

PADDLE THESE BLUEWAYS



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.

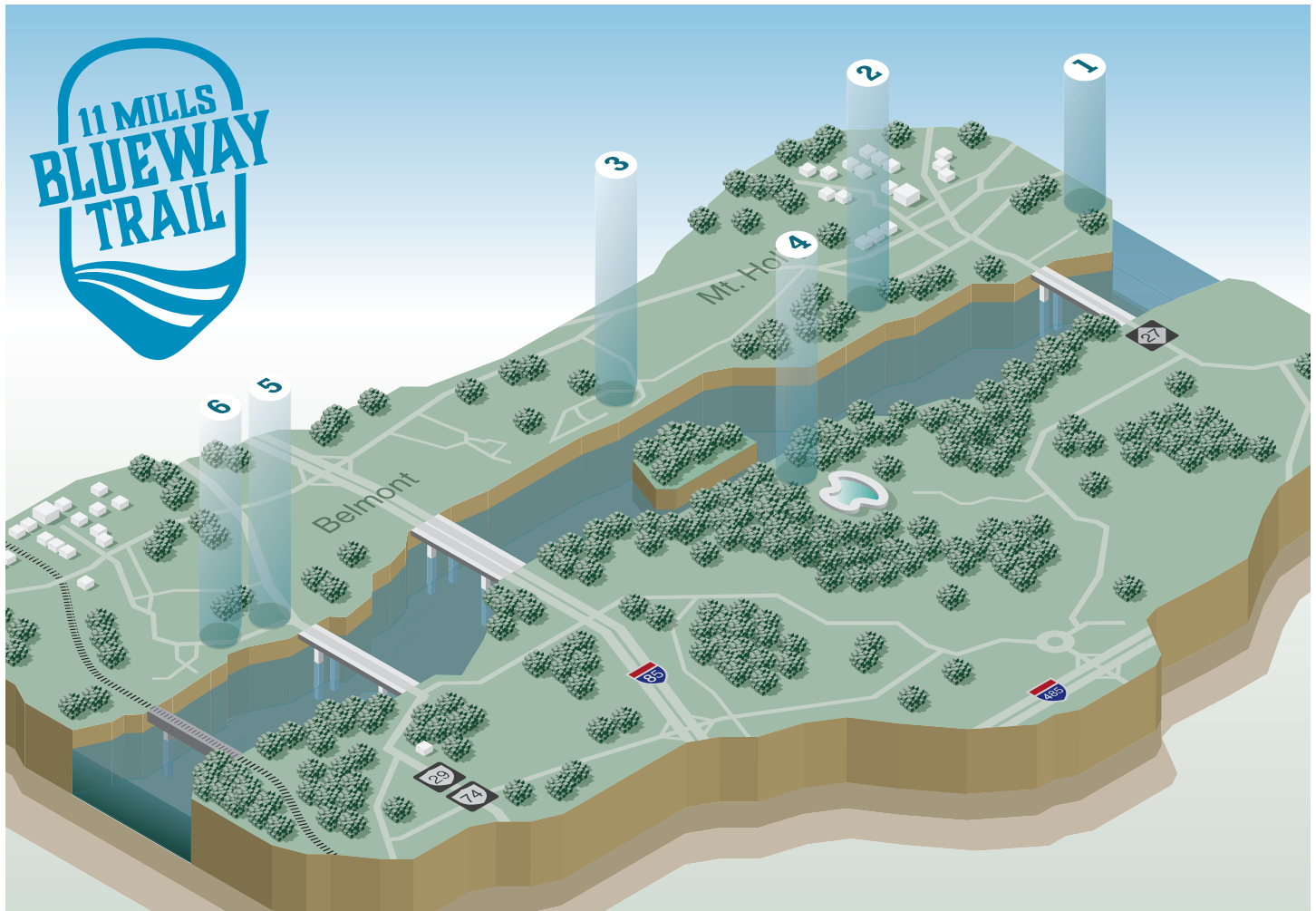
HOT SPOTS

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 & Blackie's** ice cream, **Goat Island Park**.

STOP 5: **Riverside Park** stretch your legs and walk.

1	Spencer Mountain Boat Launch 261 Stanley Spencer Mtn. Rd. Spencer Mountain, NC 28056	STARTING POINT
2	South Fork Blueway Boat Launch 199 Willow Rd. McAdenville, NC 28056	5.5 Miles 2 Hours
!	Adam Springs Portage Trail Portage around the McAdenville Dam	450 feet
3	South Fork Village Boat Launch 2000 Rivers Edge Dr. Belmont, NC 28012	1.5 Miles 30 Minutes
4	Goat Island & Goat Island Park 137 & 141 8th Ave. Cramerton, NC 28032	1 Mile 20 Minutes
5	Riverside Park and Greenway 75 Riverside Dr. Cramerton, NC 28032	1 Mile 20 Minutes



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 stream.

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.

1	River Street Park 300 N. River St. Mt Holly, NC 28120	STARTING POINT
2	Tuckasee Park 165 Broome St. Mt Holly, NC 28120	1.5 Miles 30 Minutes
3	Tailrace Marina 1000 Marina Village Dr. Mt Holly, NC 28120	0.5 Miles 10 Minutes
4	U.S. National Whitewater Center 5000 Whitewater Center Pkwy. Charlotte, NC 28214	0.5 Miles 10 Minutes
5	Kevin Loftin Riverfront Park 1400 Catawba St. Belmont, NC 28012	2 Miles 40 Minutes
6	Riverside Marina 1500 Catawba St. Belmont, NC 28012	0.5 Miles 10 Minutes