Fishing regulations for Mountain Heritage Trout Waters, such as daily creel limits, minimum size limits and lure restrictions, are established by the N.C. Wildlife Resources Commission.

The .75-mile section of South Toe River, classified as the Burnsville Mountain Heritage Trout Water, is a hatchery-supported trout water with the following regulations:

- Open season: 7:00 a.m. on the first Saturday in April until the last day of February.
  - No bait or lure restriction
  - No size limit restriction
  - Seven (7) trout per day creel limit

Closed to fishing: March 1 until the first Saturday in April.

For a list of waters classified as Mountain Heritage Trout Waters, visit the N.C. Wildlife Resources Commission’s website at www.ncwildlife.org; click on the fishing link.