

The purpose of the Roanoke Canal Museum & Trail Bicycle Loan Program is to give families and individuals the opportunity to have a healthy, safe, and enjoyable experience on the historic and scenic Roanoke Canal Trail. The program is intended for scenic, health and wellness cycling, walking, and jogging.

Remember the Roanoke Canal Trail belongs to you and you can and should be a part of taking care of it. Be a good steward of this great resource. Use it responsibly. Practice leaving it in as good or better shape than you found it. For more information visit RoanokeCanal.com.

Bicycle Project Partners

The following outstanding partners have made this project possible.



For help planning your trip, visit www.visithalifax.com or call 800-522-4282. Please visit the Halifax County Visitor Center along I-95 off exit 173.



Get Fit, Stay Fit Roanoke Valley

The Roanoke Canal Trail offers families and individuals a great location to explore and to improve their health and wellness. These benefits can be received in many ways including, walking, jogging, hiking, and riding a bicycle. All of this while exploring the rich history and natural beauty the Canal Trail has to offer.

Some of the Health and Wellness benefits include:

- Improved cardio-vascular fitness
- Improved strength
- Improved balance and coordination
- Improved sense of well-being
- Reduced stress from exercising and being outside
- Excellent way to spend time with friends or family
- Using the Trail for your exercise program can help you lose weight



The Roanoke Valley Community Health Initiative (RV-CHI) was formed in 2011 to address and improve overall health outcomes of Halifax and Northampton Counties by bringing together over 40 diverse organizations, individuals, and businesses. This partnership collaborates to overcome the challenge of childhood obesity. The RV-CHI works to increase healthy eating, exercise & physical activity. The mission of RV-CHI is to promote healthy living through education, empowerment, and health access.

For more information on Getting Fit and Staying Fit Roanoke Valley visit GetFitStayFitRV.com.

Bicycle Loaner Program RULES

All riders in the program must follow the following rules.

1. All riders are required to wear a bicycle safety helmet approved by the Consumer Products Safety Commission (CPSC).
2. All riders must ride safely and under control. No racing, jumping, stunts, or trick riding is allowed.
3. Riders should stay on the trail and not ride off trail on steep banks, side dirt paths, etc.
4. When passing on coming riders, walkers, or joggers riders should keep right and cautiously pass by.
5. The Canal Trail is narrower at some spots and riders should stop and walk their bicycle if necessary to safely pass on coming riders or others on the trail. Pedestrians (joggers, walkers, hikers, etc.) have the right of way.
6. Youth under 16 years of age must be accompanied by their parents.
7. Riders must return the bicycle in the same condition they borrowed it.
8. No motorized vehicles are allowed.
9. Bicycles must be returned by close of business day.
10. Riders are required to sign a waiver. If riders are under 18, their parents must sign for them.
11. To check out a bicycle riders will be required to leave their drivers license. Their license will be returned upon return of the bicycle.
12. To protect the trail and avoiding 'rutting' do not ride on the trail in extremely muddy or wet conditions.



BICYCLE LOANER PROGRAM

Roanoke Canal Trail



THE ROANOKE CANAL MUSEUM AND TRAIL Bicycle Loaner Program

Bike Barn Locations

Roanoke Canal Museum
15 Jackson Street Ext., Roanoke Rapids, NC
(252) 537-2769

Hours: Tues – Saturday 10 am – 4 pm.

Riverside Mill

200 Mill Street, Weldon, NC
(252) 536-3100

Hours: Open Daily 10 am until 6 pm.



Hiking Times

Walkers can estimate about 30 minutes per mile with the idea of taking time to enjoy the sites along the trail. With this in mind, the following point to point time estimates are given. Each segment offers scenic opportunities for experiencing the history and natural beauty of the trail. Bicyclers can estimate 8 to 12 minutes per mile with the idea of taking time to enjoy the sites along the trail. The Riverside Mill Bike Barn is in Weldon 1/2 mile and less than 5 minutes bicycling time from beautiful River Falls Park.

Suggested Walks/Rides

	Distance	Walk Time*	Bicycle Time*
RR Lake to Canal Museum	1.5 miles	45 minutes	15-20 minutes
Canal Museum to River Road	1.5 miles	45 minutes	15-20 minutes
River Road to the Aqueduct	3.2 miles	90 minutes	30-45 minutes
Aqueduct to River Falls Park	1.5 miles	45 minutes	15-20 minutes

*Approximate time based on average speed.

Trail Note: The trail from Roanoke Rapids Lake to the Canal Museum is generally flat except a steeper hill with a 90 degree turn near the RR Lake Dam; from the Canal Museum to River Road is generally flat; from River Road to River Falls Park in Weldon is generally flat except near the co-gen plant where there are some rolling short hills. Hikers, joggers, and bicyclist should be careful of exposed rocks and roots.



Roanoke Canal Museum

Trail Highlights

(Mileage begins at Oakwood Ave. Parking Lot)

- 1 The western Roanoke Canal Trail head is located at the Roanoke Rapids Lake Day Use Area, which offers picnicking, trails, swimming, fishing and other recreational activities. Roanoke Rapids Lake, constructed in the early 1950s, is used for electricity production and recreation. The original Roanoke Canal continues approximately two miles west under the lake.
- 2 (.4 mile) An original culvert is located here for spring and natural drainage under the Canal. The culvert is made from stacked stone and a stone tunnel.
- 3 (.7 mile) Rochelle Pond and Dam serve as a major storm water retention basin. It is also home to a variety of unique ducks and water fowl.
- 4 (.9 mile) Remnants of the massive bulkhead for the "Power Canal" are located on the left. The power canal was much wider and deeper than the navigation canal and was only 8/10 mile in length. The navigation canal (on the right) was about 9 miles long.



Roanoke Rapids Lake



Roanoke River

- 5 (1.5 Mile) The Roanoke Canal Museum, which is housed in the old power house on the navigation canal, explores the rich history of the canal and the Roanoke Valley. Locks used to lower loaded batteaux can be seen here. The Roanoke Rapids **Bike Barn** is located here.
- 6 (1.6 Mile) A Kraft paper mill, which was the first Kraft pulp mill in the country, began operating as the Roanoke Rapids Paper Manufacturing Company here in 1909.
- 7 (2.9 Mile) A small bridge covers an old stone structure that may have been used for surge control for the powerful flood waters in the canal.
- 8 (3.3 Mile) The River Road Parking Lot/Access Point is an excellent location to enter the trail. Within 1/2 to 1 mile east are outstanding views of the mighty Roanoke River.



Roanoke Canal Museum



Wildlife on the trail

- 9 (4.3 Mile) The navigation canal was the "interstate transportation" of the 1800's. Modern transportation in the form of Interstate 95 intersects the historic canal trail here.
- 10 (4.6 Mile) A spillway was constructed here to allow water to run from the canal back into the Roanoke River during floods.
- 11 (5 Mile) A pond created by gravel harvesting in the mid 20th century is visible here. Scenic vistas of the Roanoke River can be enjoyed at points is along the north end of the pond.

Nature Note: Early morning or late afternoon outings offer the best opportunities to see wildlife.

- 12 (6.1 Mile) The Aqueduct Parking Lot/Access offers a beautiful lush lowland forest walk to the west and the Aqueduct and picnicking just to the east.
- 13 (6.25 Mile) The Aqueduct, just a 4 minute walk from the parking area, was built in the early 1800's to span Chockoyotte Creek. Best viewed from the observation deck on the south side, the Aqueduct is one of the best preserved examples of early 19th century canal architecture.
- 14 (7 Mile) A Confederate graveyard is located in Weldon just south of the canal near this point. The Town of Weldon, once known as Weldon's Landing or Weldon's Orchard, served as a major railroad hub for the Wilmington - Weldon Railroad. Once known as the "lifeline of the Confederacy," remnants of the old trestles still stand today.
- 15 The Riverside Mill is the location for the **Bike Barn** for the bicycle loaner program in Weldon. Riverside Mill is the renovated and restored early 1900s 'Cotton Mill' that originally was powered by the Roanoke Canal. It is now the location of unique collection of 'eclectic' shops of antiques, crafts, and outlets to explore and enjoy.



The Aqueduct



Weldon rapids

- 16 (7.8 Mile) River Falls Park/Access point is rich in history. The terminus of the Roanoke Canal ended here and entered the Roanoke River just east of the rapids. Grist mills, an iron foundry, and two cotton gins used the old locks. In 1890, a large corn mill was constructed in this area and is still standing. Today, a NC Wildlife Commission Boat Landing, River Falls Park, and an observation deck overlooking the massive Weldon Rapids are located in the area.



Legend

- 15 Point of Interest
- P Parking
- ▲ Mileage Marker
- ⌘ Picnic Area
- ⌘ Boat Landing
- ⌘ Restrooms
- 🚲 Bike Barn
- ★ Network to Freedom

Visitor Center
PREMIER BLVD.



National Park Service designation of Underground Railroad to the site.