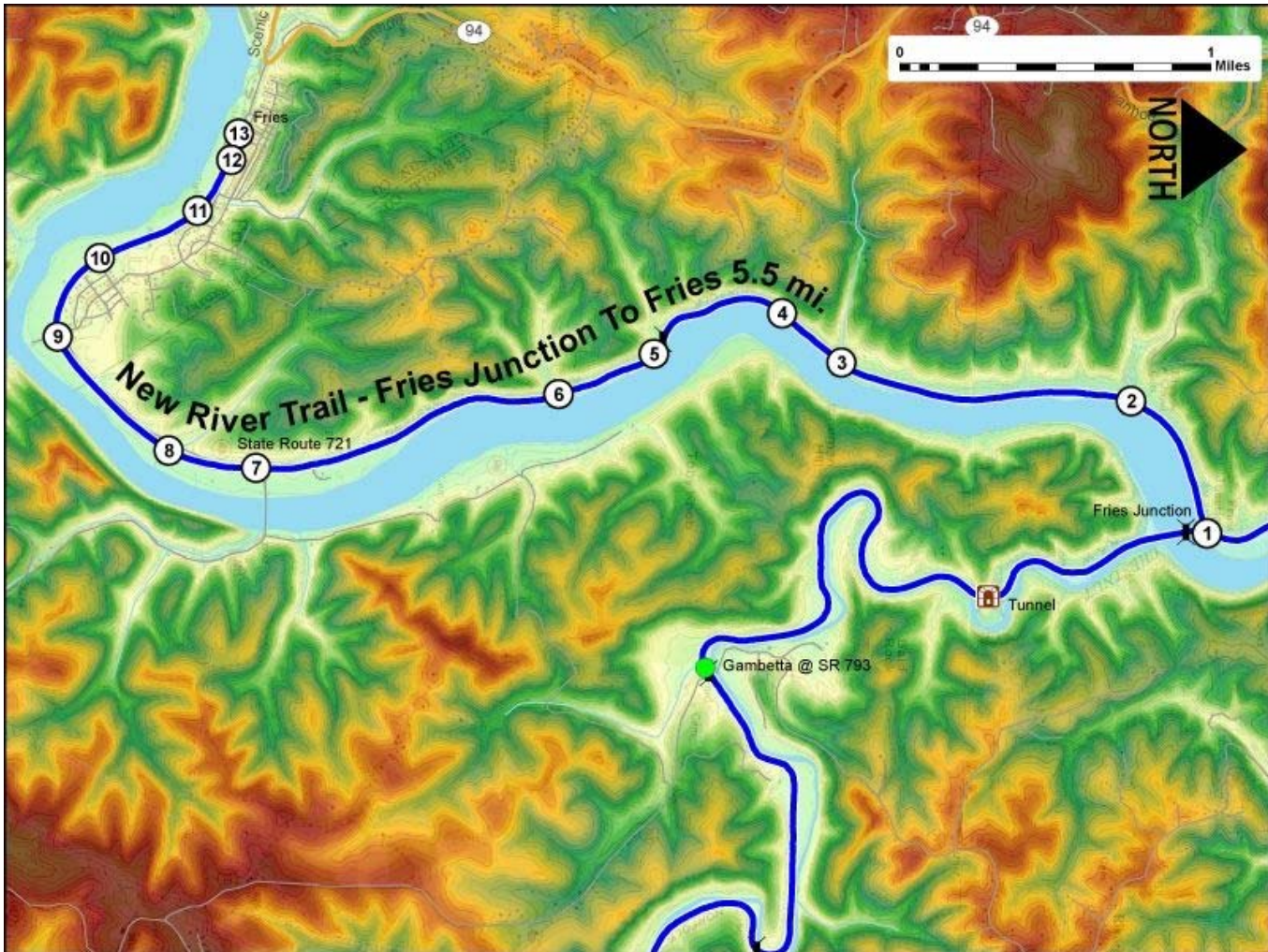


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New River Trail State Park (Foster Falls)
Fries Junction to Fries Map - Blaze Color:



1. GPS: Lat. 36° 45.668, Lon. -80° 57.381
 MP 39.8: From Fries Junction, the Fries Branch is an extension of the "Main Line" from Pulaski to Galax. The 5.5 mile branch crosses six bridges from here to the end of the line, just before reaching the dam at Fries. The trail features numerous views of the rapids as the New River descends from Fries toward Claytor Lake.
2. GPS: Lat. 36° 45.446, Lon. -80° 57.819
 As you journey along the Fries Branch you will discover six smaller bridges like this 30' span over creeks and washes that are tributaries of the New River. These bridges make excellent spots for stopping and taking in the views of the river's many personalities, from quiet water to roaring rapids, the New River always has a new surprise around the next bend.
3. GPS: Lat. 36° 44.634, Lon. -80° 57.925
 30' Bridge over small creek opposite Stoneman Hill.
4. GPS: Lat. 36° 44.465, Lon. -80° 58.092
 MP 41.5: An interpretive panel draws your attention to the local beaver population. Look along the river bank for trees felled by beavers. The cone-shaped stumps have the telltale grooves of the rodent's strong teeth. Large denning holes may also be found among the sycamore roots along the bank. While beavers are typically shy fellows they can be aggressive if provoked, please allow beavers plenty of space if you encounter one along the trail.
5. GPS: Lat. 36° 44.109, Lon. -80° 57.939
 Small bridge over creek opposite Toby Knob.
6. GPS: Lat. 36° 43.845, Lon. -80° 57.791
 15' Bridge over creek.
7. GPS: Lat. 36° 43.006, Lon. -80° 57.507
 MP 43.3: State Route 721 bends to cross the trail and the river here. Use caution when crossing the road, at times traffic may be fast moving.
8. GPS: Lat. 36° 42.76, Lon. -80° 57.56
 15' Bridge over creek.
9. GPS: Lat. 36° 42.441, Lon. -80° 57.945
 On the outskirts of Fries, the trail briefly follows State Route 721 or Fries Road. The junction of Fries Road and East Main St. is marked by this tight, ninety degree turn, just north of the trail.
10. GPS: Lat. 36° 42.553, Lon. -80° 58.221
 This section of trail, runs through the outskirts of Fries. Although not a long distance, the section has several intersecting road crossings and drives that require

vigilance.

11. GPS: Lat. 36° 42.823, Lon. -80° 58.395

The trail passes several homes and industrial properties along the New River on the eastern side of Fries. This 50 foot long bridge is one of six on the Fries Branch and overlooks the river and nearby athletic fields.

12. GPS: Lat. 36° 42.914, Lon. -80° 58.618

Fries Trailhead Parking Area.

13. GPS: Lat. 36° 42.933, Lon. -80° 58.645

MP 45.3: The Town of Fries (pronounced "freeze") is located on the north bank of the New River. The town was named for Colonel Francis H. Fries of Salem, North Carolina. He realized that even though this was a remote area, it had great potential because the swift moving New River could be harnessed for industry. Fries career resembled that of his father, Francis Levin Fries who, in 1839, founded the first successful textile mill in Salem, North Carolina. Following his uncle, brother, and others who, in 1891 organized the first trust company in North Carolina, Wachovia Loan and Trust, Fries became the president in 1893, serving until his death in 1931. After purchasing the land, a special Act of Congress granted Fries permission for a dam to be built at Bartlett Falls on the New River. In April of 1901 construction was underway and in a matter of months a great dam, 39 feet high spanned the river and changed the face of the surrounding countryside. By 1903, the swiftly moving waters of the New River were powering a new textile mill. The town boomed. Having successfully founded several other mills, Fries new Washington Mills Company was a model of success. The company built approximately three hundred houses, a company commissary, post office, and other necessary business structures for the new population. As a result the new community was named in honor of the Colonel. The town grew around the mill and although the textile mill ceased operation in 1989, the Town of Fries remains connected to the New River and all it has to offer.

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