When using the Trail, it is important you follow these simple and courteous rules to make your trip, and everyone around you, safe and worry free.

**TRAIL RULES**
Chapter 13, Article III, Rutherford County Code of Ordinances

**HOURS OF OPERATION**
The Thermal Belt Rail Trail is open from dawn until dusk.

**TRAIL SAFETY**
- For emergencies CALL or TEXT 911. Include your location/nearest cross street.
- Travel on right, pass on left; Give audible warning before passing.
- Speed limit is 15 miles per hour.
- Respect nature. Please do not collect, remove or disturb a natural or cultural object.
- Littering is illegal with fines up to $2,500. If you pack it in, pack it out.
- Trail surfaces are slippery when wet.
- For your safety please walk with a friend.
- All bicyclists, roller skaters, etc. are encouraged to wear a helmet and protective gear. Any child under the age of 16 riding a bicycle shall wear a helmet as required by NCGS 20-171.
- Trail users should refrain from leaving the paved portion of the trail.
- Stop, look and listen at all road crossings. Use caution when proceeding into any intersection even when using a marked crosswalk.
- Minors under the age of 16 are recommended to be accompanied by a parent or guardian.
- Reckless use of wheeled recreational vehicles, including but not limited to bicycles, skates, skateboards, or roller blades is prohibited.
- Please be courteous to your fellow trail users and refrain from smoking or vaping.
- Watch for official motorized vehicles like government or emergency vehicles performing occasional maintenance or matters of public safety.

**ATTENTION TRAIL USERS**
Users of the Thermal Belt Rail Trail do so at their own risk. The Towns of Ruth, Rutherfordton, Spindale, Forest City, the County of Rutherford, and Rutherford Railroad Development Corporation are not liable for any injuries or accidents occurring during use of the trail. By using the trail, users release and waive said entities from any liability whatsoever that may arise during use of the trail.

**CONNECT WITH US!**
@ThermalBelt ThermalBeltRailTrail.com

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Pets other than dogs and cats are prohibited. Dogs and cats on the trail must be supervised by owner at all times and are their sole responsibility. Dogs & cats must be on a leash & leashes must not exceed the provisions of federal electric bicycle law HR277.

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Bridging the towns of Ruth, Rutherfordton, Spindale and Forest City, the Thermal Belt Rail Trail is connecting great communities.

- Open from Dawn to Dusk
- 13.58 Miles Long of Converted Railway
- 12’ Wide Paved Trail
- Gentle Elevation Changes — 912’-1092’
- Walk, Run, Bike, Commute
- Seven Devoted Parking Areas
- Natural Canopy Providing Shade
- Northern Section (Mile 0 to 5):
  - Rural
  - Long Stretches Between Cross Streets
  - Great for biking & hot weather
- Southern Section (Mile 5 to 13.5):
  - Urban
  - Restaurants & Shopping
  - Restrooms
  - Entertainment

Prohibited Activities
- Fireworks and Other Weapons are Prohibited
- No Pets on Trail
- No Motorized Vehicles Allowed
- No Motorized Wheelchairs, Electric, Pedal Assisted Bikes that meet the provisions of federal electric bicycle law HR277

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Funding for the Thermal Belt Rail Trail was provided by RHI Legacy Foundation to promote health & wellness in our community.