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 one-mile section of North Toe River, classified as the Newland Mountain Heritage Trout Water, is a hatchery-supported trout water with the following regulations:

- Open season from July 1 to last day of February
- From 7:00 a.m. on the first Saturday in April until June 30
- No bait or lure restriction
- No size limit restriction
- Seven (7) trout per day creel limit

Mountain Heritage Trout Waters:
- North Toe River in Newland
- North Toe River in Spruce Pine
- Richland Creek in Waynesville
- Cane Creek in Bakersville
- Jonathan Creek in Maggie Valley