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 0.7-mile section of Mill Creek, classified as the Old Fort Mountain Heritage Trout Water, is a delayed-harvest trout water with the following regulations:

From Oct. 1 until the first Saturday in June:
- No trout may be harvested or possessed;
- Fishing is restricted to artificial lures having one single hook;
- Natural bait may not be used or possessed.

From 6 a.m. until 12 p.m. (noon) on the first Saturday in June:
- Fishing is restricted to youths under 16 years old;
- No bait or lure restriction;
- No size limit restriction;
- Seven (7) trout per day creel limit.

From 12 p.m. (noon) on the first Saturday in June until Sept. 30:
- Fishing open to all anglers;
- No bait or lure restriction;
- No size limit restriction;
- Seven (7) trout per day creel limit.

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.