

HANGING ROCK STATE PARK



Lower Cascade Falls

The moist forests and streams of Hanging Rock State Park are home to a variety of salamanders. One species, Wehrle's salamander, is found only in this area of the state. Lizards and snakes are abundant and diverse. Most snakes are seldom seen and harmless, living in areas where insects and amphibians are plentiful.

Challenge: Find a place where a salamander might hide and take a picture. If you happen to see a salamander, take a picture of it. Be mindful when you're in the creek and lifting rocks to look for salamanders. The rocks are their homes and their eggs may be underneath. If you pick up a rock, be sure to put it back carefully and exactly where you found it.

Safety Tip: Stay Hydrated

Make sure to always put a bottle of water or two in your backpack. Always drink before you are thirsty. Do not drink water from creeks unless you filter or purify it first.



WATERFALLS

Detailed hiking directions can be found online.

Window Falls

Hike distance: 1.2 miles roundtrip
GPS for trailhead: 36.39555, -80.26456
Hike difficulty: Moderate
Elevation changes: Moderate, with several steps

Hidden Falls

Hike distance: 0.8 mile roundtrip
GPS for trailhead: 36.39555, -80.26456
Hike difficulty: Easy
Elevation changes: Relatively flat

Upper Cascade Falls

Hike distance: 0.6 miles roundtrip
GPS for trailhead: 36.39417, -80.26709
Hike difficulty: Easy
Elevation changes: Relatively flat

Torys Falls

Hike distance: A little more than 300 yards
GPS for trailhead: 36.4019, -80.2995
Hike difficulty: Easy
Elevation changes: Relatively flat

Lower Cascade Falls*

Hike distance: 0.8 miles roundtrip
GPS for trailhead: 36.41469 -80.26484
Hike difficulty: Moderate
Elevation changes: Long series of steps

Additional Waterfalls:

Waterfall Keepers of North Carolina

Junior Waterfall Keeper Water Passport Program
www.waterfallkeepersofnc.org