, is open Friday from 10:00 am – 5:00 pm and Saturday from 10:00 am – 3:00 pm (704.435.3072). In Stanley, the Brevard Station Museum features the history of Stanley in various exhibits, highlighting the discovery of the large leafed magnolia tree by the famed French botanist Andre Michaux in 1785. The museum is only open on Wednesdays from 12:30 pm – 4:30 pm (704.263.9801).

Route 3 – Cherryville to Crowders Mountain (20 miles)

This north/south route, at the western edge of the county, passes through Cherryville and Bessemer City ending at Crowders Mountain State Park. Along the route between Cherryville and Bessemer City be on the lookout for Tryon County Park and a nearby country store. In Bessemer City, cyclists will pass The County Park, Founders Park, Uptown Park, and various shops providing ample opportunities to take a break. The topography of the northern portion of the route, while gently rolling, gives way to steeper terrain and sharp curves on the southern portion near Crowders Mountain State Park *(see description in Route 1)*. The main park entrance, off of Sparrow Springs Rd. (SR 1125), provides access to various hiking trails to Kings Mountain Pinnacle, restrooms, a lake with canoe rentals, a trailhead to access primitive camping, and a ranger station.

Route 4 – Belmont to Cramerton (4 miles)

This east/west route connects the downtown areas of Belmont and Cramerton. Along quaint Main Street, in Belmont are antique stores, pubs, a general store (serving ice cream for those hot sunny days), and the Piedmont Carolina Railroad Museum. The Railroad Museum, open Wednesday through Saturday 10:30 am – 4:30 pm and Sunday from 1:30 pm – 4:30 pm, is located in an old railroad station and features a locomotive, a passenger car, and a caboose (704.825.4403). Near the terminus of the route at Belmont's Dwight Frady Field you pass by a restaurant and a store, as well as, another old textile mill getting a second lease on life as condominium housing. Cramerton too, offers a store downtown on Eighth Avenue.

Route 5 – McAdenville to Cramerton (4 miles)

This north/south route connects the historic downtowns of McAdenville and Cramerton, providing access to various parks and recreation centers in both towns. As you leave the small, yet active, downtown of McAdenville with its shops and a restaurant, you cross the South Fork River. As you approach Cramerton, you go back across the river and into downtown. Near the end of the route, at the C.B. Huss Recreation Complex, which includes a pool, there is an old textile mill that has been refurbished as condominiums. This is another example of a number of revitalization projects around the county turning the historic mills of the past into useable space.

Unsigned Connector Routes (42 miles)

These routes, which are not signed, are shown on the map to provide alternative links between the various marked routes in Gaston County. Use them to create an endless assortment of bicycle rides throughout the county. In the Northeast corner of the county, two unsigned connectors provide cyclists access to the cross-state Piedmont Spur Route, which runs approximately 5 miles to the north, in Lincoln County.

Avon/Catawba Creek Greenway

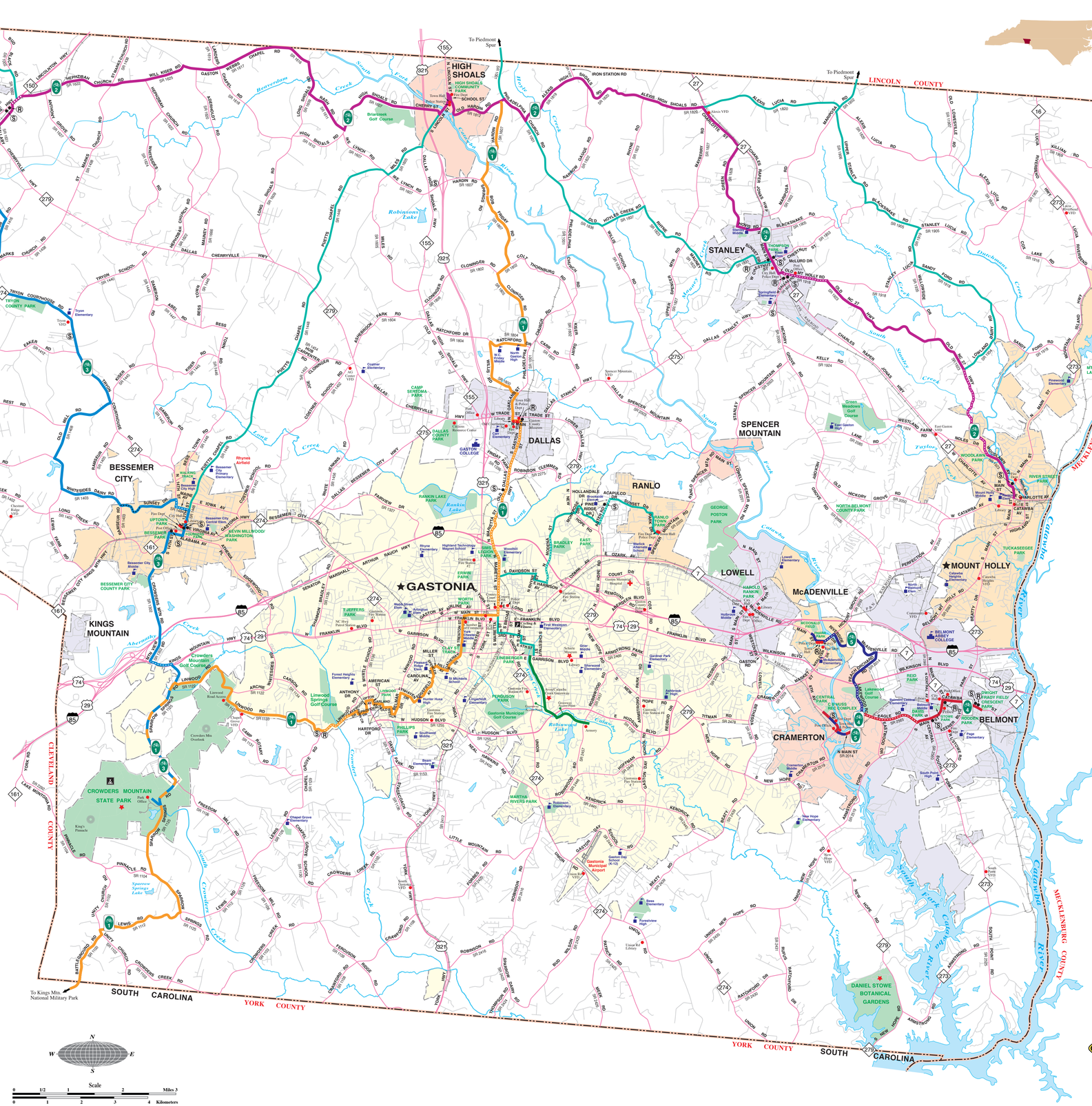
Cyclists will enjoy the scenic atmosphere along this greenway, as they ride through an urban park with tall stately trees and many beautiful plantings. The short route begins/ends at either the National Guard Armory or Lineberger Park in Gastonia. The route follows the Avon and Catawba Creek along a paved trail. Park benches and picnic tables are situated along the greenway for those interested in stopping for a break or to enjoy a meal. The route is 2.5 miles in length.

Legend

- High Shoals - Crowders Mtn.
- McAdenville - Cramerton
- Cherryville - Mount Holly
- High Traffic Areas
- Cherryville - Crowders Mtn.
- Unsigned Connector
- Belmont - Cramerton
- Avon/Catawba Creek Greenway
- Minor Roads
- Major Roads
- Railroads
- Dirt Roads
- Interstate Highways
- United States Highways
- State Highways
- Schools
- Colleges & Universities
- County Boundaries
- City Boundaries
- Streams
- Lakes
- Recreational Parks/Golf Courses
- Special Points of Interest
- Hospitals
- Miscellaneous Points of Interest
- Campgrounds
- Bicycle Shops
- Full Service Areas
- Restaurants
- Stores

N W E S

Scale: 0, 1/2, 1, 2, Miles 3 — 0, 1, 2, 3, 4 Kilometers



Mileage Matrix

Mileage Between Points*	Belmont	Bessemer City	Cherryville	Cramerton	Crowders Mountain State Park	Dallas	Gastonia	High Shoals	McAdenville	Mount Holly	Ranlo	Stanley
Belmont	•											
Bessemer City	N/A	•										
Cherryville	N/A	12.7	•									
Cramerton	3.9	N/A	N/A	•								
Crowders Mountain State Park	N/A	6.8	19.5	N/A	•							
Dallas	N/A	16.7	22.0	N/A	15.9	•						
Gastonia	N/A	13.0	25.7	N/A	12.2	3.7	•					
High Shoals	N/A	9.7	12.1	N/A	16.5	9.9	13.4	•				
McAdenville	5.7	N/A	N/A	4.1	N/A	N/A	N/A	N/A	•			
Mount Holly	N/A	26.3	28.7	N/A	18.1	22.2	25.9	16.6	N/A	•		
Ranlo	N/A	19.1	30.4	N/A	18.3	7.4	6.1	18.3	N/A	30.6	•	
Stanley	N/A	19.2	21.6	N/A	36.0	15.0	18.7	9.5	N/A	7.1	25.4	•

*Distances shown are measured along highlighted routes and may not be the shortest or the most direct way between points.
*Information not available due to end of connector(s), are referenced as N/A.

Parks Matrix

Parks	Baseball	Football	Soccer	Softball	Basketball	Picnic Tables/ Shelter Area	Playground	Restrooms	Walking/Jogging/ Nature Trails	Volleyball	Outdoor Swimming	Hiking Trails/ Mountain Biking	Restrooms (all year)
Aaron Moss Field	●	●					●						
Ashbrook High School							●						
Avon/Catawba Creek Greenway									●				
Ben Elementary									●				
Belmont Central Elementary	●								●				
Ben Elementary	●	●	●	●	●				●				
Bessemer City Community Park	●	●	●	●	●				●				
Bessemer City County Park	●	●	●			●	●		●				
Bessemer Park				●	●	●	●						
Black Park				●	●	●	●				●		
Bradley Park	●			●	●	●	●						
Camp Sertoma						●	●						
Cart Elementary	●								●				
Catawba Heights Elementary	●	●											
C.B. Huss Recreation Complex	●									●	●	●	●
Central Park						●	●	●	●				
Chapel Grove Elementary	●	●	●						●				
Cramerton Middle School	●	●	●						●				
Crowders Mountain State Park						●						●	●
Dallas County Park	●	●		●	●	●	●		●				
Daniel Stowe Botanical Gardens									●				
Davis Park	●			●									
Dwight Frady Field/Crescent Park		●			●	●	●	●	●				
East Gaston High School	●	●											
East Park						●	●						
Erwin Park	●			●	●	●	●	●	●			●	
Ferguson Park							●	●					
Forestview High School	●	●											
Founders Park	●												
George Poston Park	●	●		●		●			●				
Harold Rankin Park		●											
High Shoals Community Park	●												
Hunter Huss High School				●	●		●						
Kenwood Park				●	●	●	●						
Kevin Millwood/Washington Park	●	●											
Kings Mountain State Park						●		●	●			●	
Lakewood Park				●	●	●	●						
Lineberger Park	●			●	●	●	●						
Linwood Park				●	●								
Martha Rivers Park	●			●	●	●	●		●				●
McDonald Field							●						
Mount Holly Middle School		●					●						
New Hope Elementary	●	●	●	●			●						
North Belmont County Park	●	●	●	●		●	●		●				
Old Courthouse Square							●						
Pharr Park		●											
Phillips Park	●					●	●	●	●	●			
Pinewood Elementary			●	●			●						
R. M. Thompson Park	●	●	●	●			●						
Rankin Lake Park					●	●	●						
Ranlo Town Park					●	●	●						
Reid Park				●	●	●	●						
River Street Park		●			●	●	●						
Robert Ballard Park	●				●	●	●				●		
Robinson Elementary	●	●	●	●									
Rodden Park		●											
Schiele Museum Nature Trail									●				
Sims Park	●												
South Park				●	●	●	●						
Southwest Middle School			●						●				
Springfield Elementary	●						●		●				
Stanley Middle School	●						●		●				
Stowe Park			●	●	●	●	●		●				
T. Jeffers Park					●	●	●	●	●				
Tryon County Park	●	●	●		●	●	●		●				
Tuckaseegee Park	●				●	●	●						
Uptown Park					●		●						
Walking Track							●		●				
Woodlawn Park					●	●	●						

A Note of Caution

SHARE THE ROAD

The highlighted bicycle routes shown on this map follow roads of the North Carolina highway system. These roads do not include any special accommodations for bicycles such as paved shoulders or designated bike lanes. Care has been taken to select more lightly traveled roads. In a few places, however, short sections of busier roads are used to make connections where no other options exist. These areas are marked with "Share the Road" signs, like the one shown here, to alert motorist to the presence of cyclists on the road. The Gaston County bike routes are not intended for use by children, as their ability to judge traffic conditions and driver actions is not well developed.