Greensboro, NC to Running Deer Trail,
Hampstead, NC 28443

Drive 195 miles, 2 h 54 min

Map data ©2018 Google   10 mi ┠─────┨

Greensboro
North Carolina

Get on I-40 E/I-85BUS N in Jefferson from E Gate City Blvd

9 min (4.4 mi)

⬆	1. Head east on W Market St toward N Greene St	
		0.5 mi
➡	2. Turn right onto Murrow Blvd	
		0.5 mi
⬅	3. Keep left to stay on Murrow Blvd	
		207 ft
⬅	4. Turn left at the 1st cross street onto E Gate City Blvd	
		2.8 mi
⬆	5. Continue onto E Lee St	
		0.3 mi
🚶	6. Use the left 2 lanes to turn left to merge onto I-40 E/I-85BUS N toward Burlington/Durham	
		0.3 mi

Follow I-40 E to NC-210 E in Rocky Point. Take exit 408 from I-40 E

2 h 36 min (184 mi)

🚶	7. Merge onto I-40 E/I-85BUS N	
	ℹ Continue to follow I-40 E	
		34.1 mi

42.9 mi

9. Keep right at the fork to stay on I-40 E, follow signs for Benson/Wilmington

107 mi

10. Take exit 408 for NC-210

0.3 mi

Follow NC-210 E to Running Deer Trail in Topsail

9 min (6.2 mi)

11. Turn left onto NC-210 E (signs for Hampstead/Topsail Island Beaches)

6.2 mi

12. Turn left onto Running Deer Trail
   ⓘ Destination will be on the right

410 ft

Running Deer Trail

Hampstead, NC 28443