

# PADDLE CENTRAL NC



A guide to exploring Piedmont rivers and  
lakes and launch points for paddling.



# LOCATIONS TO PADDLE

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- 7 Riles Creek
- 8 Falls Reservoir/The Narrows







# LITTLE RIVER

**MONTGOMERY COUNTY, NC**

There are 4 access points on Little River:

- Star-Okeewemee Road
- Troy Candor Road/Smitherman Access
- Pekin Access
- Green Oak Gap Road access

The Star-Okeewemee is pretty far upriver, where the west fork and east fork come together. It's a long 9-mile float down to the Troy Candor access from there, and you can really only do it when the river is flowing well. It makes for a long float dragging boats otherwise. There is a road at mile 7, Highway 24/27, but nowhere to take out on that busy road.

The Troy Candor Access is maintained by the Town of Troy and is located on Troy-Candor Road. It's about a 3-mile float down to Capelsie Road and there's a dam there so you have to stop before you get to the road and turn around. Currently, the town has this access gated and locked, no updates on when it may be reopened.

The Pekin Access is located at 2382 Pekin Road, Candor NC, just south of Troy. There is a dam on either end here and it's about a 1 mile float downstream to the dam and about a 2.5 mile float if you go upstream toward Capelsie dam. This access is owned by the NC Wildlife Resources Commission and is free and open to the public.

The Green Oak Gap access is a community-maintained access off Green Oak Gap Road. There's a \$5 launch fee for this site. It's also on a "lake" created by a dam downstream, and you can paddle in either direction from the launch.

# UWHARRIE RIVER

## TROY, NC



On the Uwharrie River, there are a number of paddle locations.

Three spots have formal put-in spots with parking and launch areas.

- 860 Low Water Bridge Road, Troy NC 27371
- Highway 109 - 3597 N.C. Hwy. 109 North, Troy NC 27371
- Dennis Road - 300 Dennis Road, Troy NC 27371

Three are places you can pull off the side of the road and put in.

- Waynick Meadow Road
- High Pine Church Road
- Burney Mill Road

It's about a 6-mile float from Low Water Bridge to Highway 109, and another 6-mile float from 109 to Dennis Road. It's also about 6 miles from High Pine Church Road to Low Water. And about 3 miles between High Pine and Burney Mill and between Burney Mill and Low Water. Waynick Meadow is about 4 miles north of High Pine.

TRLT is working on an access on Highway 49, which would be 4 miles north of Waynick Meadow, but it's not constructed yet and the road is too busy and banks too steep to put in a boat there now.





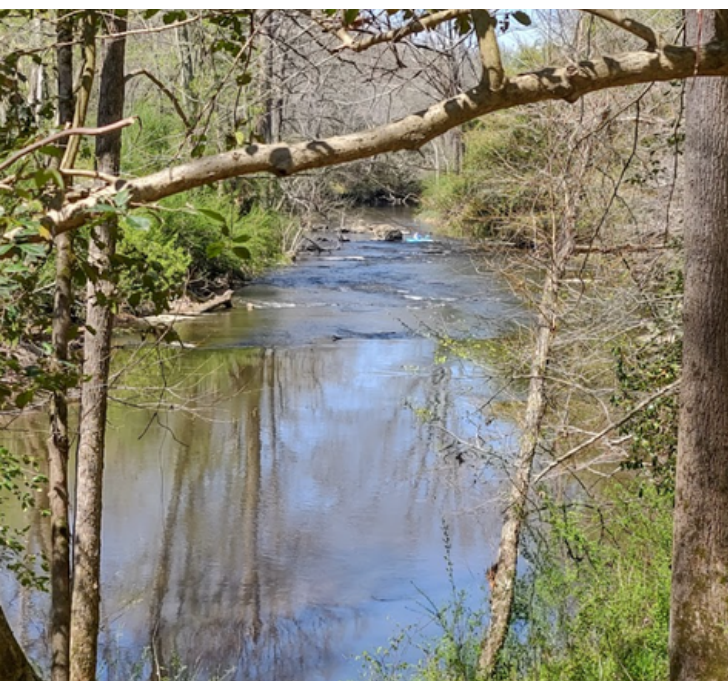
# BEAR CREEK

ROBBINS, NC

Located on Highway 705 just north of Robbin, NC lies Bear Creek. This is a short little paddle that only takes about an hour to go upstream to the dam and back. It is not suggested to go downstream because it is much rockier, but more experienced paddlers may wish to explore. The upstream route has some beautiful mountain laurel and rocky outcrops as well as the Gun Works Rapids closer to the dam.

There is also a small trail system that runs along the creek for those who may not wish to paddle.

**PUT IN:** DALTON CHEEK ACCESS POINT, 5554 NC-705, ROBBINS, NORTH CAROLINA, 27325





# **LAKE LUCAS** ASHEBORO, NC

Lake Lucas is a beautiful, small lake that only takes about 3 hrs to paddle throughout. Open from 8:00am -5:00pm the Lake is small enough that you can paddle the entirety of the lake in about 3 hours.

Our staff has observed loads of wildlife at the lake, with most seen at the northern end. Kingfishers, herons, white-tailed deer and more have been most commonly spotted by visitors.

There are some fees associated with launching from this put-in spot. The non-resident kayak launch fee is \$3.50 and \$2.50 for resident day pass. You can also purchase an annual pass for \$50 (non-residents) or \$35 (residents).

**PUT IN: 3158 OLD LEXINGTON ROAD, ASHEBORO, NC**

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# LAKE REESE

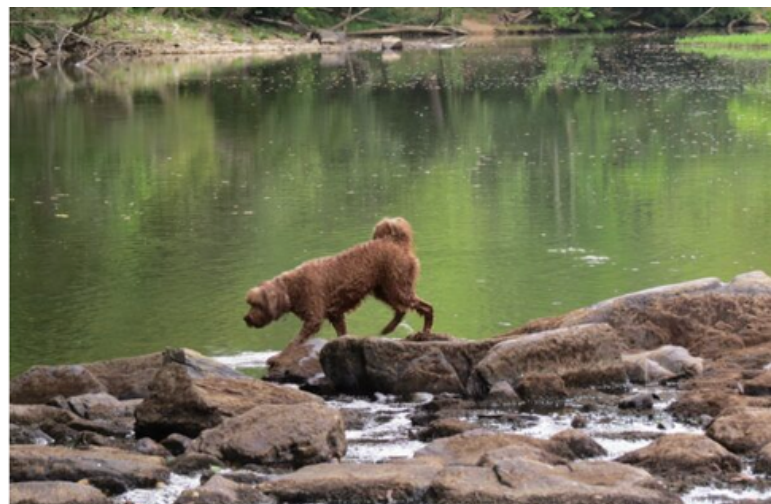
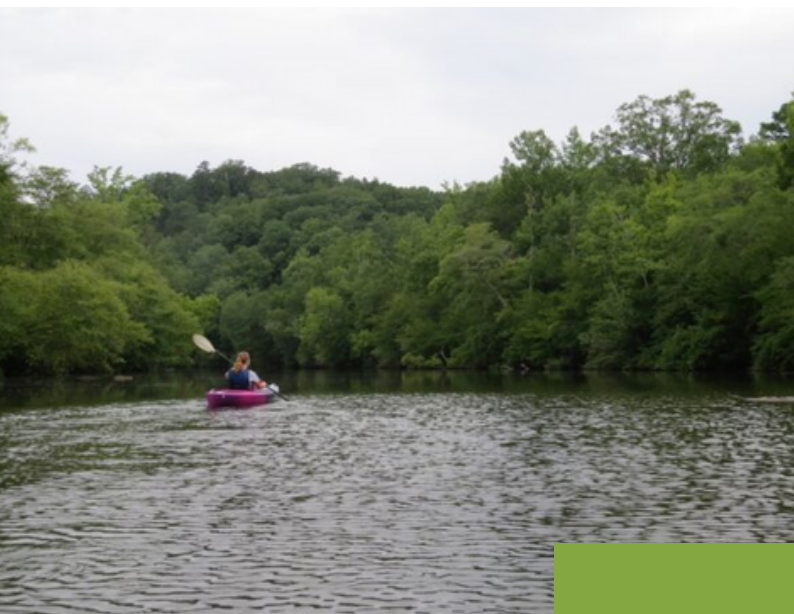
ASHEBORO, NC



When you arrive at Lake Reese, you see a beautiful, serene lake with a forested buffer in all directions. There are a lot of backwater coves on this lake. You could easily spend a whole day out here venturing around in them. It would be easily possible to get turned around with all the coves and choices of ways to go, so you may want to bring my GPS with you. A dam located near the parking area on the Uwharrie River forms this lake. South of here the Uwharrie is free flowing all the way to the Yadkin-Pee Dee River.

Before launching your boat, be sure to stop by the manager's office and pay the launch fee. If you are a city resident, the fee is only \$2.50, and for nonresidents its \$3.50. The Lake is open 7am to sunset Wednesday through Friday, March to November, and 8am-5pm on Friday through Sunday from Mid-November to February

**PUT IN: 4850 JACKSON CREEK ROAD, DENTON, NC 27239**





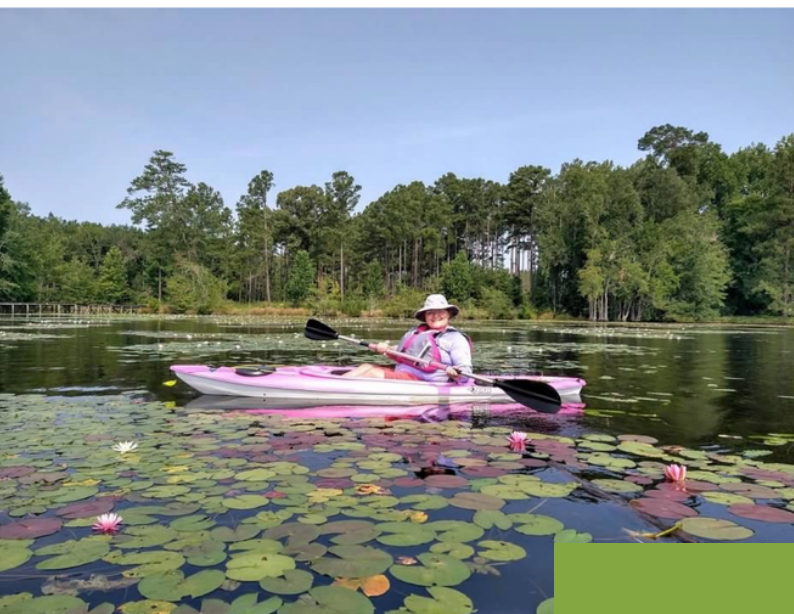
# CRYSTAL LAKE

## MOORE COUNTY, NC

Crystal Lake, located between Southern Pines and Vass, is the best place to go for a quiet paddle. No motorboats or swimming is prohibited due to the shallow waters and black gum trees that inhabit the area. While the lake itself is not very large, the upper end has a beautiful flooded swamp you can paddle through.

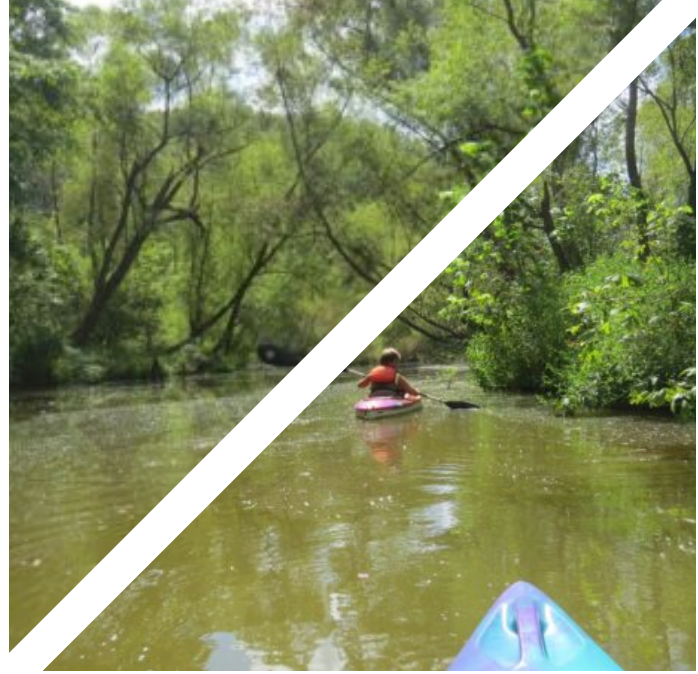
The hidden gem boasts some magnificent flora and fauna in the form of water lilies, pickerelweed, great egrets, and more. Just be careful when exploring the swamp as it can be very windy and easy to get lost.

**PUT IN:** 216 CAMP EASTER RD, CARTHAGE, NORTH CAROLINA, 28327



# RILES CREEK

**New London, NC**



Sometimes called Royals Creek, Riles Creek is an excellent place for paddlers looking for a calm trip. The flat waters make it easy to travel upstream and there is little boat traffic.

Wildlife sightings are very popular here. Our staff have spotted great blue herons, egrets, osprey, warblers, and more on paddling trips in the creek. If you plan to make a visit, keep an eye out for some of the stunning native plants in the area, like the native hibiscus and button bush.

**Put-in: Royals Picnic and Fishing Access**

**17137 Stokes Ferry Road, Richfield, NC 28137**

# THE NARROWS AKA: FALLS RESERVOIR

## Badin, NC

The Narrows is also known as Falls Reservoir and is a small lake located between Badin Lake and Lake Tillery. Thanks to the relicensing settlement agreement, this entire lake is now protected. The eastern shore is Uwharrie National Forest, and the western shore was land previously owned by the Aluminum Company of America (ALCOA) that was recently donated to Morrow Mountain State Park.

## **PUT IN: END OF FALLS ROAD, BADIN NC**

There are two access points to this lake, one of which is near the town of Badin on Falls Road. This is the only easily accessible point, as the other point in Montgomery County is down a long dirt road and only the most adventurous off-roader would want to venture down to this access area. Hopefully, the road can be improved in the future. From the Stanly County access, you start in a small cove and quickly paddle out into the open lake. There's a waterfall located in a nice shaded cove, and you can get close enough to feel the cool spray – a nice break on a hot summer day. From here you can paddle on up to where you can see the Badin dam and related structures, which are listed on the National Historic Register.