




The Mountains-to-Sea State Trail, a unit of North Carolina's State Park system, is a 1,400 mile trail that stretches across North Carolina, from the Great Smoky Mountains to the Outer Banks. State Parks manages the trail in partnership with other land managing agencies, local governments, and nonprofits like Friends of the Mountains-to-Sea Trail.

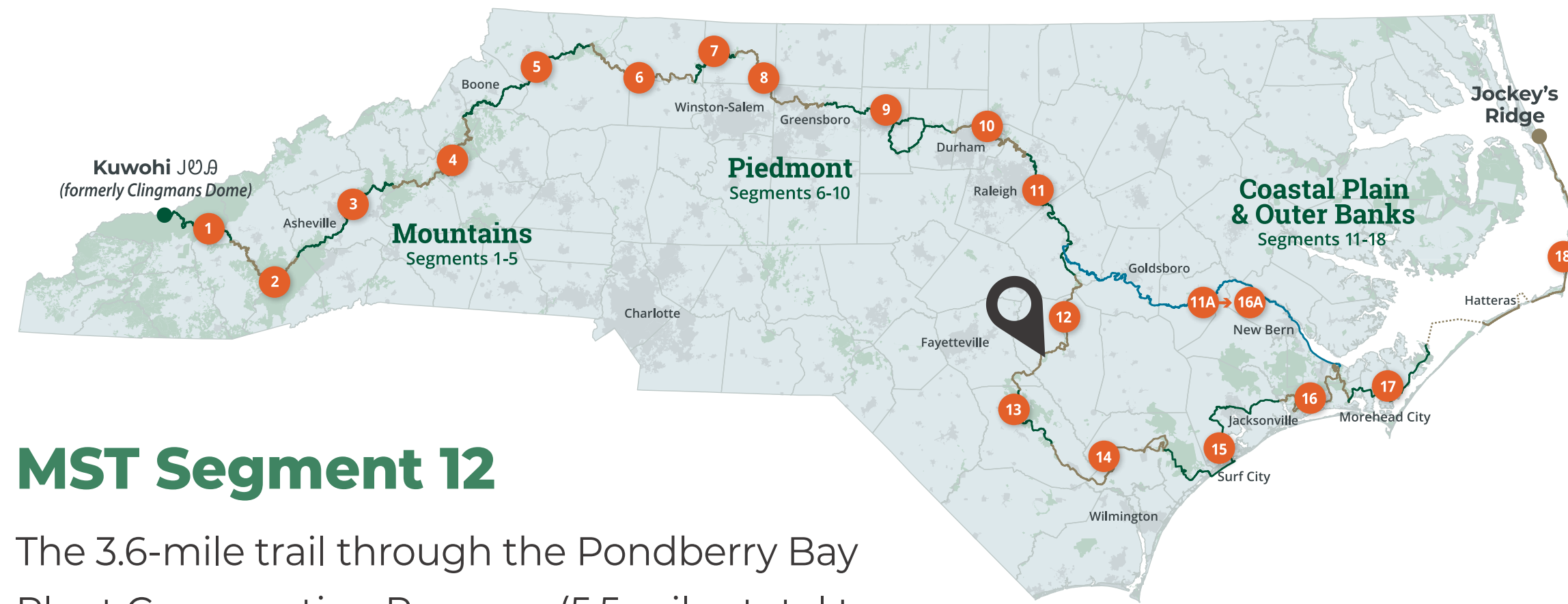
To follow the MST across the state, look for the 3-inch white circle blaze, as shown in the photo on the right, and signs with the MST logo.



 The MST is transitioning to a new blaze to distinguish it as one of North Carolina's state trails. Look carefully and you may see one of these new editions on a trail near you.

For trail guides and more information, visit mountaintoseatrail.org.

To learn about North Carolina's State Trails, visit trails.nc.gov.



MST Segment 12

The 3.6-mile trail through the Pondberry Bay Plant Conservation Preserve (5.5 miles total to complete the loop and return) will ultimately become part of Segment 12 of the MST, the “Agricultural Heartland” segment. On its way from the Howell Woods Environmental Learning Center in southern Johnston County to Suggs Mill Pond Game Land in Bladen County, the trail route follows along the fields that make this region the most productive agricultural area in the state, passes through Bentonville Battlefield, the site of the largest Civil War battle in the state, crosses three popular paddling rivers, and goes through two of Sampson County’s picturesque small towns.

The segment is a great place to explore by bike as well as on foot because most of the primary route is still on paved roads. In addition, an alternative route provides eastbound hikers an opportunity to complete part of the segment by canoe or kayak on the Great Coharie River.

Trail Guidelines

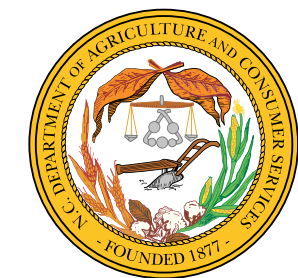
- Stay on the trail.
- Do not go through or around any locked gates within the preserve.
- Foot traffic only. No bikes, horses or motorized vehicles.
- Take your trash home.
- Hunting is prohibited on the preserve; however, wearing blaze orange during hunting season is recommended.
- No pets are allowed on the preserve.
- No camping on the preserve.
- Do not damage or remove any plant life or property.
- Do not kill, trap or harm wildlife.
- Do not feed any wild animals you may encounter.
- Enjoy nature's peace and beauty!

Get Involved



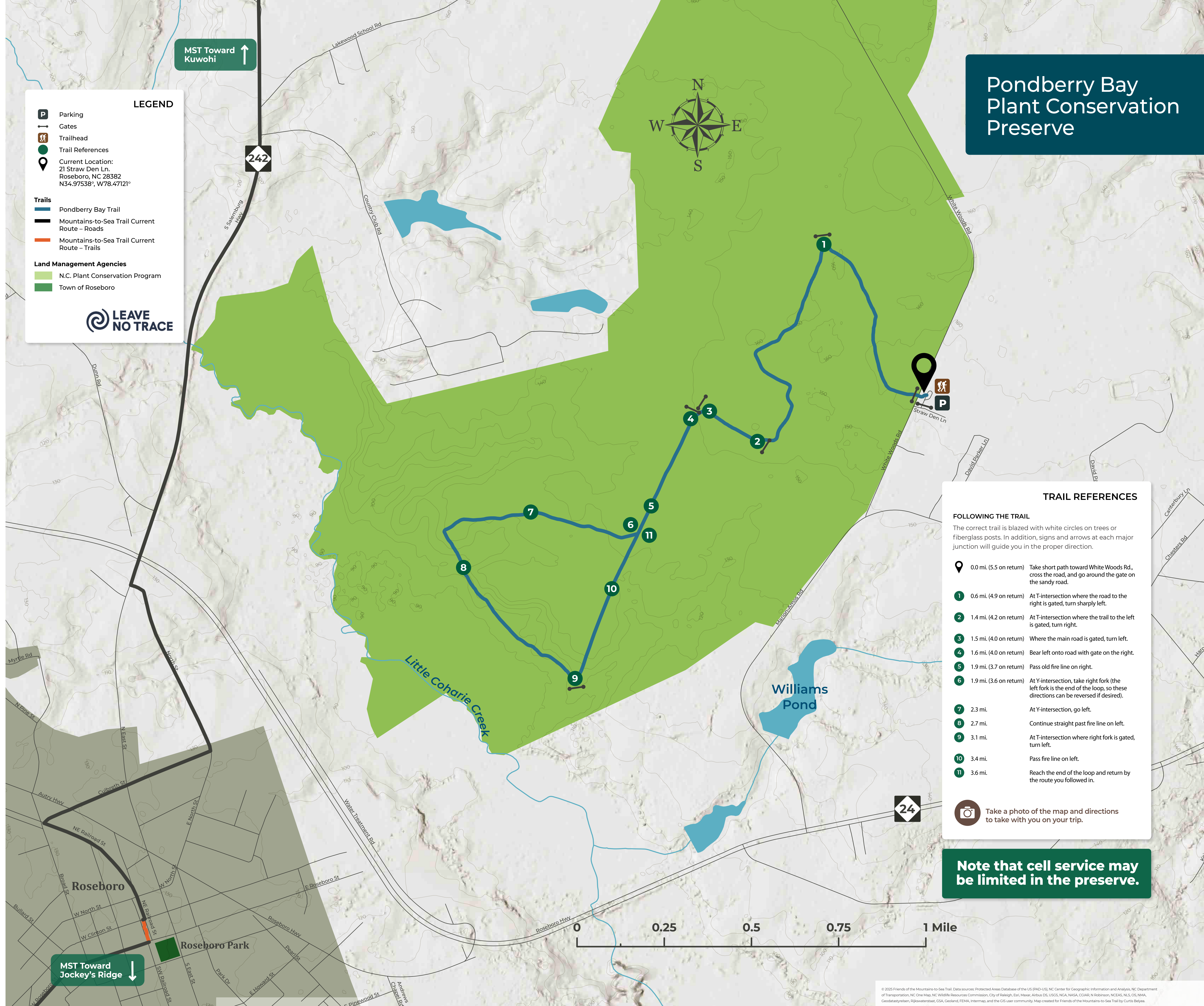
Join and volunteer with Friends of the MST to help maintain, protect and promote the trail across North Carolina.

Learn more at mountaintoseatrail.org or call (919) 825-0297.



In Case of Emergency

Call 911 and provide the address of this kiosk, 21 Straw Den Ln., Roseboro, NC 28382. For maintenance issues, please call (919) 825-0297.



Open Hours

- The trail and parking area are open to the public from sunrise to sunset (daylight hours) on Friday, Saturday and Sunday year-round.
- Entering the preserve outside those hours will be considered trespassing.
- At times, the trail may be closed during these hours due to planned forest management activities such as prescribed fires and timber harvests. In that event, signs will be posted at the entry.

The Pondberry Bay Plant Conservation Preserve

The Pondberry Bay Plant Conservation Preserve is managed by the N.C. Plant Conservation Program (PCP) whose mission is to conserve rare and endangered plants. PCP is part of the N.C. Department of Agriculture and Consumer Services. The Preserve has served as home to the Coharie Tribe, North Carolina's 21st Governor Gabriel Holmes, and the James White family and heirs. Please stay on the trail to avoid rare plants and sensitive natural areas.

You will see longleaf pine forests, from seedlings to mature trees. Longleaf pine is a vital part of North Carolina's cultural and natural history – the state is known as “the land of the longleaf pine.” Longleaf pine forests provide critical habitat for many plants and animals, some of them rare and endangered. Longleaf pine forests need regular fire. Without fire, plants and animals will suffer. The Pondberry Bay Preserve is named for the Pondberry (*Lindera melissifolia*), a federal and state endangered shrub, which grows in only two places in North Carolina.

PROJECT SPONSORS

**Funding for this project
provided by the Sampson
County Visitor's Bureau**

**Land for this trailhead
donated by Sampson County
Disposal LLC**

**Highway pipe donated by
Crumpler Plastic Pipe Inc.**