

LOCATIONS

INTERSTATE HIGHWAY REST AREAS

MILE MARKER COUNTY, LOCATION

I-40 Eastbound Lane

- 10 Haywood, 10.5 mi. east of Tn.*
- ▲ 82 McDowell, 1 mi. west of Marion*
- ▲ 136 Catawba, 10 mi. east of Hickory*
- ▲ 177 Davie, 18 mi. west of Winston-Salem*
- ▲ 324 Johnston, 1 mi north of U.S. 301 near Benson*
- ▲ 364 Duplin, at N.C. 24 near Warsaw*

I-40 Westbound Lane

- ▲ 364 Duplin, at N.C.24 near Warsaw*
- ▲ 324 Johnston, 1 mi. north of U.S. 301 near Benson*
- ▲ 177 Davie, 18 mi. west of Winston-Salem*
- ▲ 136 Catawba, 10 mi. east of Hickory*
- ▲ 82 McDowell, 1 mi. west of Marion*
- ▲ 10 Haywood, 10.5 mi. east of Tn.*

I-26 Eastbound Lane

- 7 Madison, 7 mi. east of Tn.*
- ▲ 41 Buncombe, 12 mi. east of Asheville*

I-26 Westbound Lane

- 66 Polk, 3 mi. north of S.C.*
- ▲ 41 Henderson, 12 mi. east of Asheville*

PRIMARY HIGHWAY REST AREAS

U.S. ROUTES COUNTY, LOCATION

- ▲ 17 Camden, 1 mi. south of Va.*
- ▲ 17 Beaufort, US 17/Harding Rd. Chocowinity*
- ▲ 17 Brunswick, at Shallotte
- ▲ 19A/129 Cherokee, S.R. 1388 near Andrews*
- ▲ 23/74 Haywood, 1 mi. east of Blue Ridge Parkway*
- ▲ 23/74 Haywood, 2 mi. east of Blue Ridge Parkway*
- ▲ 29 Caswell, 2 mi. south of Va.*
- ▲ 64 Washington, at Plymouth*
- ▲ 64 Tyrrell, at Columbia*
- ▲ 64 Dare, Roanoke Island*
- ▲ 70 Craven, at S.R. 1225 near Clarks*
- ▲ 70 Carteret, at Morehead City*
- ▲ 158 Currituck, 1.5 mi. south of Coinjock*
- ▲ 158 Dare, at Kitty Hawk*
- ▲ 221 Watauga, 2 mi. west of Blowing Rock
- ▲ 221 McDowell, at S.R. 1195*
- ▲ 264 Hyde, at Englehard
- ▲ 421 Sampson, 10 mi. south of Clinton
- ▲ 421 Wilkes, 1 Mi. West of N.C. 115*
- ▲ 441/23 Macon, 4 mi. south of Franklin*

REST AREA SAFETY

Rest area safety is a top priority in North Carolina. For your security, the North Carolina State Highway Patrol and local law enforcement patrol all rest area locations across the state.

As you travel, be aware of surroundings — please report unusual and suspicious activities.

For help during an emergency call, 911 (*HP from a mobile phone) to contact the N.C. Highway Patrol and other law enforcement agencies.

Loitering, camping, soliciting, consuming alcoholic beverages and staying overnight are prohibited at North Carolina's Rest Areas.



Roadside Environmental Unit
Rest Area Section
1557 Mail Service Center
Raleigh, NC 27699-1557
(919) 707-2920
www.ncdot.gov/travel/restareas/



Recycling containers are available at all rest areas and welcome centers for travelers.

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NORTH CAROLINA DEPARTMENT OF TRANSPORTATION

REST AREA SYSTEM



North Carolina's Highway Rest Areas offer opportunities for convenient, brief stops and provide easy roadside access to public restrooms and drinking water, 24-hours, every day.

LOCATIONS

INTERSTATE HIGHWAY REST AREAS

I-95 Northbound Lane

- 5 Robeson, 5 mi. north of S.C.*
- ▲ 47 Cumberland, 1 mi. south of Fayetteville*
- ▲ 99 Johnston, 2 mi. north of Selma*
- ▲ 142 Nash, 1.5 mi. north of Dortches*

I-95 Southbound Lane

- 181 Northampton, .5 mi. south of Va.*
- ▲ 142 Nash, 1.5 mi. north of Dortches*
- ▲ 99 Johnston, 2 mi. north of Selma*
- ▲ 47 Cumberland, 1 mi. south of Fayetteville*

I-85 Northbound Lane

- 2 Cleveland, 2 mi. north of S.C.*
- ▲ 59 Cabarrus, 1 mi. north of Concord*
- ▲ 99 Davidson, 1 mi. south of Thomasville*
- ▲ 139 Alamance, 3 mi. west of Burlington*
- ▲ 199 Granville, 6 mi. south of Oxford*

I-85 Southbound Lane

- 231 Warren, 2 mi. south of Va.*
- ▲ 199 Granville, 6 mi. south of Oxford*
- ▲ 139 Alamance, 3 mi. west of Burlington*
- ▲ 99 Davidson, 1 mi. south of Thomasville*
- ▲ 59 Cabarrus, 1 mi. north of Concord*

I-77 Northbound Lane

- 1 Mecklenburg, 1.5 mi. north of S.C.*
- ▲ 58 Iredell, 7 mi. south of N.C. 901

I-77 Southbound Lane

- 106 Surry, at Va./N.C.*
- ▲ 58 Iredell, 7 mi. south of N.C. 901

I-73/74 Northbound Lane

- ▲ 58 Randolph, Montgomery/Randolph Co. Line*

I-73/74 Southbound Lane

- ▲ 58 Randolph, 1 mi. south of N.C. 705*

LEGEND

- ▲ N.C. Interstate Highway Rest Areas
- ▲ N.C. Primary Highway Rest Areas
- ▲ N.C. Interstate Highway Rest Area/Visitor Center
- ▲ N.C. Primary Highway Rest Area/Visitor Center
- N.C. Interstate Highway Rest Area/Welcome Center
- * Family Restrooms for individuals needing assistance

REST AREA SYSTEM

NORTH CAROLINA DEPARTMENT OF TRANSPORTATION



Rest Areas Are Always Open

North Carolina's rest areas offer opportunities for short breaks while traveling and convenient highway access to public restrooms, drinking water and picnicking facilities. Custodians staff rest areas from 8 to 16 hours each day.

Most rest areas have vending machines that are provided and maintained by the N.C. Division of Services for the Blind. If you have questions or comments about vending machine services, call (919) 733-9703.

Travel information is provided by the N.C. Travel and Tourism Division (1-800-Visit-NC) at Interstate Welcome Centers or by local civic organizations at Visitor Centers. Welcome centers are open 8 a.m. to 5 p.m. daily. Visitor center hours vary at each location.

North Carolina Rest Areas, Welcome Centers and Visitor Centers provide equal access to all visitors.

LEGEND

- Interstate & N.C. Primary Routes
- Blue Ridge Parkway
- Major Urban Area
- N.C. Interstate Highway Rest Areas (# Mile Marker)
- N.C. Primary Highway Rest Areas
- N.C. Interstate Highway Rest Areas/Visitor Center
- N.C. Primary Highway Rest Areas/Visitor Center
- N.C. Interstate Highway Rest Areas/Welcome Center