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I love hiking and exploring nature! For the past three months I've been trying to get out every week and do something active, and despite the rain I've been pretty successful at that. This past weekend, and actually the weekend before, my significant other and I decided to explore South Mountains State Park in Burke County, N.C. This North Carolina State Park is only about an hour and twenty minutes outside Charlotte and features beautiful hiking trails, an 80-foot waterfall and perfect streams for trout fishing. Normally I'm a bass fishing type girl. However, when the COVID-19 restrictions on parks were recently lifted, my important other introduced me to fly fish which quickly became my new favorite hobby. In South Mountains State Park, there are many miles of trout fishing including Jacob's Fork and Shinny Creek. When we arrived at the park, we both had to wait for one car in one car and access. (We got there around 10:30 both times too) We only waited about 45 minutes, but I recommend getting there as early as possible. After we parked in the second by the campsites, we hiked into the backcountry areas with a backpack full of equipment to catch some fish! I recommend trying out the spots no one is (you get the best fish there) but watch out for snakes and the giant spiders. We were able to catch a variety of native North Carolina trout during our visits (see images below) and I can tell you some great places are where no one is. (a fisherman NEVER reveals their locations) BUT, I'll say you're lucky to catch a trout along the Shinny Creek Loop Trail. Overall, we had a great time exploring another great state park in North Carolina and until our next adventure, stay safe Charlotte! If you want to find your perfect path in North Carolina, check out the best trails here. Alexis Zarycki is your average girl with the hope of leaving an eternal impact on the world. Follow her on Instagram @official\_lexpaige Tags Jacob Fork's lower section is wide open for fly fishing. The lower part of Jacob Fork is wide open for fly fishing. Huge rocks choke sections of Jacob Fork High Shoals Falls on Jacob Creek is an impressive sight. Jacob Fork is a bit of an anomaly. It is an offshoot stream with the characteristics of a high-mountain trout stream. It rises in southern Burke County and flows northeast into Catawba County, where it teamed up with Henry Fork to form the South Fork of the Catawba River. The most interesting part of the stream runs through South Mountains State Park. From Shinny Creek (pronounced Shiny) to the lower limit of the park, Jacob Fork has delayed harvest water. Elsewhere in the the stream is regulated as wild trout waters. The lower part of the stream, with its wide open stream bed, is ideal for fly fishing. This part of the stream has a lot of swimming pools and riffles. A well-maintained path that starts in a large parking lot above the park's campsite provides easy access to the stream. However, as you move higher, fishing becomes more difficult. The brook bed is dotted with huge boulders, some large as storage sheds. In several areas, slides have smothered the stream with giant boulders. The stream courses under and around the boulders, creating some nice pools and runs, but it takes some climbing over the rocks to get them. The delayed harvest section is stored in April, May and June. It receives a bonus stocking in October and November. Total stocking numbers are 10,000 trout: 4,000 rainbow, 4,000 stream and 2,000 brown. Jacob Fork is a popular stream, and the stuffed trout are usually fished by the end of June. In July, August and September you will occasionally find a stuffed straggler. I fished the stream at the end of August and don't catch a single trout in the delayed harvest section. I had better luck in the wild-trout section of the stream, but they were small rainbows and obviously hungry. They constantly nipped on my fly, but some were too small to take it. The biggest fish I caught was 15 cm. The little fish were fun to catch, fighting like fish twice their size. About 21/2 miles above the parking lot is High Shoals Falls. A spectacular wide sheath of water descends 80 feet over a huge, sheer, rock face. It's not an easy climb to the falls, but it's worth it. In addition to Jacob Fork and Shinny Creek, the park also has a section of Henry Fork, which has been designated as catch-and-release/artificial lure-only water. From the lower park boundary, to SR 1405 at Ivy Creeks, Henry Fork is hatchery-backed waters. Fishermen must stamp a trout and a state fishing license to fish the streams in the park. A wildland permit is not required. South Mountains State Park covers 18,000 acres of heavily wooded land with heights ranging from 1,200 feet on the site to 3,000 feet at Buzzard's Roost. The park has plenty of small streams and a few small reservoirs: Clear Creek Reservoir and Bailey Creek Reservoir. Officially founded in 1974, the park has a small family campsite, several group-campsites, and about 40 miles of nature trails, bridleways and bike paths. The small family campsite has 11 sites, all designed for tent camping. Each site has a large tent pad, picnic table, fire ring and lantern post. The sites are designed to house no more than six people. At each end of the campsite there are safe toilets and freshwater outlets. Camping cost is \$13, and since the campsite is so small, reservations are highly recommended. The park is 18 miles south of Morganton. From I-40, head south on NC 18 nine miles and turn right at SR 1913 (Sugarloaf Road). Go left on Old NC 18 for four miles and make it turn right on SR 1901 (Ward's Gap Road). The park is located on the SR1904 (South Mountains State Park Avenue). The park is open all year round, with the exception of Christmas Day. The mailing address is South Mountains State Park, South Mountains State Park Ave., Connelly Springs, NC 28612. Phone number is 828-433-4772. On the web, the address is south.mountains@ncdenr.gov. Flying for fall fishing terrestrial patterns will be effective until the first kill frost, especially hopper and cricket patterns in sizes 8 and 10. Primary hatches in autumn are mosquitoes and blue-winged olives, and the shutters are usually small. Recommended hook sizes are number 18 to 20. Good attractor patterns are Royal Wulff, Royal Coachman, Parachute Adams, Male Adams and Elk Hair Caddis, all in sizes 12 to 14. Suggested nymph patterns include No. 10 My Pet, No. 10-12 Zug Bug, No. 10-12 Hare's Ear No. 10 Secret Weapon, No. 10-12 Prince and No. 8 Woolly Booger. October 2011 State Wide NC There are no entrance fees to enjoy the park. In addition to park-specific rules, read the systemwide Park Rules for all North Carolina State Parks. Camping rates per night Permits and surcharges are required to camp at night. Visit the visitor center prior to walking to your campsite to fill out the permit and pay the costs. A kiosk outside the visitor center allows campers to register and pay the cost when they arrive when the visitor centre is closed. All rates listed above include \$3 booking fee Riding All visitors with horses should be able to provide evidence of a negative infectious anemia (Coggins) test during a visit to North Carolina State Parks. There are no horse rentals available in the park. Fishing Although the general trout regulations in this area apply for part of the year, from October to the first Friday of June only artificial lures can be used with one hook and each fish caught must be released. A special license is required for trout fishing, and all rules and regulations of the NC Wildlife Resources Commission are enforced. Permits Event Permits. Some events, such as weddings, sports competitions, corporate parties, etc., may require a special activity permit. If you are unsure whether such a permit is necessary for your event, please call the park office in advance. You can download an application for a special activity permit or apply for a special activity permit at the park office. Research and collection permits. A permit is required for any project in which the collection, removal or disruption of a natural or cultural resource of state park unit and for projects that require the installation of surveillance equipment in a state park unit. Read more about research and debt collection permits or fill out a permit application online. All returned checks will be charged \$25. In one of the state's most rugged areas, South Mountains State Park boasts elevations of up to 3,000 feet, an 80-foot 80-foot mountain streams and more than 40 miles of trails for hikers, riders and mountain bikers. A true backcountry experience is offered at 24 backpacking campsites in seven locations. Equestrian camping is available with trailer parking and barn in addition to 33 miles of bridleways. Mountain bikers enjoy a strenuous loop of 17 miles. Drive-to campsites sit next to the Jacob Fork River, with the river and its tributaries offering miles of trout fishing. There are two picnic areas and a picnic area for groups. A visitor center offers museum-quality exhibitions on the cultural and natural history of the South Mountains. Reservations Find and book a campsite or facility online or make your reservation at 1-877-722-6762 Notices and Alerts Now, hiring South Mountains State Park is now accepting applications for a seasonal General Utility Worker. Camping Please note that fees and permits are required for all overnight stays, including camping in the hinterland. Backcountry campers must book online or by calling 1-877-722-6762 before settling on a campsite. Campers can book the same day until 21:00 on the day of arrival. Upon arrival you check it yourself via the Reserve America Camping App. Beware in waterfall areas Follow the safety rules and encourage others to do the same when you are in the vicinity of waterfall areas. Areas.

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