Gaston County’s premier blueway initiative is the 11 Mills Blueway Trail, encompassing both the South Fork River and the Catawba River. Along the way paddlers will find places to launch their boats, equipment rental as well as eateries and breweries to stop and relax.

SOUTH FORK RIVER
A long paddle that will take you almost 9 miles down the South Fork River where you will witness both a beautifully protected shoreline and signs of Gaston’s past in the textile industry with plenty of places to stop at parks, restaurants, and breweries along the way.

HOT SPOTS
STOP 3: District 8 Beer Company, craft beers from all over the U.S. and Sun’s Up Scuba, paddle rentals. (Some people start their journey from here.)

STOP 4: Mayworth’s Public House burgers, salads and more, Doffer’s Canteen Mexican cuisine, Floyd & Blockie’s ice cream, Goat Island Park.

STOP 5: Riverside Park stretch your legs and walk.
CATAWBA RIVER

This stretch of the Catawba River starting just below Mountain Island Lake in North Carolina and flowing to the border of South Carolina is an amazing way to spend the day paddling. Enjoy breakfast near the launch in downtown Mount Holly, stop for lunch along the way and catch the sunset five to six miles down steam.

HOT SPOTS

STOP 1: Breakfast at 
Mount Holly Grill, coffee at Catawba Coffee Co.

STOP 3: Tailrace Marina rentals and J.R. Cash’s Grill & Bar sandwiches and cocktails on a waterfront deck. (Some people rent and start their journey from here.)

STOP 4: U.S. National Whitewater Center. Hike up the trail to the activity center and restaurant.

STOP 5: Kevin Loftin Riverfront Park playground and picnic shelters.

STOP 6: Rent kayaks and SUP boards at Riverside Marina Muddy River Distillery rum distillery tours.

River Street Park
300 N. River St.
Mt Holly, NC 28120

Tuckaseege Park
165 Broome St.
Mt Holly, NC 28120

Tailrace Marina
1000 Marina Village Dr.
Mt Holly, NC 28120

U.S. National Whitewater Center
5000 Whitewater Center Pkwy.
Charlotte, NC 28214

Kevin Loftin Riverfront Park
1400 Catawba St.
Belmont, NC 28012

Riverside Marina
1500 Catawba St.
Belmont, NC 28012