

E-HIKES (10 MILES or more)

*** = Trails maintained by MHHC

= Designated Wilderness Area

E4##

Addis Gap to Tray Mountain on the AT. 13 mile in and out hike, 1200 foot elevation gain with lots of short ups and downs and one steep climb of 900+ feet in about 1 mile up Tray Mountain. Paced hike at 2+ mph.

Meet at Macedonia Baptist Church parking lot east of Hiawassee.

E4

Bartram Trail from Courthouse Gap to Beegum Gap. 12 mile with 2,100 ft elevation gain, end up on top of Rabun Bald, GA's 2nd highest peak. Paced at 2+ mph. Shuttle

Meet at Macedonia Bap. Church parking lot east of Hiawassee

E3

Benton MacKaye and Duncan Ridge Trails. Skeenah Gap to Fish Gap. 10.4 mile in and out hike, over 1000 ft. elevation change with lots of ups and downs. Skeenah Gap (2380 ft.) on the Benton MacKaye to Duncan Ridge near Rhodes Mtn. (3380 ft.), then east to Fish Gap and return. Paced hike at 2+ mph.

Meet at Park & Ride in Blairsville

E3##

Big Frog Trail, near Ocoee Gorge, TN. 11 mile in and out hike, 2000 ft. elevation gain. An easy to moderate grade up beautiful Peavine Ridge to Big Frog Mountain, can also return on the Licklog Ridge Trail if desired. Paced hike at 2+ mph.

Meet at SE corner of Hwys. 64 and 19/129 in NC.

E5##

Blue Ridge Gap in GA to Deep Gap in NC on the AT. 11 mile strenuous shuttle hike, 1800 ft. elevation change not counting other ups and downs. Please call leader to reserve space because this hike requires a long shuttle arrangement. Paced hike at 2+ mph.

Meet at Macedonia Baptist Church parking lot east of Hiawassee.

E4

Bly Gap from Shooting Creek area in NC. Our hike starts at the end of Eagle Fork Road #1169 and begins on FS #6230, climbs on the old forest road, then juts into the woods onto old trail #84 (a short bushwack) and steeply climbs to Bly Gap for a total of 3.2 miles. At Bly Gap, turn left and head north on the AT for about 2 miles past Courthouse Bald to Sassafras Gap. Return on the same route. This is a route to pick up that hard to reach section of the AT in NC. The old trail #84 is sometimes utilized to rescue hikers on the AT. Total mileage is 10.5.

Meet at Ingles parking lot in Hayesville

E3##

Byron Reece area to Flatrock Gap on the AT and northbound to Swaim Gap and on to Wolf Laurel Top. Scenic rock formations north of Flatrock Gap and great views from Wolf Laurel.

Meet at Byron Reece parking area on Hwy. 19/129 near Neels Gap.

E2

Chattooga River Trail – 10.6 miles, but it is easy grade along the Chattooga River. Hike between Hwy 76 and Sandy Ford Rd and cross over 17 wooden bridges in route, this will be a key-exchange hike.

Meet at Macedonia Church east of Hiawassee

E4 **

Chunky Gal Challenge Hike. 13.1 miles of strenuous but scenic wonders along the Chunky Gal spine. Trail #77 (Chunky Gal Trail) starts at Glade Gap (elevation 3679 ft) on the northwest side of Hwy 64, 15.5 miles from Ingles in Hayesville, visits Boteler Peak (5010 ft), crosses Perry Gap (3840 ft), Tate Gap (3990 ft), Tusquitee Gap (3960 ft), and ends at Bob Allison Campground (3025 ft - lowest part of the trail).

Meet at Ingles parking lot in Hayesville

E5**

Chunky Gal Trail from Glade Gap on Hwy 64 in NC to the AT. 11 mile in and out hike, 1000 ft. elevation change not counting many ups and downs. This is a very strenuous 11 mile hike. Paced hike at 2+ mph.

Meet at Ingles parking lot in Hayesville.

E4**

Chunky Gal Trail from Glade Gap to Perry Gap and return. 11 mile in and out hike, 1300 ft elevation gain. Side trip to the new lookout of Shooting Creek Bald (Boteler Peak) that MHH opened up (.6 mile). Paced hike at 2+ mph timed at 2.75 hours. We will have lunch and turn around at this time whether we have reached Perry Gap or not.

Meet at Ingles parking lot in Hayesville.

E4

Conasauga River Trail (Trail no. 11) - 10.2 miles total and 36 river crossings. This in and out hike starts at Betty Gap in the Cohuttas and after a steep descent follows the river down stream for 5.1 miles to a sandy beach. During the way, the trail crosses the river 18 times. Plan to get your feet/legs wet with very rocky river crossings--some knee deep. Wear old hiking boots and bring poles. From Park and ride in Blairsville a 45 minute trip of 37.7 miles to Food Lion in East Ellijay. From Food Lion to trailhead 17.5 miles. Maps: US Forest Service Cohutta and Big Frog Wilderness GA - TN, Natl.Geo. Springer & Cohutta Mts. Map no. 777. (This hike is best done in July or August)

Meet at Blairsville park and ride

E3

Deep Creek Trail to Martins Gap Trail in Smoky Mountain National Park near Bryson City. 12 mile in and out hike, moderate elevation gain. Hike is along a scenic mountain stream. Paced hike at 2+ mph. 73 miles ride from Blairsville

Meet at Andrews Rest Area just north of Andrews on Hwy 19-129.

E4

Deep Gap to Fall Branch Falls on the Stanley Gap and Benton MacKaye Trails in Fannin County. 10.4 mile in and out hike, 1,200 foot elevation change in both directions. Paced hike at 2+ mph.

Meet at Park & Ride in Blairsville.

E3##

Dicks Creek Gap north to Blue Ridge Gap and back on the AT. 11.2 mile in and out hike, 1000 ft. elevation gain out and 700 ft. return with additional ups and downs. Paced hike at 2+ mph.

Meet at Macedonia Baptist Church parking lot east of Hiawassee.

E4##

Dicks Creek Gap south on the AT to Addis Gap on the AT. 10.6 mile in and out, 1600 ft. elevation change out, 1000 ft. climb up Kelly Knob in 1 mile on return. Paced hike at 2+ mph. Meet at Macedonia Baptist Church parking lot east of Hiawassee

E3##

Dicks Creek Gap south on the AT to Addis Gap and return via the FS road and Deep Gap Shelter. 11 mile loop, 1600 ft. elevation change. Caution: The junction of the “manway” from the FS road to Deep Gap shelter is not marked and difficult to find. Paced hike at 2+ mph. Meet at Macedonia Baptist Church parking lot east of Hiawassee

E3

Duncan Ridge Trail from Wolfpen Gap over Coosa Bald and west to Buckeye Gap. 10.4 mile in and out hike with 1000+ ft. elevation gain each way. Some nice views. Paced hike at 2+ mph. Meet at Choestoe Baptist Church parking lot on Hwy 180.

E4**

Fires Creek Area. Up the Phillips Ridge Trail to Rim Trail, down Rockhouse Creek Trail. 10 mile strenuous loop hike, 2300 ft. elevation change and several rock-hop stream crossings. Paced hike at 2 mph. Meet at Ingles parking lot in Hayesville.

E4**

Fires Creek Area. Up the Rockhouse Creek Trail to Rim Trail, down the Phillips Ridge Trail. 10 mile strenuous loop hike, 2000 ft. elevation change and several rock-hop stream crossings. Paced hike at 2+ mph. Meet at Ingles parking lot in Hayesville.

E4 **

Fires Creek Rim Trail Series Challenge #1. Start at Leatherwood Falls Picnic Area and follow Rim Trail #72 around the falls. Along the rim visit Shortoff Knob 3830 ft at mile 3.4, Big Peachtree Bald 4150 ft at mile 4.2, Will King Gap 3715 ft at mile 5.3 (where Phillips Ridge Trail connects), and on to Big Stamp (once the site of a lookout tower) at 4437 ft at mile 8. Then descend steeply on the Rockhouse Creek Trail #387 for 2.3 miles down to shuttle car on FS 340A 2.8 miles from the picnic area. Hike paced at 2+ mph. Meet at Ingles parking lot in Hayesville

E4 **

Fires Creek Rim Trail Series Challenge #2. Hike up Ridge Trail #385 (2.5 miles to Rim at Big Stamp) to Weatherman Bald and Three Corners (6 miles) and down Shinbone Ridge Trail #80 2.3 miles. About 11 miles total. Trail Ridge Trail has two potrocks, one has USGS marker giving elevation as 3250' - we'll look for them. Shuttle. Meet at Ingles Parking Lot in Hayesville

E3

Gahuti Trail at Ft. Mountain State Park. 10 mile loop trail. 8.2 mile loop hike on the Gahuti Trail with a few long, steep descents and a few short, very steep climbs. Great views. Hike the Old Fort trails and lunch at the ancient “Stone Wall” of prehistoric origin for an additional 1.8 miles. GA state park pass or Fee required. Paced hike at 2+ mph. Meet at Park & Ride in Blairsville.

E3

Green Mountain Trail in Fannin County. 10 mile in and out hike with moderate elevation gain. Includes the Green Mountain Trail for 7 miles and the connector to Long Branch Loop for an additional 3 miles. Paced hike at 2+ mph.
Meet at Park & Ride in Blairsville

E4##

Hogpen Gap to Chattahoochee Gap on the AT. Then down to Jacks Gap on the Jacks Knob Trail. 11.6 miles shuttle hike with a number of ups and downs. Paced hike at 2+ mph.
Meet at Jacks Gap at base of Brasstown Bald on Hwy. 180.

E2##

Jacks River - Hemp Top - Penitentiary Branch Loop Hike : This is a 13 mile hike going from Dally gap in the Cohutta's 2.3 miles up Hemp Top trail (500 ft el gain), then down Penitentiary Branch to the Jacks River Trail (3.6 miles with 1380 el loss)(one of the prettiest areas in the Cohutta's) then 4.8 miles up the Jacks River Trail with 18 river crossing, which are knee deep, so bring water shoes and poles. Then 2.3 miles back out to the cars. This will be a great escape from the summer heat. Plan on getting wet, so bring a change of clothes!!
Meet at Home Depot on 515 in Blue Ridge

E4##

Lake Winfield Scott over Blood Mountain to Wolfpen Gap on Hwy 180. 10.5 mile shuttle hike, 1500 ft. elevation change. Hike via the Jarrard Gap Trail, Freeman Trail, AT, and Duncan Ridge Trail. Paced hike at 2+ mph. (\$5 FS parking fee or 2.50 with Senior pass at Lake Winfield Scott)
Meet at Choestoe Baptist Church parking lot on Hwy. 180.

E4

Long Branch Trail to AT to Albert Mt. 10.5 mi, paced at 2+ mph. Up to the AT on Long Branch Trail, from the Backcountry Information Center, hike south on the AT to Albert Mtn. lookout tower and return.
Meet at Ingles parking lot in Hayesville

E3

Nantahala River to Wesser Bald Loop. 10.1 mile shuttle hike. Hike up the easier old AT route to Wesser Bald with great views at the tower and return via current AT (2900 ft. elevation descent). Short seven minute shuttle. Paced hike at 2+ mph.
Meet at Andrews Rest Area on Hwy. 19/129 near Andrews, NC

E4

NC Bartram Trail from Apple Tree Campground to Beechertown on U.S. 19. 10.6-mile shuttle hike with about 600 ft. elevation gain over 1.7 miles up to Rattlesnake Knob. Starts along the Nantahala River then climbs well into higher peaks for great views with the leaves gone. Paced hike at 2+ mph.
Meet at Andrews Rest Area on Hwy. 19/129 in Andrews, NC.

E3

NC Bartram Trail from Osage Mountain Overlook on Hwy. 106 in NC over Scaly Mountain towards Jones Gap and back. 10 mile in and out hike. Timed 2.5 hour. Spectacular views. Paced hike at 2+ mph.
Meet at Macedonia Baptist Church parking lot east of Hiwassee.

E5

NC Bartram Trail from US 19 near Wesser, NC to Cheoah Bald. 10.2 miles (~6 hrs.) in and out hike, 3,100 feet of elevation change. Many river crossings. Awesome view from top. Paced hike at 2+ mph.

Meet at Walmart parking lot in Murphy, NC

E2 ##

Pickens Nose 10.4 miles in and out in the Standing Indian Area. Start at Bearpen Trail up to the AT, then right to Mooney Gap. Then turn left on FSR 83 to Pickens Nose Trail for outstanding long range views. Paced hike at 2+ mph.

Meet at Ingles parking lot in Hayesville

E3

Rabun Bald, up and down from Beegum Gap, and then to Osage Overlook on Hwy 106 in NC on the Bartram Trail. 10 mile shuttle hike. Paced hike at 2+ mph.

Meet at Macedonia Baptist Church parking lot east of Hiawassee.

E3

Rabun Bald (Georgia's second highest mountain). 10 mile timed in and out hike. Hike up Rabun Bald and then on the Bartram Trail south. Paced hike at 2+ mph.

Meet at Macedonia Baptist Church parking lot east of Hiawassee.

E3

Rock Creek Trail and Dry Pond Lead Trail in the Ocoee Gorge. 10.5 mile loop hike. Must cross creek--be prepared to wade. Lunch at Whitewater picnic area. Hike Old Copper Road back to cars. Paced hike at 2+ mph.

Meet at SE corner of Hwys. 64 and Hwy 19/129 in NC.

E2##

South Fork/Benton MacKaye/Pinhoti Trails. 10+ mile hike. This remote area just south of the Cohutta Wilderness features a waterfall and a chance to visit the new Pinhoti Trail. Paced hike at 2+ mph.

Meet at Movie theater behind McDonald's in Blue Ridge.

E4##

Standing Indian Area. Beech Gap Trail to AT to the top of Standing Indian Mountain, then down the Lower Ridge Trail to the Back Country Information Center. 10 mile strenuous shuttle hike.

Paced hike at 2+ mph.

Meet at Ingles parking lot in Hayesville.

E4##

Standing Indian Area. Kimsey Creek Trail to Deep Gap. North on the AT to Standing Indian Mountain for a spectacular view. Return on Lower Ridge Trail. 11 mile loop hike paced at 2+ mph.

Meet at Ingles parking lot in Hayesville.

E4##

Standing Indian Area. Lower Ridge Trail to Standing Indian Mountain for a spectacular view.

South on the AT to Deep Gap. Return on Kimsey Creek Trail. 11 mile loop hike paced at 2+ mph, about 4 $\frac{3}{4}$ hrs.

Meet at Ingles parking lot in Hayesville.

E2##

Standing Indian Area. Pickens Nose (elevation 5000 ft). 10.4 mile in and out hike, 1200 ft. elevation gain. Up Bearpen Trail. Right on the AT to Mooney Gap. Then left on FS Road 83 to **Pickens Nose Trail** for some outstanding views. Paced hike at 2+ mph.
Meet at Ingles parking lot in Hayesville.

E2

Standing Indian Area. Rock Gap to Albert Mountain on the AT. 12 mile (≈ 5:00 hrs) in and out hike. Some of the best views in Standing Indian area at the firetower. Lunch on the summit. Paced hike at 2+ mph.
Meet at Ingles parking lot in Hayesville.

E2

Standing Indian Area. About 10+ miles, moderate pace. Hike up Timber Ridge Trail to the AT, north 0.5 mile along the AT to Carter Gap (shelter). Then off the AT take an old CCC trail (seldom used) southeast into FA 1.5 miles to the Blue Ridge at Nichols Gap, another mile to NC state line. History tells us that the original state line surveyors set and inscribed stone at this location in 1819! We will search for it!! The hike returns along the same route.
Meet at Ingles parking lot in Hayesville

E3

Stanley Gap Trail from Low Gap in Fannin County to Fall Branch Falls. 11.2 mile in and out hike, 1200 ft. of elevation change in each direction.
Meet at Park & Ride in Blairsville.

E3

Three Forks to Hwy 60 on the Benton MacKaye Trail. 11.5 mile shuttle hike. Cross the Toccoa River on long suspension bridge. Long shuttle. Paced hike at 2+ mph.
Meet at Park & Ride in Blairsville.

E4

Three Forks to Springer Mountain on the AT and return on the Benton MacKaye Trail. 10 mile loop hike. Moderate to strenuous hiking. Lunch on Springer Mountain, the southern terminus of the AT. Paced hike at 2+ mph.
Meet at Park & Ride in Blairsville.

E3##

Unicoi Gap to Tray Mountain on the AT. 10.4 mile strenuous in and out hike, elevation gain 2,400 feet going and 900 feet returning. Great view from Tray Mountain. Paced hike at 2+ mph.
Meet at Unicoi Gap at intersection of Hwys. 75 and 180 south of Hiwassee.

E3##

Unicoi Gap to Tray Mountain on the AT with return on the Rocky Mountain Trail. A 10.4 mile strenuous hike, 2400 ft. elevation gain. Great view from Tray Mountain. Paced hike at 2+ mph.
Meet at Unicoi Gap at intersection of Hwys. 75 and 180 south of Hiwassee.

E3***

Wagon Train Trail from Young Harris College to Brasstown Bald parking lot and return. 13+ mile in and out hike, 1720 ft. elevation gain. Trail follows the abandoned bed of an old road through the Brasstown Wilderness. Paced hike at 2+ mph.
Meet at Sharp Memorial Methodist Church parking lot in Young Harris.

E3

Wayah Bald to Franklin, NC on the Bartram Trail. 10.8 miles, Start high on 5342' Wayah Bald's old observation tower with commanding view from the Smokies to Albert Mountain. Overall the hike is downhill, but some up-and-down in between will give you a workout. Conclude just past a lovely waterfall at the trailhead on Franklin's outskirts.

Meet at Ingles parking lot in Hayesville

E3

Wayah Bald to Siler Bald to Hwy. 64, NC - 10.5 miles in length (almost all downhill after lunch). beginning atop 5,336-foot Wayah Bald, and lunch atop 5,216-foot Siler Bald with 360-degree views of the heart of the Southern Appalachians.

Meet at Ingles parking lot in Hayesville

E2##

Woody Gap to Neels Gap on the AT. 10.7 mile shuttle hike of ascending and descending including climbs over Big Cedar and Blood Mountains. Paced hike at 2+ mph.

Meet at Byron Herbert Reese parking area on Hwy. 19/129 near Neels Gap.

E2##

Woody Gap to Lake Winfield Scott via the AT and either the Jarrard Gap Trail for 6.8 miles or the Slaughter Creek Trail for 10 miles (\approx 4:30 hrs). Shuttle required. (\$5 FS fee or \$2.50 with Senior Pass at Lake Winfield Scott). Paced hike at 2+ mph.

Meet at Choestoe Baptist Church parking lot on Hwy 180.