

# High Country Hikers Hike Book

The trail descriptions herein are intended for use as a guide to schedule High Country Hikers (HCH) hikes led by an experienced hike leader. These descriptions are not adequate enough for one to go on the hike without a hike leader who is familiar with the trail.

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## *Acknowledgements*

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# Table of Contents

Hike Listing: Alphabetical Order ..... 2  
Hike Listing: Numerical Order..... 7  
Hike Descriptions and Details ..... 14  
High Country Hikers Hiking Challenges..... 191  
Meeting Points ..... 192  
High Country Hikers General Guidelines ..... 193  
Hiker Medical Information Form ..... 196  
Hike Leader Responsibilities (*Revised March 2025*) ..... 197  
Tutorial for Updating the Hike Book..... 200

## Hike Listing: Alphabetical Order

Andy Cove Plus (Social): #680 (Easy 3.7 miles). ..... 184  
Art Loeb – Black Balsam – Tennent Mountain: #128 (Moderate 6 miles). ..... 87  
Art Loeb – Gloucester Gap – Long Branch: #122 (Strenuous 11.1 miles). ..... 84  
Art Loeb – Pilot Mountain (South): #111 (Strenuous 6.3 miles). ..... 77  
Art Loeb – Pilot Mountain: #65 (Strenuous 5 miles). ..... 48  
Art Loeb North Slope Loop: #1 (Moderate-Strenuous 7.5 miles). ..... 14  
Ashmore Preserve-High Rock and Lake Wattacoo #197 (Moderate 5.1 miles). ..... 128  
Avery Creek – Black Mountain – Pressley Cove: #56 (Strenuous 9.5 miles). ..... 43  
Avery Creek – Twin Falls - Clawhammer: #102 (Moderate 6.5 miles ..... 71  
Avery Creek to Buckhorn Gap Loop: #2 (Strenuous 9.5 miles). ..... 15  
Avery Creek to Henry Creek Falls: #3 (Easy 4.5 miles) ..... 15  
Bad Creek – Thompson River: #27 (Moderate 7 miles). ..... 28  
Bad Creek-Hilliard Falls: #198 (Strenuous 11.4 miles). ..... 128  
Bad Fork: #120 (Moderate 7.5 miles). ..... 83  
Bailey Mountain Loop – Smith Farm: #254 (Moderate 5.8 miles). ..... 165  
Barnett Branch to Club Gap: #62 (Moderate/Strenuous 6.5 miles). ..... 47  
Bear Pen Gap – NC 215: #162 (Moderate/Strenuous 9 miles)..... 107  
Bearwallow to Wildcat Rock: #183 (Moderate 7 miles). ..... 117  
Beaver Dam Gap – Walnut Cove: #160 (Moderate 7.3 miles). ..... 106  
Beaver Dam Gap to Elk Pasture Gap: #238 (Strenuous 8.6 miles). ..... 154  
Bell Park (Social): 692 (Easy 2.4 miles). ..... 189  
Bent Creek - Chestnut Cove: #5 (Moderate/Strenuous 8 miles). ..... 16  
Bent Creek – Sleepy Gap Overlook: #263 (Strenuous 10.5 miles). ..... 172  
Bent Creek – Stradley Mountain Loop: #167 (Moderate 9.8 miles). ..... 109  
Bent Creek – Walnut Cove Overlook: #126 (Moderate 7 miles). ..... 86  
Bent Creek-Hard Times Trail: #231 (Easy 4.3 miles). ..... 151  
Bethel via Shelton Trail: #225 (Strenuous 9.8 miles) ..... 147  
Big Bald Mountain via Street Gap-AT: #224 (Strenuous 9.5 miles) ..... 147  
Big Bend Falls and Round Top Loop: #237 (Mod/Strenuous 8.5 miles). ..... 154  
Big Creek Trail: #7 (Easy/Moderate 6 miles). ..... 17  
Big East Fork – Pigeon River WILDERNESS: #95 (Moderate 6 miles). ..... 66  
Black Balsam – Sam Knob Loop: #150 (Moderate 9 miles). ..... 100  
Black Balsam – Skinny Dip: #113 (Moderate 5.5 miles). ..... 78  
Black Mountain Trail - Alternate: #180 (Strenuous 11.1 miles). ..... 116  
Black Mountain Trail via Thrift Cove: #173 (Strenuous 14.4 miles). ..... 112  
Bracken Preserve Extended: #90 (Moderate 7.5 miles). ..... 63  
Bracken Preserve Trail: #6 (Moderate 5 miles). ..... 17  
Bracken Preserve-Cat Gap: #194 (Strenuous 10 miles). ..... 125

Bracken Preserve-Fish Hatchery via Cat Gap key switch: (#243 Moderate 7.3 miles).....	157
Brushy Ridge – Bad Fork: #258 (Strenuous 7 miles): .....	168
Buck Creek to Big Hump via the AT: #264 (Strenuous 10.38 miles). .....	173
Buck Spring – Barnett Branch: #242 (Strenuous 10.7 miles). .....	156
Buck Spring/Little Bald/Pilot Rock/YellowGap Rd/Thompson Creek Loop: #257 (Strenuous 8 miles).....	167
Buckeye Gap – Haywood Gap WILDERNESS: #112 (Strenuous 8.5 miles). .....	77
Buffalo Creek: #9 (Moderate 6.8 miles).....	18
Bull Gap to Lane Pinnacle: #256 (Strenuous 9.54 miles). .....	166
Butter Gap to Long Branch: #12 (Moderate 8 miles). .....	20
Butter Gap Trail: #11 (Moderate 7 miles).....	19
Butter Gap-Art Loeb-Cat Gap: #147 (Strenuous 11.2 miles).....	98
Caney Bottom to Cove Creek: #13 (Moderate 5 miles). .....	21
Carver Gap – Grassy Ridge Bald (Roan Mountain Area): #127 (Moderate 6 miles).....	87
Carver’s Gap to Overmountain Shelter: #213 (Strenuous 11.7 miles). .....	138
Case Camp – Seniard Ridge: #51 (Strenuous 7.4 miles).....	41
Cat Gap – Art Loeb: #189 (Strenuous 9 miles). .....	121
Cedar Rock (Over the Top): #14 (Strenuous 8 miles).....	22
Cedar Rock Mountain Circle: #15 (Strenuous 11.5 miles). .....	22
Charlie’s Bunion: #94 (Moderate 8 miles). .....	65
Chatooga River: #16 (Moderate 8 miles).....	23
Chestnut Ridge Heritage Preserve SC: #204 (Easy/Moderate 5.7 miles). .....	132
Chimneytop to Narrow Falls via Eastatoe Gorge Trail: #235 (Strenuous 10.1 miles). .....	153
Club Gap-Black Mountain: #4 (Strenuous 10 miles).....	16
Colbert Ridge: #199 (Strenuous 7.7 miles). .....	129
Cold Mountain Overlook – Pisgah Inn – Buck Spring: #70 (Moderate 9.4 miles).....	51
Cold Mountain WILDERNESS: #96 (Strenuous 10.4 miles). .....	67
Coldspring – Bill Kimball: #18 (Strenuous 5.4 miles).....	24
Coldspring – Jones Gap: #19 (Moderate/Strenuous 6 miles). .....	24
Connemara Little Glassy Mountain (Social): #520 (Easy 3 miles). .....	179
Connemara: #20 (Easy 4 miles). .....	25
Coontree-Bennett Gap – Long Loop: #22 (Moderate/Strenuous 6.5 miles).....	26
Coontree-Bennett Gap – Short Loop: #23 (Moderate 4 miles). .....	26
Coontree-Bennett Gap, Buckwheat Knob and Avery Creek Loop: #249 (strenuous 11.5 miles).....	161
Coontree-Buckwheat-Club Gap: #210 (Strenuous 9.7 miles). .....	136
Cove Creek-Daniel Ridge: #24 (Moderate 7 miles).....	27
Craggy Picnic – Rattlesnake Lodge: #119 (Moderate/Strenuous 6 miles). .....	83
Daniel Ridge – Farlow Gap: #186 (Moderate 7.2 miles). .....	119
Daniel Ridge Loop: #25 (Easy/Moderate 5 miles).....	27
Daniel Ridge-Shuck Ridge Creek-Sassafras Knob: #222 (Strenuous 12.7 miles). .....	145
Davidson River – Joel Branch: #185 (Moderate 7.9 miles).....	118
Devil’s Courthouse from Rt. 215: #26 (Easy/Moderate 4.5 miles).....	28
Devil’s Fork Gap to Shelton Graves via the AT: #227 (Strenuous 13 miles). .....	149
Devil’s Fork to Sam’s Gap (AT): #228 (Strenuous 9 miles). .....	149
Dittmer – Watts Nature Trail (Social): #681 (Easy 2.75 miles).....	185
DuPont 3 Waterfalls – 3 Lakes: #145 (Easy/Moderate 6.8 miles).....	97
DuPont Bridal Veil Loop: #135 (Moderate 6.4 miles).....	91
DuPont Bridal Veil-3 Lakes: #209 (Easy/Moderate 6.5 miles).....	135
DuPont Cedar Rock Mountain Loop: #93 (Easy/Moderate 5.5 miles). .....	65
DuPont Fawn Lake to Bridal Veil-Double Loop: #17 (Moderate 8.8 miles).....	23
DuPont Hickory Mountain (Social): #604 (Easy 3.8 miles). .....	182
DuPont Hickory Mountain Rd-Hooker Creek Trail (Social): #537 (Easy 3.4 miles). .....	180
DuPont Hickory Mountain Trail: #104 (Easy/Moderate 5.7 miles). .....	72

DuPont Holly Road to Hooker Falls (Social): #689 (Easy 3.9 miles)	188
DuPont Lake Imaging – Jim Branch - Hilltop: #182 (Easy/Moderate 6.8 miles)	117
DuPont Longside (Social): #629 (Easy 3.7 miles)	183
DuPont Longside: #129 (Easy 5 miles)	88
DuPont Mine Mountain – Reasonover Loop: #174 (Moderate 8.8 miles)	113
DuPont Mine Mountain to Fawn Lake Trail: #268 (Easy 5.95 miles)	175
DuPont One Lake-One Waterfall (Social): #691 (Easy 3.4 miles)	189
DuPont Plantation Loop, Stone Mtn & Rocky Ridge: #38 (Moderate/Strenuous 6.9 miles)	33
DuPont Reasonover “Nash Rambler”: #131 (Easy 6.5 miles)	89
DuPont Reasonover Extended: #8 (Moderate 7.5 miles)	18
DuPont Reasonover Trail Loop: #141 (Easy 5.5 miles)	94
DuPont Ridgeline: #143 (Easy/Moderate 7.2 miles)	95
DuPont Rock Quarry (Social): #688 (Easy 4 miles)	187
DuPont Sheep Mountain Trail: #178 (Easy/Moderate 5.8 miles)	115
DuPont Stone Mountain Loop Extended: #118 (Strenuous 9.2 miles)	82
DuPont Stone Mountain Loop: #116 (Moderate 5.1 miles)	80
DuPont Thomas Cemetery Road (Social): #536 (Easy 3.5 miles)	179
DuPont Thomas Cemetery Road: #36 (Easy 5.8 miles)	32
DuPont Turkey Knob: #149 (Easy/Moderate 5.9 miles)	99
DuPont Waterfalls – Lake Imaging: #138 (Easy/Moderate 5.8 miles)	92
DuPont Waterfalls Loop: #140 (Easy 5.7 miles)	94
DuPont Waterfalls: #123 (Moderate 7.5 miles)	85
DuPont Wilke to Rock Quarry: #21 (Easy/Moderate 5 miles)	25
DuPont Wilkie – Rock Quarry Extended: #188 (Moderate 7 miles)	120
DuPont Wintergreen Falls (Social): #624 (Easy 3.3 miles)	182
DuPont Wintergreen Falls: #124 (Easy 5.6 miles)	85
Eagle Rock – Gray Rock: #212 (Strenuous 9.6 miles)	137
Ecusta Trail Social Hike (Social): #693 (Easy 6 miles)	190
FHT-Ellicott Rock-East Fork: #230 (Mod/Strenuous 9 miles)	150
Fletcher Creek – Spencer Branch – Trace Ridge: #109 (Moderate/Strenuous 7 miles)	76
Fletcher Loop (Social): #690 (Easy 3.2 miles)	188
Florence Nature Preserve: #144 (Moderate 6.1 miles)	96
Folk Art Center – BRP Visitor Center Loop: #170 (Easy 6.3 miles)	111
Folk Art Center to French Broad Overlook: #171 (Strenuous 13.5 miles)	111
Folk Art Center to Haw Creek Overlook: #42 (Moderate 4.7 miles)	35
Folk Art Center to Hwy 25: #53 (Easy 8 miles)	42
Foothills Trail to Virginia Hawkins Falls: #217 (Strenuous 10.7 miles)	140
Fork Mountain-Black Balsam WILDERNESS: #226 (Strenuous 9.8 miles)	148
French Broad Overlook – Hwy 25A: #155 (Easy 6.2 miles)	103
From Uncle Johnny’s to the AT along the Nolichucky River: #259 (Strenuous 8 miles)	169
Funnel Top Mountain Trail and Horse Cove Gap: #255 (Strenuous 12 miles)	165
Gail Green’s Lick: #247 (Moderate 8 miles)	159
Gloucester Gap – Pilot Mountain – Farlow Gap – Daniel Ridge: #67 (Strenuous 9.5 miles)	49
Gorges S.P. - Horsepasture River: #39 (Moderate 4.3 miles)	34
Gorges State Park – Auger Hole: #161 (Moderate 7 miles)	106
Gorges State Park-Grassy Ridge: #146 (Easy 6.2 miles)	98
Grassy Cove Loop: #166 (Strenuous 9 miles)	109
Graveyard Ridge: #29 (Easy/Moderate 4 miles)	29
Graybeard Trail Extended Loop: #219 (Strenuous 10 miles)	142
Graybeard Trail to Walker Knob: #164 (Moderate/Strenuous 8 miles)	108
Green Knob-Mt. Hardy WILDERNESS: #234 (Strenuous 11 miles)	152
Green Ridge Trail to AT to Fork Ridge Trail Loop: #266 (Strenuous 14.32 miles)	174

Green River – Bishop - Pulliam Creek Loop: #35 (Moderate 5.6 miles).....	32
Green River – Long Ridge – Pulliam Creek: #33 (Moderate 6.6 miles).....	31
Green River – Pulliam Creek: #34 (Moderate 6 miles).....	31
Green River Cove Loop: #31 (Moderate/Strenuous 7.5 miles).....	30
Green River Cove: #30 (Moderate 6.7 miles).....	29
Green River Narrows: #195 (Strenuous 6.6 miles).....	126
Grey Rock via Weed Patch Trail: #200 (Strenuous 11.6 miles).....	129
Hard Times-Shut In-Pine Tree Loop: #244 (Strenuous 10.2 miles).....	158
Hemphill Bald Loop: #196 (Strenuous 14 miles).....	127
Hemphill Bald: #164 (Moderate/Strenuous 10 miles).....	108
Highland Lake Inn (Social): #682 (Easy 3.1 miles).....	186
Holmes Educational State Forest: #179 (Easy/Moderate 5.8 miles).....	115
Horse Ford Rd – South Mills River: #57 (Easy 8.7 miles).....	44
Hot Springs – Rich Mountain: #121 (Strenuous 10.2 miles).....	84
Hot Springs to Garenflo Gap: #241 (Strenuous 12.8 miles).....	156
Jerry Miller to Baxter Cliff Trail: #270 (Strenuous 8.68 miles).....	177
John Rock: #40 (Moderate 6 miles).....	34
Jones Gap – Rainbow Falls: #168 (Moderate 5 miles).....	110
Jones Gap: #41 (Moderate 9 miles).....	35
Jones Gap-Bill Kimball-Coldspring Branch: #202 (Strenuous 9 miles).....	130
Keowee-Toxaway: #261 (Easy 4.75 miles).....	171
Lake Powhatan – Sleepy Gap: #44 (Moderate 7.0 miles).....	37
Lake Powhatan Explorer Loop (Social): #544 (Easy 3 miles).....	181
Lake Powhatan Loop (Social): #543 (Easy 4 miles).....	180
Lake Powhatan Loop Extended: #43 (Easy/Moderate 6.5 miles).....	36
Laurel Mountain Trail: #136 (Easy 8 miles).....	91
Laurel River Trail: #177 (Easy 7.4 miles).....	114
Lemon Gap-Max Patch (long version): #105 (Moderate/Strenuous 10.6 miles).....	73
Linville Falls: #172 (Moderate 4.6 miles).....	112
Little Hump-Big Hump: #215 (Strenuous 9 miles).....	139
Little Pisgah Mountain: #10 (Moderate/Strenuous 9 miles).....	19
Little Sam Loop: #132 (Moderate 6.5 miles).....	89
Looking Glass Rock: #47 (Moderate/Strenuous 6 miles).....	39
Max Patch – Lemon Gap: #48 (Moderate 6 miles).....	40
Mills River – Spencer Gap to Ferrin Knob: #63 (Moderate/Strenuous 5.9 miles).....	47
Montreat: Copperhead / Rattlesnake / Brushy / Lookout Mtns : #260 (Moderate 6.4 miles).....	170
Moore Cove - Coontree: #58 (Moderate 5.3 miles).....	45
Mount Hardy WILDERNESS: #100 (Moderate 5 miles).....	70
Mount Pisgah: #59 (Moderate/Strenuous 5 miles).....	45
MST Bear Pen Gap In and Out: #251 (Moderate / Strenuous 9.62 miles).....	163
MST East of Balsam Gap (Strenuous 10.6 miles): #250 (strenuous 10.6 miles).....	162
MST Old Bald to Grassy Bald: #252 (Strenuous 11.3 miles).....	164
Mt. Cammerer via Low Gap Trail #193 (Strenuous 11.6 miles).....	124
Mt. LeConte via Alum Cave Trail: #98 (Strenuous 10.5 miles).....	69
Mt. Mitchell from Stepps Gap: #92 (Moderate 4.8 miles).....	64
NC 128 – Mt. Mitchell: #159 (Moderate/Strenuous 9 miles).....	105
Newfound Gap to Clingman’s Dome: #240 (Strenuous 8.4 miles).....	155
North Carolina Arboretum Extended: #233 (Easy/Moderate 7 miles).....	152
North Carolina Arboretum: #60 (Easy 5 miles).....	46
North Slope Loop: #61 (Easy 5.2 miles).....	46
Panthertown – Holly Falls: #139 (Mod/Strenuous 7.6 miles).....	93
Panthertown Flat Creek Falls via Flat Creek Road: #269 (Moderate 6.75 miles).....	176

Pantherstown West: #85 (Moderate 6.9 miles).....	59
Pantherstown: Mac’s Gap Loop: #245 (Mod/Strenuous 7.5 miles).....	158
Paris Mountain Brissey Ridge-Reservoir: #175 (Easy 6 miles).....	113
Paris Mountain Loop: #206 (Strenuous 13.4 miles).....	133
Paris Mountain Sulphur Springs – Brissey Ridge: #176 (Moderate 6.5 miles).....	114
Patton Park to Berkeley Park (Social): #694 (Easy 3.9 miles).....	190
Pilot Cove Overlook: #64 (Moderate 4 miles).....	48
Pilot Cove Slate Rock Loop: #221 (Strenuous 8.9 miles).....	144
Pilot Rock – Pisgah Inn: #66 (Strenuous 8.4 miles).....	49
Pinch In to Conley Cove: WILDERNESS: #214 (Strenuous 5.8 miles).....	138
Pink Beds Loop: #101 (Easy 5 miles).....	70
Pink Beds Short Loop (Social): #601 (Easy 3.25 miles).....	181
Pink Beds to Cradle of Forestry: #181 (Easy/Moderate 7.3 miles).....	116
Pinnacle Mountain Fire Tower: #216 (Moderate 9.9 miles).....	140
Pinnacle Mountain: #97 (Moderate/Strenuous 7.5 miles).....	68
Pinnacle Pass -Rim of the Gap: #103 (Strenuous 6 miles).....	71
Pinnacle Peak-Blackrock: #223 (Strenuous 10.7 miles).....	146
Pisgah Inn – Beaver Dam Gap: #158 (Moderate/Strenuous 7.9 miles).....	104
Pisgah Inn – Buck Spring: #69 (Moderate 6.2 miles).....	50
Pisgah Inn – Frying Pan: #68 (Moderate 4 miles).....	50
Pisgah Ridge – Buck Spring: #55 (Moderate/Strenuous 7.7 miles).....	43
Pisgah Ridge – Pink Beds: #152 (Easy/Moderate 6.5 miles).....	101
Pleasant Ridge Park, SC: #187 (Easy 6 miles).....	120
Point Lookout Greenway Bike Trail: #156 (Moderate 7.5 miles).....	103
Pressley Cove Loop: #130 (Moderate 4.7 miles).....	88
Pump Gap Trail: #169 (Moderate 5 miles).....	110
Rattlesnake Lodge – Folk Art Center: # 52 (Strenuous 10 miles).....	42
Rattlesnake Lodge: #190 (Moderate 5 miles).....	121
Raven Cliff Falls – Dismal Trail Loop: #191 (Strenuous 8.3 miles).....	122
Raven Cliff Falls – Suspension Bridge: #157 (Moderate 7 miles).....	104
Raven Cliff Falls Overlook: #71 (Easy/Moderate 4 miles).....	51
Raven Cliff-Dismal-Naturaland Trust Loop: #201 (Strenuous 9.5 miles).....	130
Rice Pinnacle (Social): #683 (Easy 4.3 miles).....	187
Rice Pinnacle Double Loop: #232 (Strenuous 10.2 miles).....	151
Rim of the Gap: #91 (Strenuous 8.75 miles).....	63
Rumbling Bald – Eagle Rock – Party Rock: #133 (Strenuous 8.5 miles).....	90
Saluda Mountains Passage of the Palmetto: #73 (Moderate 7.8 miles).....	52
Sam Knob Loop: #142 (Easy 4.3 miles).....	95
Sam Knob-Little Sam Loop: #163 (Moderate/Strenuous 6.8 miles).....	107
Sam’s Gap – Rice Gap: #153 (Moderate 7.5 miles).....	101
Sassafras Mountain to Table Rock State Park: #203 (Mod/Strenuous 10.7 miles).....	131
Sassafras Mountain: #32 (Strenuous 8.5 miles).....	30
Sassafras Mtn. to Whiteoak and Bigspring Mtn: #229 (Strenuous 7.3 miles).....	150
Scenic Overlooks: #151 (Moderate 8 miles).....	100
Seniard Ridge Waterfalls: #137 (Easy 5 miles).....	92
Shining Rock – Old Butt – Shining Creek: #114 (Strenuous 9 miles).....	78
Shining Rock via Ivestor Gap WILDERNESS: #110 (Strenuous 9.4 miles).....	76
Shining Rock via Shining Creek Wilderness: #107 (Strenuous 9.5 miles).....	74
Shut-In Trail: #74 (Moderate 6.2 miles).....	53
Silvermine Bald: #115 (Moderate 6 miles).....	79
Skinny Dip Falls-Graveyard Ridge Loop: #236 (Strenuous 9.6 miles).....	153
Slate Rock – Laurel Mountain: #75 (Strenuous 8.7 miles).....	53

Slate Rock – Laurel Mtn. – Mt. Pisgah Key Switch: #79 (Strenuous up, Moderate down 6 miles)..... 56

Slate Rock – Pilot Cove: #76 (Moderate 6 miles)..... 54

Soapstone Ridge: #77 (Moderate 7 miles)..... 54

Soco Gap Overlook to WaterRock Overlook: 248 (strenuous 9 miles)..... 160

Spencer Branch – Trace Ridge: #78 (Moderate/Strenuous 8 miles)..... 55

Spivey Gap to Big Bald: #239 (Strenuous 15 miles)..... 155

Spivey Gap to Uncle Johnny’s Hostel via the AT: #265 (Strenuous 10.51 miles)..... 173

Stony Bald Overlook – Elk Pasture Gap: #37 (Moderate 6.6 miles)..... 33

Stool Mountain Trail: #267 (Moderate / Strenuous 5.8 miles)..... 174

Strawberry Gap: #207 (Easy/Mod 5.2 miles)..... 133

Sycamore Cove Extended: #80 (Moderate 8 miles)..... 57

Table Rock State Park: Pinnacle Mountain – Ridge Trail: #192 (Strenuous 7.7 miles)..... 123

Table Rock: #81 (Strenuous 7.2 miles)..... 57

Tanyard Gap to Spring Mountain: #246 (Strenuous 10.8 miles)..... 159

Tennent Mountain – Black Balsam: #82 (Moderate/Strenuous 6.5 miles)..... 58

The Wilds Waterfall Hike: #45 (Moderate/Strenuous 5 miles)..... 38

Thrift Cove – Grassy Road Loop: #117 (Easy/Moderate 6.2 miles)..... 81

Thrift Cove – Sycamore Loop: #72 (Moderate 5 miles)..... 52

Trombatore Trail Extended: #108 (Moderate/Strenuous 7.5 miles)..... 75

Trombatore Trail: #89 (Moderate 5 miles)..... 62

Trombatore-Strawberry Gap one way: #220 (Moderate 5.2 miles)..... 143

Trombatore-Strawberry Gap Trails: #208 (Strenuous 10.3 miles)..... 134

Turkey Pen – Black Mountain Trail: #106 (Strenuous 10.6 miles)..... 73

Turkey Pen – Bradley Creek – Pounding Mill: #84 (Moderate 7.5 miles)..... 59

Turkey Pen – Sharpy Mountain Loop: #83 (Moderate/Strenuous 6.7 miles)..... 58

Turkey Pen – Vinyard Gap in/out: #253 (Moderate 6.1 miles)..... 164

Turkey Pen-Mullinex-Squirrel-Cantrell-South Fork Mills River Loop: #271 (Strenuous 12.5 miles)..... 178

Upper Whitewater Falls Foothills Trail: #262 (Moderate 6 miles)..... 172

Wagon Gap – Looking Glass Overlook: #125 (Strenuous 10.3 miles)..... 86

Walker Knob – Craggy Picnic: #50 (Moderate/Strenuous 7.6 miles)..... 41

Walker Knob – Potato Knob: #49 (Strenuous 5 miles)..... 40

Whitewater Falls to Sloan Bridge Picnic Area: #218 (Strenuous 11 miles)..... 141

Whitewater Falls: #154 (Strenuous 6.2 miles)..... 102

Wildcat Rock Trail Extended: #184 (Strenuous 8.6 miles)..... 118

Wildcat Rock Trail: #46 (Strenuous 5.8 miles)..... 39

Wildcat Rock-Strawberry Gap: #211 (Strenuous 11.1 miles)..... 136

Winding Stair Gap to Siler Bald via the AT: #205 (Strenuous 9.3 miles)..... 132

Yellow Mountain: #86 (Strenuous 12.6 miles)..... 60

Yellowstone Creek – Skinny Dip Loop: #87 (Moderate 4.5 miles)..... 61

## Hike Listing: Numerical Order

#1: Art Loeb North Slope Loop (Moderate-Strenuous 7.5 miles)..... 14

#2: Avery Creek to Buckhorn Gap Loop (Strenuous 9.5 miles)..... 15

#3: Avery Creek to Henry Creek Falls (Easy 4.5 miles)..... 15

#4: Club Gap-Black Mountain (Strenuous 10 miles)..... 16

#5: Bent Creek - Chestnut Cove (Moderate/Strenuous 8 miles)..... 16

#6: Bracken Preserve Trail (Moderate 5 miles)..... 17

#7: Big Creek Trail (Easy/Moderate 6 miles)..... 17

#8: DuPont Reasonover Extended (Moderate 7.5 miles)..... 18

#9: Buffalo Creek (Moderate 6.8 miles)..... 18

#10: Little Pisgah Mountain (Moderate/Strenuous 9 miles)..... 19

#11: Butter Gap Trail (Moderate 7 miles)..... 19

#12: Butter Gap to Long Branch (Moderate 8 miles) .....	20
#13: Caney Bottom to Cove Creek (Moderate 5 miles) .....	21
#14: Cedar Rock (Over the Top) (Strenuous 8 miles).....	22
#15: Cedar Rock Mountain Circle (Strenuous 11.5 miles) .....	22
#16: Chattooga River (Moderate 8 miles) .....	23
#17: DuPont Fawn Lake to Bridal Veil – Double Loop (Moderate 8.8 miles) .....	23
#18: Coldspring – Bill Kimball (Strenuous 5.4 miles).....	24
#19: Coldspring – Jones Gap (Moderate/Strenuous 6 miles) .....	24
#20: Connemara (Easy 4 miles) .....	25
#21: DuPont Wilke to Rock Quarry (Easy/Moderate 5 miles).....	25
#22: Coontree-Bennett Gap – Long Loop (Moderate/Strenuous 6.5 miles).....	26
#23: Coontree-Bennett Gap – Short Loop (Moderate 4 miles) .....	26
#24: Cove Creek-Daniel Ridge (Moderate 7 miles).....	27
#25: Daniel Ridge Loop (Easy/Moderate 5 miles).....	27
#26: Devil’s Courthouse from Rt. 215 (Easy/Moderate 4.5 miles).....	28
#27: Bad Creek – Thompson River (Moderate 7 miles) .....	28
#28: Deleted.....	29
#29: Graveyard Ridge (Easy/Moderate 4 miles) .....	29
#30: Green River Cove (Moderate 6.7 miles) .....	29
#31: Green River Cove Loop (Moderate/Strenuous 7.5 miles).....	30
#32: Sassafras Mountain (Strenuous 8.5 miles) .....	30
#33: Green River – Long Ridge – Pulliam Creek (Moderate 6.6 miles) .....	31
#34: Green River – Pulliam Creek (Moderate 6 miles).....	31
#35: Green River – Bishop - Pulliam Creek Loop (Moderate 5.6 miles).....	32
#36: DuPont Thomas Cemetery Road (Easy 5.8 miles).....	32
#37: Stony Bald Overlook – Elk Pasture Gap (Moderate 6.6 miles).....	33
#38: DuPont Plantation Loop, Stone Mtn & Rocky Ridge (Moderate/Strenuous 6.9 miles).....	33
#39: Gorges State Park - Horsepasture River (Moderate 4.3 miles).....	34
#40: John Rock (Moderate 6 miles).....	34
#41: Jones Gap (Moderate 9 miles).....	35
#42: Folk Art Center to Haw Creek Overlook (Moderate 4.7 miles) .....	35
#43: Lake Powhatan Loop Extended (Easy/Moderate 6.5 miles) .....	36
#44: Lake Powhatan – Sleepy Gap (Moderate 7.0 miles) .....	37
#45: The Wilds Waterfall Hike (Moderate/Strenuous 5 miles).....	38
#46: Wildcat Rock Trail (Strenuous 5.8 miles) .....	39
#47: Looking Glass Rock (Moderate/Strenuous 6 miles) .....	39
#48: Max Patch – Lemon Gap (Moderate 6 miles) .....	40
#49: Walker Knob – Potato Knob (Strenuous 5 miles).....	40
#50: Walker Knob – Craggy Picnic (Moderate/Strenuous 7.6 miles).....	41
#51: Case Camp – Seniard Ridge (Strenuous 7.4 miles) .....	41
#52: Rattlesnake Lodge - Folk Art Center (Strenuous 10 miles).....	42
#53: Folk Art Center to Hwy 25 (Easy 8 miles).....	42
#54: Deleted.....	42
#55: Pisgah Ridge – Buck Spring (Moderate/Strenuous 7.7 miles).....	43
#56: Avery Creek – Black Mountain – Pressley Cove (Strenuous 9.5 miles) .....	43
#57: Horse Ford Rd – South Mills River (Easy 8.7 miles).....	44
#58: Moore Cove -Coontree (Moderate 5.3 miles) .....	45
#59: Mount Pisgah (Moderate/Strenuous 5 miles) .....	45
#60: North Carolina Arboretum (Easy 5 miles) .....	46
#61: North Slope Loop (Easy 5.2 miles) .....	46
#62: Barnett Branch to Club Gap (Moderate/Strenuous 6.5 miles) .....	47
#63: Mills River – Spencer Gap to Ferrin Knob (Moderate/Strenuous 5.9 miles) .....	47

#64: Pilot Cove Overlook (Moderate 4 miles)..... 48

#65: Art Loeb – Pilot Mountain (Strenuous 5 miles)..... 48

#66: Pilot Rock – Pisgah Inn (Strenuous 8.4 miles) ..... 49

#67: Gloucester Gap – Pilot Mountain – Farlow Gap – Daniel Ridge (Strenuous 9.5 miles)..... 49

#68: Pisgah Inn – Frying Pan (Moderate 4 miles) ..... 50

#69: Pisgah Inn – Buck Spring (Moderate 6.2 miles) ..... 50

#70: Cold Mountain Overlook – Pisgah Inn – Buck Spring (Moderate 9.4 miles) ..... 51

#71: Raven Cliff Falls Overlook (Easy/Moderate 4 miles) ..... 51

#72: Thrift Cove – Sycamore Loop (Moderate 5 miles) ..... 52

#73: Saluda Mountains Passage of the Palmetto (Moderate 7.8 miles)..... 52

#74: Shut-In Trail (Moderate 6.2 miles)..... 53

#75: Slate Rock – Laurel Mountain (Strenuous 8.7 miles) ..... 53

#76: Slate Rock – Pilot Cove (Moderate 6 miles)..... 54

#77: Soapstone Ridge (Moderate 7 miles) ..... 54

#78: Spencer Branch – Trace Ridge (Moderate/Strenuous 8 miles)..... 55

#79: Slate Rock – Laurel Mtn. – Mt. Pisgah Key Switch (Strenuous up, Moderate down 6 miles)..... 56

#80: Sycamore Cove Extended (Moderate 8 miles) ..... 57

#81: Table Rock (Strenuous 7.2 miles) ..... 57

#82: Tennent Mountain – Black Balsam (Moderate/Strenuous 6.5 miles)..... 58

#83: Turkey Pen – Sharpy Mountain Loop (Moderate/Strenuous 6.7 miles) ..... 58

#84: Turkey Pen – Bradley Creek - Pounding Mill (Moderate 7.5 miles) ..... 59

#85: Panthertown West (Moderate 6.9 miles)..... 59

#86: Yellow Mountain (Strenuous 12.6 miles) ..... 60

#87: Yellowstone Creek – Skinny Dip Loop (Moderate 4.5 miles) ..... 61

#88: Deleted..... 61

#89: Trombatore Trail (Moderate 5 miles)..... 62

#90: Bracken Preserve Extended (Moderate 7.5 miles) ..... 63

#91: Rim of the Gap (Strenuous 8.75 miles)..... 63

#92: Mt. Mitchell from Stepps Gap (Moderate 4.8 miles)..... 64

#93: DuPont Cedar Rock Mountain Loop (Easy/Moderate 5.5 miles) ..... 65

#94: Charlie’s Bunion (Moderate 8 miles) ..... 65

#95: Big East Fork – Pigeon River WILDERNESS (Moderate 6 miles) ..... 66

#96: Cold Mountain WILDERNESS (Strenuous 10.4 miles) ..... 67

#97: Pinnacle Mountain (Moderate/Strenuous 7.5 miles) ..... 68

#98: Mt. LeConte via Alum Cave Trail (Strenuous 10.5 miles)..... 69

#99: Deleted..... 69

#100: Mount Hardy WILDERNESS (Moderate 5 miles) ..... 70

#101: Pink Beds Loop (Easy 5 miles)..... 70

#102: Avery Creek – Twin Falls - Clawhammer (Moderate 6.5 miles) ..... 71

#103: Pinnacle Pass - Rim of the Gap (Strenuous 6 miles) ..... 71

#104: DuPont Hickory Mountain Trail (Easy/Moderate 5.7 miles) ..... 72

#105: Lemon Gap-Max Patch (long version) (Moderate/Strenuous 10.6 miles) ..... 73

#106: Turkey Pen – Black Mountain Trail (Strenuous 10.6 miles) ..... 73

#107: Shining Rock via Shining Creek Wilderness (Strenuous 9.12 miles)..... 74

#108: Trombatore Trail Extended (Moderate/Strenuous 7.5 miles) ..... 75

#109: Fletcher Creek – Spencer Branch – Trace Ridge (Moderate/Strenuous 7 miles)..... 76

#110: Shining Rock via Ivestor Gap WILDERNESS (Strenuous 9.4 miles) ..... 76

#111: Art Loeb – Pilot Mountain (South) (Strenuous 6.3 miles) ..... 77

#112: Buckeye Gap – Haywood Gap WILDERNESS (Strenuous 8.5 miles) ..... 77

#113: Black Balsam – Skinny Dip (Moderate 5.5 miles)..... 78

#114: Shining Rock – Old Butt – Shining Creek WILDERNESS (Strenuous 9 miles) ..... 78

#115: Silvermine Bald (Moderate 6 miles)..... 79

#116: DuPont Stone Mountain Loop (Moderate 5.1 miles)	80
#117: Thrift Cove – Grassy Road Loop (Easy/Moderate 6.2 miles)	81
#118: DuPont Stone Mountain Loop Extended (Strenuous 9.2 miles)	82
#119: Craggy Picnic – Rattlesnake Lodge (Moderate/Strenuous 6 miles)	83
#120: Bad Fork (Moderate 7.5 miles)	83
#121: Hot Springs – Rich Mountain (Strenuous 10.2 miles)	84
#122: Art Loeb – Gloucester Gap – Long Branch (Strenuous 11.1 miles)	84
#123: DuPont Waterfalls (Moderate 7.5 miles)	85
#124: DuPont Wintergreen Falls (Easy 5.6 miles)	85
#125: Wagon Gap – Looking Glass Overlook (Strenuous 10.3 miles)	86
#126: Bent Creek – Walnut Cove Overlook (Moderate 7 miles)	86
#127: Carver Gap – Grassy Ridge Bald (Roan Mountain Area) (Moderate 6 miles)	87
#128: Art Loeb – Black Balsam – Tennent Mountain (Moderate 6 miles)	87
#129: DuPont Longside (Easy 5 miles)	88
#130: Pressley Cove Loop (Moderate 4.7 miles)	88
#131: DuPont Reasonover “Nash Rambler” (Easy 6.5 miles)	89
#132: Little Sam Loop (Moderate 6.5 miles)	89
#133: Rumbling Bald – Eagle Rock – Party Rock (Strenuous 8.5 miles)	90
#134: Deleted	90
#135: DuPont Bridal Veil Loop (Moderate 6.4 miles)	91
#136: Laurel Mountain Trail (Easy 8 miles)	91
#137: Seniard Ridge Waterfalls (Easy 5 miles)	92
#138: DuPont Waterfalls – Lake Imaging (Easy/Moderate 5.8 miles)	92
#139: Panthertown – Holly Falls (Mod/Strenuous 7.6 miles)	93
#140: DuPont Waterfalls Loop (Easy 5.7 miles)	94
#141: DuPont Reasonover Trail Loop (Easy 5.5 miles)	94
#142: Sam Knob Loop (Easy / Moderate 4.3 miles)	95
#143: DuPont Ridgeline (Easy / Moderate 7.2 miles)	95
#144: Florence Nature Preserve (Moderate 6.1 miles)	96
#145: DuPont 3 Waterfalls - 3 Lakes (Easy/Moderate 6.8 miles)	97
#146: Gorges State Park – Grassy Ridge (Easy 6.2 miles)	98
#147: Butter Gap-Art Loeb-Cat Gap (Strenuous 11.2 miles)	98
#148: Deleted	99
#149: DuPont Turkey Knob (Easy/Moderate 5.79miles)	99
#150: Black Balsam – Sam Knob Loop (Moderate 9 miles)	100
#151: Scenic Overlooks (Moderate 8 miles)	100
#152: Pisgah Ridge – Pink Beds (Easy/Moderate 6.5 miles)	101
#153: Sam’s Gap – Rice Gap (Moderate 7.5 miles)	101
#154: Whitewater Falls (Strenuous 6.2 miles)	102
#155: French Broad Overlook – Hwy 25A (Easy 6.2 miles)	103
#156: Point Lookout Greenway Bike Trail (Moderate 7.5 miles)	103
#157: Raven Cliff Falls – Suspension Bridge (Moderate 7 miles)	104
#158: Pisgah Inn – Beaver Dam Gap (Moderate/Strenuous 7.9 miles)	104
#159: NC 128 – Mt. Mitchell (Moderate/Strenuous 9 miles)	105
#160: Beaver Dam Gap – Walnut Cove (Moderate 7.3 miles)	106
#161: Gorges State Park – Auger Hole (Moderate 7 miles)	106
#162: Bear Pen Gap – NC 215 (Moderate/Strenuous 9 miles)	107
#163: Sam Knob-Little Sam Loop (Moderate/Strenuous 6.8 miles)	107
#164: Hemphill Bald (Moderate/Strenuous 10 miles)	108
#165: Graybeard Trail to Walker Knob (Moderate/Strenuous 8 miles)	108
#166: Grassy Cove Loop WILDERNESS (Strenuous 9 miles)	109
#167: Bent Creek – Stradley Mountain Loop (Moderate 9.8 miles)	109

#168: Jones Gap – Rainbow Falls (Moderate 5 miles) .....	110
#169: Pump Gap Trail (Moderate 5 miles).....	110
#170: Folk Art Center – BRP Visitor Center Loop (Easy 6.3 miles) .....	111
#171: Folk Art Center to French Broad Overlook (Strenuous 13.5 miles).....	111
#172: Linville Falls (Moderate 4.6 miles) .....	112
#173: Black Mountain Trail via Thrift Cove (Strenuous 14.4 miles) .....	112
#174: DuPont Mine Mountain – Reasonover Loop (Moderate 8.8 miles).....	113
#175: Paris Mountain Brissey Ridge-Reservoir (Easy 6 miles).....	113
#176: Paris Mountain Sulphur Springs – Brissey Ridge (Moderate 6.5 miles) .....	114
#177: Laurel River Trail (Easy 7.4 miles) .....	114
#178: DuPont Sheep Mountain Trail (Easy/Moderate 5.8 miles) .....	115
#179: Holmes Educational State Forest (Easy/Moderate 4.5 miles).....	115
#180: Black Mountain Trail - Alternate (Strenuous 11.1 miles).....	116
#181: Pink Beds to Cradle of Forestry (Easy/Moderate 7.3 miles) .....	116
#182: DuPont Lake Imaging – Jim Branch - Hilltop (Easy/Moderate 6.8 miles).....	117
#183: Bearwallow to Wildcat Rock (Moderate 7 miles).....	117
#184: Wildcat Rock Trail Extended (Strenuous 8.6 miles) .....	118
#185: Davidson River – Joel Branch (Moderate 7.9 miles) .....	118
#186: Daniel Ridge – Farlow Gap (Moderate 7.2 miles) .....	119
#187: Pleasant Ridge Park, SC (Easy 6 miles).....	120
#188: DuPont Wilkie – Rock Quarry Extended (Moderate 7 miles).....	120
#189: Cat Gap – Art Loeb (Strenuous 9 miles).....	121
#190: Rattlesnake Lodge (Moderate 5 miles).....	121
#191: Raven Cliff Falls – Dismal Trail Loop (Strenuous 8.3 miles).....	122
#192: Table Rock State Park: Pinnacle Mountain – Ridge Trail (Strenuous 7.7 miles).....	123
#193: Mt. Cammerer via Low Gap Trail (Strenuous 11.6 miles) .....	124
#194: Bracken Preserve-Cat Gap (Strenuous 10 miles).....	125
#195: Green River Narrows (Strenuous 6.6 miles) .....	126
#196: Hemphill Bald Loop (Strenuous 14 miles).....	127
#197: Ashmore Preserve-High Rock and Lake Wattacoo (Moderate 5.1 miles).....	128
#198: Bad Creek-Hilliard Falls (Strenuous 11.4 miles).....	128
#199: Colbert Ridge (Strenuous 7.7 miles) .....	129
#200: Grey Rock via Weed Patch Trail (Strenuous 11.6 miles).....	129
#201: Raven Cliff-Dismal-Naturaland Trust Loop (Strenuous 9.5 miles).....	130
#202: Jones Gap-Bill Kimball-Coldspring Branch (Strenuous 9 miles).....	130
#203: Sassafras Mountain to Table Rock State Park (Mod/Strenuous 10.7 miles).....	131
#204: Chestnut Ridge Heritage Preserve SC (Easy/Moderate 5.7 miles).....	132
#205: Winding Stair Gap to Siler Bald via the AT (Strenuous 9.3 miles) .....	132
#206: Paris Mountain Loop (Strenuous 13.4 miles).....	133
#207: Strawberry Gap (Easy/Mod 5.2 miles).....	133
#208: Trombatore-Strawberry Gap Trails (Strenuous 10.3 miles).....	134
#209: DuPont Bridal Veil- 3 Lakes (Easy/Moderate 6.5 miles).....	135
#210: Coontree-Buckwheat-Club Gap (Strenuous 9.7 miles) .....	136
#211: Wildcat Rock-Strawberry Gap (Strenuous 11.1 miles).....	136
#212: Eagle Rock – Gray Rock (Strenuous 9.6 miles).....	137
#213: Carver’s Gap to Overmountain Shelter (Strenuous 11.7 miles).....	138
#214: Pinch In to Conley Cove: WILDERNESS (Strenuous 5.8 miles) .....	138
#215: Little Hump-Big Hump (Strenuous 9 miles) .....	139
#216: Pinnacle Mountain Fire Tower (Moderate 9.9 miles).....	140
#217: Foothills Trail to Virginia Hawkins Falls (Strenuous 10.7 miles).....	140
#218: Whitewater Falls to Sloan Bridge Picnic Area (Strenuous 11 miles) .....	141
#219: Graybeard Trail Extended Loop (Strenuous 10 miles) .....	142

#220: Trombatore-Strawberry Gap one way (Moderate 5.2 miles) .....	143
#221: Pilot Cove Slate Rock Loop (Strenuous 8.9 miles).....	144
#222: Daniel Ridge-Shuck Ridge Creek-Sassafras Knob (Strenuous 12.7 miles) .....	145
#223: Pinnacle Peak-Blackrock (Strenuous 10.7 miles) .....	146
#224: Big Bald Mountain via Street Gap-AT (Strenuous 9.5 miles) .....	147
#225: Bethel via Shelton Trail (Strenuous 9.8 miles) .....	147
#226: Fork Mountain-Black Balsam WILDERNESS (Strenuous 9.8 miles).....	148
#227: Devil’s Fork Gap to Shelton Graves via the AT (Strenuous 13 miles) .....	149
#228: Sams Gap to Devils Fork /Devils Fork to Sams Gap (Strenuous 9 miles).....	149
#229: Sassafras Mtn to Whiteoak and Bigspring Mtn (Strenuous 7.3 miles).....	150
#230: FHT-Ellicott Rock-East Fork (Mod/Strenuous 9 miles) .....	150
#231: Bent Creek-Hard Times Trail (Easy 4.3 miles) .....	151
#232: Rice Pinnacle Double Loop (Strenuous 10.2 miles).....	151
#233: North Carolina Arboretum Extended (Easy/Moderate 7 miles) .....	152
#234: Green Knob-Mt. Hardy WILDERNESS (Strenuous 11 miles).....	152
#235: Chimneytop to Narrow Falls via Eastatoe Gorge Trail (Strenuous 10.1 miles) .....	153
#236: Skinny Dip Falls-Graveyard Ridge Loop (Strenuous 9.6 miles).....	153
#237: Big Bend Falls and Round Top Loop (Mod/Strenuous 8.5 miles).....	154
#238: Beaver Dam Gap to Elk Pasture Gap (Strenuous 8.6 miles).....	154
#239: Spivey Gap to Big Bald (Strenuous 15 miles) .....	155
#240: Newfound Gap to Clingman’s Dome (Strenuous 8.4 miles) .....	155
#241: Hot Springs to Garenflo Gap (Strenuous 12.8 miles).....	156
#242: Buck Spring – Barnett Branch (Strenuous 10.7 miles) .....	156
#243: Bracken Preserve-Fish Hatchery via Cat Gap key switch (Moderate 7.3 miles) .....	157
#244: Hard Times-Shut In-Pine Tree Loop (Strenuous 10.2 miles) .....	158
#245: Panthertown: Mac’s Gap Loop (Mod/Strenuous 7.5 miles) .....	158
#246: Tanyard Gap to Spring Mountain (Strenuous 10.8 miles) .....	159
#247: Gail Green’s Lick (Moderate 8 miles).....	159
#248: Soco Gap Overlook to Waterrock Overlook (Strenuous 9 miles).....	160
#249: Coontree-Bennett Gap, Buckwheat Knob and Avery Creek loop (Strenuous 11.5 miles).....	161
#250: MST East of Balsam Gap (Strenuous 10.6 miles) .....	162
#251: MST Bear Pen Gap In and Out (Strenuous 9.62 miles) .....	163
#252: MST Old Bald to Grassy Bald (Strenuous 11.3 miles) .....	164
#253: Turkey Pen –Vineyard Gap in/out (Moderate 6.1 miles).....	164
#254: Bailey Mountain Loop – Smith Farm (Moderate 5.8 miles).....	165
#255: Funnel Top Mountain Trail and Horse Cove Gap (Strenuous 12 miles).....	165
#256: Bull Gap to Lane Pinnacle (Strenuous 9.54 miles) .....	166
#257: Buck Spring/Little Bald/Pilot Rock/YellowGap Rd/Thompson Creek Loop (Strenuous 8 miles).....	167
#258: Brushy Ridge - Bad Fork (Strenuous 7 miles).....	168
#259: Uncle Johnny’s to the AT along the Nolichucky River (Strenuous 8 miles) .....	169
#260: Montreat: Copperhead / Rattlesnake / Brushy / Lookout Mtns (Moderate 6.4 miles) .....	170
#261: Keowee-Toxaway (Easy 4.75 miles).....	171
#262: Upper Whitewater Falls Foothills Trail (Moderate 6 miles).....	172
#263: Bent Creek – Sleepy Gap Overlook (Strenuous 10.5 miles).....	172
#264: Buck Creek to Big Hump via the AT (Strenuous 10.38 miles) .....	173
#265: Spivey Gap to Uncle Johnny’s Hostel via the AT (Strenuous 10.51 miles).....	173
#266: Green Ridge Trail to AT to Fork Ridge Trail Loop (Strenuous 14.32 miles) .....	174
#267: Stool Mountain Trail (Moderate / Strenuous 5.8 miles).....	174
#268: DuPont Mine Mountain to Fawn Lake Trail (Easy 5.95 miles) .....	175
#269: Panthertown Flat Creek Falls via Flat Creek Road (Moderate 6.75 miles).....	176
#270: Jerry Miller to Baxter Cliff Trail (Strenuous 8.68 miles) .....	177
#271: Turkey Pen-Mullinex-Squirrel-Cantrell-South Fork Mills River Loop (Strenuous 12.5 miles).....	178

#520: Connemara Little Glassy Mountain (Social) (Easy 3 miles) ..... 179

#536: DuPont Thomas Cemetery Road (Social) (Easy 3.5 miles) ..... 179

#537: DuPont Hickory Mountain Rd-Hooker Creek Trail (Social) (Easy 3.4 miles)..... 180

#543: Lake Powhatan Loop (Social) (Easy 4 miles) ..... 180

#544: Lake Powhatan Explorer Loop (Social) (Easy 3 miles) ..... 181

#601: Pink Beds Short Loop (Social) (Easy 3.25 miles)..... 181

#604: DuPont Hickory Mountain (Social) (Easy 3.8 miles) ..... 182

#624: DuPont Wintergreen Falls (Social) (Easy 3.3 miles) ..... 182

#629: DuPont Longside (Social) (Easy 3.7 miles) ..... 183

#680: Andy Cove Plus (Social) (Easy 3.7 miles) ..... 184

#681: Dittmer – Watts Nature Trail (Social) (Easy 2.75 miles)..... 185

#682: Highland Lake Inn (Social) (Easy 3.1 miles) ..... 186

#683: Rice Pinnacle (Social) (Easy 4.3 miles) ..... 187

#688: DuPont Rock Quarry - Wilkie (Social) (Easy 4 miles) ..... 187

#689: DuPont Holly Road to Hooker Falls (Social) (Easy 3.9 miles)..... 188

#690: Fletcher Loop (Social) (Easy 3.2 miles)..... 188

#691: DuPont One Lake-One Waterfall (Social) (Easy 3.4 miles) ..... 189

#692: Bell Park (Social) (Easy 2.4 miles)..... 189

#693: Ecusta Trail Social Hike (Social) (Easy 6 miles) ..... 190

#694: Patton Park to Berkeley Park Hike (Social) (Easy 3.9 miles) ..... 190

# Hike Descriptions and Details

## #1: Art Loeb North Slope Loop (Moderate-Strenuous 7.5 miles)

**Art Loeb North Slope Loop: #1 (Moderate-Strenuous 7.5 miles).** From the entrance to the Davidson River Campground, hike on the Art Loeb Trail over the swinging bridge and up along Shut-in Ridge to Neil Gap. From there descend to the North Slope Trail and return along the river.

**Trailhead Access:** From PRS, go south on Rte. 276 0.5 miles and turn right into Davidson River Campground, then left into the parking lot before the bridge.

Meet At:	PRS	Blaze:	White / Yellow / Orange
Drive (miles):	0.2	Map:	Pisgah Ranger District
Elevation Gain (ft) :	1,586	GPX File link:	<a href="#">#1 Art Loeb-North Slope</a>

**Profile:**



**Trail Map:**



## #2: Avery Creek to Buckhorn Gap Loop (Strenuous 9.5 miles)

**Avery Creek to Buckhorn Gap Loop: #2 (Strenuous 9.5 miles).** Follow Buckhorn Gap Trail until it intersects with Avery Creek Trail. Follow Avery Creek Trail as it begins to gradually, and then more steeply, climb up to Club Gap. At Club Gap, turn right onto Black Mountain Trail as it climbs to the top of Rich Mountain. (One of two potential lunch spots is in a clearing just past the top of Rich Mountain.) As you proceed downhill on Black Mountain Trail you pass the Buckhorn Gap shelter and then reach a clearing where several trails intersect. You can turn right and follow Buckhorn Gap Trail or follow an old trail (no longer maintained) located just to the right of the continuation of the Black Mountain Trail. Either way, you will end up on the Buckhorn Gap Trail, which is Forest Service Road 5057. You will follow the road for a relatively short distance and then turn right onto the Buckhorn Gap Trail. Continue on the Buckhorn Gap Trail downhill until you reach a horse-tie near Twin Falls. (You can turn left to continue on the Buckhorn Gap Trail, or you can turn right to take the Twin Falls Trail for the second potential lunch spot.) Continue on the Buckhorn Gap Trail back to the parking area.

**Trailhead Access:** Rte. 276 N (.7 mi.) to FS rd. 477; go approx. 3.5 miles, past stables, to Buckhorn Gap parking area on the right. In winter, road may be closed beyond stables, and we must park at the stables.

Meet At: PRS  
Drive (miles): 3.2  
Elevation Gain (ft) : 1,800

Blaze: Blue/White/Orange  
Map: Pisgah Ranger District  
GPX File link: [#2 Avery Creek-Buckhorn Gap Loop](#)

Profile:



Trail Map:



## #3: Avery Creek to Henry Creek Falls (Easy 4.5 miles)

**Avery Creek to Henry Creek Falls: #3 (Easy 4.5 miles)** Pretty hike along the lower Avery Creek Trail which follows Avery and Henry creeks to Twin Falls. Return via the upper trail. Easy hike but with several streams to cross on log bridges.

**Trailhead Access:** Rte. 276 N (.7 mi.) to FS rd. 477; go 3.2 miles, past stables, to parking on right

Meet At: PRS  
Drive: 3.2 miles  
Elevation Gain: 507 ft.

Blaze: Blue  
Map: Pisgah Ranger District  
GPX file link: [#3 Avery Creek-Henry Creek Falls](#)

Profile:



Trail Map:



## #4: Club Gap-Black Mountain (Strenuous 10 miles)

**Club Gap-Black Mountain: #4 (Strenuous 10 miles)** Do this hike as a car switch leaving a car for drivers at PRS and car-pooling to the small Club Gap parking area on FS 477 about 0.4 miles after turning right off NC 276. Proceed up the Club Gap Trail (343) 1.2 miles to the four-way intersection and turn left on the Black Mountain Trail (127). Continue south on the Black Mountain trail 8 miles back to the maintenance parking area near the Pisgah Ranger Station. (Alternatively meet at the maintenance parking area to shorten the hike 0.4 mile.)

**Trailhead Access:** Take US 276 N. 9.6 miles to FR 477 a right turn onto a dirt rd. just before the entrance to the Cradle of Forestry. Drive 0.5 miles to a small parking area for the Club Gap Trail.

**Meet At:** PRS

**Drive:** 10.1 miles

**Elevation Gain:** 1942 ft.

**Elevation Loss:** -2784 ft.

**Blaze:** Yellow / White

**Map:** Pisgah Ranger District

**GPX file link:** [#4 Club Gap-Black Mountain](#)

Profile:



Trail Map:



## #5: Bent Creek - Chestnut Cove (Moderate/Strenuous 8 miles)

**Bent Creek - Chestnut Cove: #5 (Moderate/Strenuous 8 miles).** Parking at the lower end of the lake, proceed along the Explorer trail, ascending to the BRP through Chestnut Cove. Follow the Shut-in section of the MST trail to Sleepy Gap for lunch. Return via Sleepy Gap trail.

**Trailhead Access:** Rte. 280 E 1.2 mi. to Rte. 191 N (left) and at 8.8 miles turn left onto Bent Creek Ranch Rd. (first light past BRP entrance). Go past the arboretum entrance and turn left at 11.1 miles into the lot at the Hard Times trailhead.

**Meet At:** MRCVS

**Drive:** 11.1 miles

**Elevation Gain:** 1441 ft.

**Blaze:** Yellow / White / Red

**Map:** Pisgah Ranger District

**GPX file link:** [#5 Bent Creek-Chestnut Cove](#)

Profile:



Trail Map:



## #6: Bracken Preserve Trail (Moderate 5 miles)

**Bracken Preserve Trail: #6 (Moderate 5 miles).** Leave the parking lot on Bracken Mountain Trail (blue blaze). After about 1 mile, pass a red blaze for Brushy Creek Trail and continue on the blue-blazed trail for another 0.8 miles. Go right on Mackey Ridge Trail (yellow) for a short distance, then go right on Brushy Creek Trail (red) for 2.8 miles, passing over 4 bridges at switchbacks. Go left on Bracken Mountain Trail (blue) for 1 mile back to the parking lot. Limited trail break opportunities.

**Trailhead Access:** Take US 64W into Brevard. At 3.0 miles, bear right to follow US 64W. At 3.4 mi turn right on Probart St. toward the Brevard Music Center. At 4.3 mi turn right on Music Camp Rd. and follow it to the Music Center entrance. At the entrance (4.5 mi), go as straight as possible on Pinnacle Rd. and follow this gravel road to the 8-car parking lot at the end.

**Meet At:** ING-B

**Drive:** 4.7 miles

**Elevation Gain:** 966 ft.

**Blaze:** Blue / Yellow / Red / Blue

**Map:** Bracken Trail System

**GPX file link:** [#6 Bracken Mountain Trail](#)

Profile:



Trail Map:



## #7: Big Creek Trail (Easy/Moderate 6 miles)

**Big Creek Trail: #7 (Easy/Moderate 6 miles).** Scenic in and out hike from the Trace Ridge parking area, TH begins on Forest Road 142 for 1.5 miles to the Hendersonville Reservoir. Cross the water over a double log bridge with railing and take the Big Creek Trail for approx. 1.5 mi to a difficult (wet) stream crossing. Return along same route with a moderate climb in the last mile to the cars.

**Trailhead Access:** Hwy 280 N, then left on N. Mills River Rd (at Ingles traffic light). At the N. Mills River recreation parking area, turn right onto FR 5000 for 1.9 miles to the Wash Creek Horse Camp. At the fork, turn left across the concrete bridge and continue onto FR 142 for another 0.5 miles to the Trace Ridge Trailhead parking lot, a dead end with several trailhead accesses.

**Meet At:** MRCVS

**Drive:** 7.3 miles

**Elevation Gain:** 488 ft.

**Blaze:** Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#7 Big Creek Trail](#)

Profile:



Trail Map:



## #8: DuPont Reasonover Extended (Moderate 7.5 miles)

**DuPont Reasonover Extended: #8 (Moderate 7.5 miles).** Leave the parking lot going left on Fawn Lake Rd. Turn left on Mine Mtn Trail, left on Fawn Lake Rd, and left on Conservation Rd. Go left on the airstrip to Airstrip Trail, then right on the Shelter Rock Trail. Go right on Conservation Rd, then left on Lake Julia Rd. Finally, turn right on Reasonover Creek Trail and return to the cars.

**Trailhead Access:** Leaving the Fresh Market, turn right on White St and left on Kanuga Rd. At 11.4 miles, turn left on DuPont Rd, which becomes Staton Rd. At 16.6 miles, turn left on Cascade Lake Rd. Just prior to the end of Cascade Lake Rd, turn left on Reasonover Rd for about 2.5 miles and turn left at the entrance to the DuPont State Forest and into the parking lot.

**Meet At:** FM

**Drive:** 19.1 miles

**Elevation Gain:** 918 ft.

**Blaze:** None

**Map:** DuPont State Forest

**GPX file link:** [#8 DuPont – Reasonover Extended](#)

**Profile:**



**Trail Map:**



## #9: Buffalo Creek (Moderate 6.8 miles)

**Buffalo Creek: #9 (Moderate 6.8 miles).** From trailhead cross footbridge and reach a fork that starts and finishes a loop. Hikers are to hike clockwise on MTTThSa in opposite direction of bikers. Nice winter views of Lake Lure. At 2 miles at Kiosk take left on Weedpatch Mountain Trail to Trout Creek (red blaze #55), then return same trail back to intersection with Buffalo Creek Trail. Turn left to on the loop trail until you arrive back to the beginning of loop then back to parking lot.

**Trailhead Access:** From Ingles take 64 E, turning right on US 64 E/US 74 Alt E. Go through Chimney Rock and Lake Lure and stay on this road for 10 miles. Turn left on Bills Creek Rd, go 1.9 miles to left on Buffalo Creek Rd. for about 4 miles (note Buffalo Creek Rd takes a right turn at about 2.5 miles) to the trailhead on the left at Buffalo Creek Park

**Meet At:** ING-HG

**Drive:** 28 miles

**Elevation Gain:** 1201 ft.

**Blaze:** Blue / Red

**Map:** Buffalo Creek Trail Map

**GPX file link:** [#9 Buffalo Creek](#)

**Profile:**



**Trail Map:**



## #10: Little Pisgah Mountain (Moderate/Strenuous 9 miles)

**Little Pisgah Mountain: #10 (Moderate/Strenuous 9 miles).** Follow yellow trail from parking lot to the blue trail, turn right and stay on blue trail to Little Pisgah Rd. (dirt and gravel). Turn right and follow the road to the top of the mountain for a lunch break. On clear days, excellent views north to Mt. Mitchell and south down the Hickory Nut Gorge. To return, come down Little Pisgah Rd a short distance to the steep road/trail on the right. Continue to the end and turn left, then turn left by houses. This is an alternate lunch spot if weather at top is not suitable. Follow the road to Little Pisgah Rd. and turn right, then left on the white trail (comes in at a sharp angle) into FNP. Follow white trail to yellow trail and turn right, then right on blue trail, left on yellow trail to parking.

**Trailhead Access:** Continue east on Rte. 64 to Rte. 74A. Left on Rte. 74A to Florence Nature Preserve parking lot on right (by old chimney) – approx. 3.8 mi.

**Meet At:** ING-HG

**Drive:** 16 miles

**Elevation Gain:** 1964 ft.

**Blaze:** Yellow

**Map:** Upper Hickory Nut Gorge

**GPX file link:** [#10 Little Pisgah Mountain](#)

Profile:



Trail Map:



## #11: Butter Gap Trail (Moderate 7 miles)

**Butter Gap Trail: #11 (Moderate 7 miles).** *Note: 2024 rerouting of Butter Gap trail makes the current stated distance and gps track inaccurate until these can be updated.* Start at the fish hatchery and do an in and out trail with a steady climb over moderate grades. Follow Cat Gap Trail over Cedar Rock Creek then onto Butter Gap trail along Grogan's Creek up to Art Loeb trail at Butter Gap. Return the same way.

**Trailhead Access:** Rte. 276 N to Fish Hatchery road, then at 5.3 mi. park in the hatchery lot. Trailhead is through gate to the left of hatchery building, then immediately right on Cat Gap trail.

**Meet At:** PRS

**Drive:** 5.3 miles

**Elevation Gain:** 1038 ft.

**Blaze:** Orange / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#11 Butter Gap Trail](#)

Profile:



Trail Map:



## #12: Butter Gap to Long Branch (Moderate 8 miles)

**Butter Gap to Long Branch: #12 (Moderate 8 miles).** The trail starts at the Pisgah Fish Hatchery starting out on the Cat Gap Loop Trail. After approximately 0.3 miles there is a junction on the trail. Take the trail to the right but be aware that portion of the trail is shared with mountain bikes. (At this junction you can also follow the trail to the left) Follow this section until it reconnects with the Butter Gap Trail and then proceed right onto the Long Branch Trail with a visit to the old McCall family cemetery. On the way back turn right on the Pickelseimer connector trail and return to the Fish Hatchery.

**Trailhead Access:** Rte. 276 north (3.8 miles) to the Fish Hatchery Road and at 5.3 miles find parking in the Fish Hatchery parking lot. Trailhead is through the gate and right onto the Cat Gap Trail.

**Meet At:** PRS

**Drive:** 5.3 miles

**Elevation Gain:** 1060 ft.

**Blaze:** Blue / Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#12 Butter Gap to Long Branch](#)

**Profile:**



**Trail Map:**



## #13: Caney Bottom to Cove Creek (Moderate 5 miles)

**Caney Bottom to Cove Creek: #13 (Moderate 5 miles).** Loop trail which follows Caney Bottom Creek. From the parking area, proceed around the Forest Service gate. Walk a short distance watching on the right side of the forest service road for the path to a bridge over the creek. Continue up the forest service road for approx. ¼ mile. Just before the campground, look for the Caney Bottom trailhead marker (Blue Blaze) on the left side of the FS road. Proceed up the Caney Bottom trail approx. ¼ mile where the trail turns right to cross a small stream. Proceed up the hill approx. ¼ mile to fork left on the Cove Creek trail (Yellow Blaze). Continue on Cove Creek trail approx. 2 miles to a junction with Caney Bottom trail (Blue Blaze) to the right. After forking right again, the trail descends along a creek, offering a nice view of a waterfall. As the campground comes into view the trail turns right again. When Caney Bottom turns left across a long wooden bridge, stay straight ahead on a spur trail to reach Cove Creek Falls. Return on the spur, now crossing the bridge to rejoin the Caney Bottom trail back to the FS road and parking lot.

**Trailhead Access:** From PRS, Rte. 276 north (3.8 miles) to the Fish Hatchery Road. Go past the Fish Hatchery to FS Rd. 475, continue 1.6 miles to parking (where the pavement ends) and the trailhead. The trail begins just before entering the Lower Cove Creek campsite.

**Meet At:** PRS

**Drive:** 6.8 miles

**Elevation Gain:** 903 ft.

**Blaze:** Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#13 Caney Bottom-Cove Creek](#)

**Profile:**



**Trail Map:**



## #14: Cedar Rock (Over the Top) (Strenuous 8 miles)

**Cedar Rock (Over the Top): #14 (Strenuous 8 miles).** **Note: 2024 rerouting of Butter Gap trail makes the current stated distance and gps track inaccurate until these can be updated.** Going over Cedar Mountain via Cat Gap and Art Loeb trails, this hike has some steep ascents. Some steep descents require the use of ropes for safety. Views are outstanding. Always one of the highlights of the hiking schedule. Return on Butter Gap trail.

**Trailhead Access:** Rte. 276 north (3.8 miles) to the Fish Hatchery Road and at 5.3 miles find parking in the Fish Hatchery parking lot. Trailhead is through the gate and right onto the Cat Gap Trail.

**Meet At:** PRS

**Drive:** 5.3 miles

**Elevation Gain:** 1961 ft.

**Blaze:** Orange / White

**Map:** Pisgah Ranger District

**GPX file link:** [#14 Cedar Rock \(Over The Top\)](#)

Profile:



Trail Map:



## #15: Cedar Rock Mountain Circle (Strenuous 11.5 miles)

**Cedar Rock Mountain Circle: #15 (Strenuous 11.5 miles).** Lollipop trail starts to the right from the parking lot along the Cat Gap Trail to the Art Loeb Trail. Descend the Art Loeb Trail to the Butter Gap Shelter and continue 200 yards to a fork. Turn right onto the rerouted Butter Gap Trail. Continue 2.8 miles to rejoin the Cat Gap Trail. Good views of the massive rock faces of Cedar Rock Mountain and Grogan Creek Falls.

**Trailhead Access:** Rte. 276 north 3.8 miles to the Fish Hatchery Road and at 5.3 miles find parking in the Fish Hatchery parking lot. Trailhead is through the gate and right onto the Cat Gap Trail.

**Meet At:** PRS

**Drive:** 5.3 miles

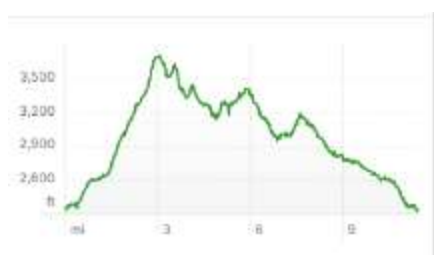
**Elevation Gain:** 1865 ft.

**Blaze:** Orange / White

**Map:** Pisgah Ranger District

**GPX file link:** [#15 Cedar Rock Mountain Circle](#)

Profile:



Trail Map:



## #16: Chattooga River (Moderate 8 miles)

**Chattooga River: #16 (Moderate 8 miles).** From Burrells Ford to Big Bend, this hike includes a nice walk along the river with visits to two waterfalls. Route might be altered slightly due to river conditions. It can be hot in summer.

**Trailhead Access:** From the BI-LO take Rte. 64 west through Brevard. Turn left on NC Rte. 281 S. for 9.6 miles (at the SC border, 281 becomes SC Rte. 130). One mile beyond the SC border, take the right fork "To SC 107: After 2.2 miles turn left on SC Rte. 107 S. After 3.8 miles, and shortly after a Chattooga Falls Campground sign, turn right on SC 708 (also known as Burrells Ford Road, although there is no sign). After 2.2 miles, most of it unpaved, turn left into the parking lot.

**Meet At:** ING-B

**Drive:** 31 miles

**Elevation Gain:** 903 ft.

**Blaze:**

**Map:** Chattooga Wild & Scenic River

**GPX file link:** [#16 Chattooga River](#)

**Profile:**



**Trail Map:**



## #17: DuPont Fawn Lake to Bridal Veil – Double Loop (Moderate 8.8 miles)

**DuPont Fawn Lake to Bridal Veil-Double Loop: #17 (Moderate 8.8 miles).** From Fawn Lake parking lot, left on Fawn Lake Rd, left on Mine Mtn Trail, left on Laurel Ridge Trail right on Corn Mill Shoals and left on Bridal Veil Falls Rd. to falls and snack break. Return on Bridal Veil Falls Rd to right on Conservation Road. Right on Shelter Rock Trail and back to Corn Mill Shoals (end of first loop). Then left on Corn Mill Shoals to Little River and a lunch break. Return on Corn Mill Shoals to right on Laurel Ridge Trail, right on Mine Mtn Trail (end of second loop). Then right on Fawn Lake to parking.

**Trailhead Access:** Leaving Fresh market, right on White St, left on Kanuga. At 11 miles left on Dupont Rd. At 16.6 miles left on Cascade Lake Rd. Just prior to end of Cascade Lake Rd, left on Reasonover Rd and at 19.1 miles left into the Fawn Lake parking lot.

**Meet At:** FM

**Drive:** 19.1 miles

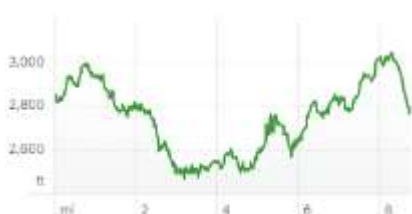
**Elevation Gain:** 1200 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#17 DuPont Fawn Lake to Bridal Veil-Dbl Loop](#)

**Profile:**



**Trail Map:**



## #18: Coldspring – Bill Kimball (Strenuous 5.4 miles)

**Coldspring – Bill Kimball: #18 (Strenuous 5.4 miles).** Start at Ravencliff parking lot and descend on Coldspring Branch trail (orange) along the creek, a native trout stream that feeds into the Middle Saluda river. There are 5-6 stream crossings, some of which can be difficult if water is high. Return on Bill Kimball trail (pink), a very steep scramble. SC park fee.

**Trailhead Access:** Leaving Fresh Market, right on White St. & left on Kanuga. Follow Kanuga to a left on Dupont Rd., toward Dupont Forest. Proceed to T junction at Cascade Lake rd., turn left and proceed to a left at Rte. 276. It's another 3.3 miles to Ravencliff lot, on the left.

**Meet At:** FM

**Drive:** 20 miles

**Elevation Gain:** 1582 ft.

**Blaze:** Orange / Pink

**Map:** Mountain Bridge Trails

**GPX file link:** [#18 Coldspring-Bill Kimball](#)

**Profile:**



**Trail Map:**



## #19: Coldspring – Jones Gap (Moderate/Strenuous 6 miles)

**Coldspring – Jones Gap: #19 (Moderate/Strenuous 6 miles).** Start at Ravencliff parking lot and descend on Coldspring Branch trail (orange) along the creek, a native trout stream that feeds into the Middle Saluda river. There are 5-6 stream crossings, some of which can be difficult if the water is high. Return on Jones Gap trail (blue), which follows the “wild and scenic” Middle Saluda River to a beautiful double waterfall, followed by a short steep climb back to the parking lot on the Tom Miller trail (blue). SC park fee.

**Trailhead Access:** Leaving Fresh Market, right on White St. & left on Kanuga. Follow Kanuga to a left on Dupont Rd., toward Dupont Forest. Proceed to T junction at Cascade Lake Rd., turn left and proceed to a left at Rte. 276. It's another 3.3 miles to Ravencliff lot, on the left.

**Meet At:** FM

**Drive:** 20 miles

**Elevation Gain:** 1,380 ft.

**Blaze:** Orange / Blue

**Map:** Mountain Bridge Trails

**GPX file link:** [#19 Coldspring-Jones Gap](#)

**Profile:**



**Trail Map:**



## #20: Connemara (Easy 4 miles)

**Connemara: #20 (Easy 4 miles).** A chance to visit the Carl Sandburg home. Hike around Front Lake, by the house, over Little Glassy and Glassy Mountain with its outstanding views. At the end of the hike, you can visit the goats or take a tour of the house. Free house admission with Golden Age Passport.

**Trailhead Access:** Take 225 S. to a right turn on Little River Road (just past Flat Rock Playhouse). Go past the main visitor parking lot to the hiker's parking lot on the left.

**Meet At:** FM

**Drive:** 2.8 miles

**Elevation Gain:** 630 ft.

**Blaze:**

**Map:**

**GPX file link:** [#20 Connemara](#)

**Profile:**



**Trail Map:**



## #21: DuPont Wilke to Rock Quarry (Easy/Moderate 5 miles)

**DuPont Wilke to Rock Quarry: #21 (Easy/Moderate 5 miles).** Leave parking area on Cannon Creek Trail. After about ½ hour, the trail turns sharply right. At the intersection with Buckhorn Creek Rd, go straight onto Buckhorn Creek Rd. At intersection with Rock Quarry Rd and Buck Ridge Rd, you can go to either the top or the bottom of the quarry. To go to the bottom (the amphitheater), go right on Rock Quarry Rd. To get to the top, take an easy uphill trail ahead and to the right. Return the same way.

**Trailhead Access:** Leaving the Fresh Market, turn right on White St and left on Kanuga Rd. At 11.4 miles, turn left on DuPont Rd, which becomes Staton Rd. At 16.6 miles, turn left on Cascade Lake Rd. At the end of Cascade Lake Rd, turn right on US 276. Go 0.5 miles and turn right on Rich Mountain Rd. Proceed 1.7 miles to a graveled parking area on the right.

**Meet At:** FM

**Drive:** Approx. 19 miles

**Elevation Gain:** 853 ft.

**Blaze:** None

**Map:** Dupont State Forest

**GPX file link:** [#21 DuPont Wilke-Rock Quarry](#)

**Profile:**



**Trail Map:**



## #22: Coontree-Bennett Gap – Long Loop (Moderate/Strenuous 6.5 miles)

**Coontree-Bennett Gap – Long Loop: #22 (Moderate/Strenuous 6.5 miles).** Hike up the Coontree Trail (blue), a good climb, to the Bennett Gap Trail (red). Take a left on Bennett Gap Trail and proceed to the junction (right) of Perry Cove Trail (orange). The trail descends downhill most of the way to a road (slight left turn) which intersects the Avery Creek Road (right). Walk the road past the stables for about 10 minutes until you encounter the Bennett Gap Trail (right) just past a small bridge. Take the trail up the mountain until it joins with the Coontree Trail. Proceed down the Coontree Trail and back to the parking lot.

**Trailhead Access:** Rte. 276 north 3.3 miles to Coontree Picnic and parking area on the left. Trailhead is across the road.

**Meet At:** PRS

**Drive:** 3.5 miles

**Elevation Gain:** 1700 ft.

**Blaze:** Blue / Red / Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#22 Coontree-Bennett Gap – Long Loop](#)

Profile:



Trail Map:



## #23: Coontree-Bennett Gap – Short Loop (Moderate 4 miles)

**Coontree-Bennett Gap – Short Loop: #23 (Moderate 4 miles).** This is a nice loop hike with a good climb early on (Blue). Turn right on the Bennett Gap Trail (Red) and return (right) down the other half of the Coontree Loop.

**Trailhead Access:** Rte. 276 north 3.3 miles to Coontree Picnic and parking area on the left. Trailhead is across the road from the parking entrance.

**Meet At:** PRS

**Drive:** 3.5 miles

**Elevation Gain:** 1148 ft.

**Blaze:** Blue / Red / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#23 Coontree-Bennett Gap – Short Loop](#)

Profile:



Trail Map:



## #24: Cove Creek-Daniel Ridge (Moderate 7 miles)

**Cove Creek-Daniel Ridge: #24 (Moderate 7 miles).** Cross the Fish Hatchery Road then walk the road to the Cove Creek Picnic Ground. The trail will start about ½ mile up the road on the left, just before the picnic area. This is a well-marked social trail. At the top of the hill go left on the road trail to the waterfall then to just before the Davidson River where the Daniel Ridge Loop starts. Take the loop all the way around until you come out to the road trail you walked earlier. This will be near the waterfall which will be about 50 yards to your left. Take the left and return the same way.

**Trailhead Access:** Rte, 276 North 3.8 mi to the Fish Hatchery Road. Go past the Fish Hatchery to the Cove Creek Parking Lot (at the end of the paved road) at 6.8 mi. Park.

**Meet At:** PRS

**Drive:** 6.8 miles

**Elevation Gain:** 1235 ft.

**Blaze:** DR Loop Red – rest social trail

**Map:** Pisgah Ranger District

**GPX file link:** [#24 Cove Creek-Daniel Ridge](#)

Profile:



Trail Map:



## #25: Daniel Ridge Loop (Easy/Moderate 5 miles)

**Daniel Ridge Loop: #25 (Easy/Moderate 5 miles).** A nice loop hike starting up along the Davidson River from parking lot. Cross bridge and keep to the left as you continue on trail FS 137 (Daniel Ridge Loop (red blaze)) and proceed to climb along the river. Climb stairs at 2 miles making a sharp right turn to stay on Daniel Ridge Loop. At 2.5 miles a trail will be on your left. DON'T TAKE IT! Stay right on trail (red blaze). At 3.2 miles you will pass another trail crossing the road (FR 5046-Cove Rd). Keep going straight (this is FR 105 (Daniel Ridge)). Descend through the forest along right fork of Davidson River winding to bottom and turn left on FR 5046. Go a few yards to view Tom's Spring Falls (great lunch spot). Turn around at waterfall and continue back down FR 5046 turning left at next intersection back to the cars.

**Trailhead Access:** Rte. 276 north 3.8 miles to the Fish Hatchery Road. Go past the Fish Hatchery to FS Rd. 475, continue on, passing the Cove Creek parking area and park at the Daniel Ridge trailhead on the right at 7.8 miles.

**Meet At:** PRS

**Drive:** 7.8 miles

**Elevation Gain:** 954 ft.

**Blaze:** Red

**Map:** Pisgah Ranger District

**GPX file link:** [#25 Daniel Ridge Loop](#)

Profile:



Trail Map:



## #26: Devil's Courthouse from Rt. 215 (Easy/Moderate 4.5 miles)

**Devil's Courthouse from Rt. 215: #26 (Easy/Moderate 4.5 miles).** This is an in-out hike on the MST trail from Rte. 215 going east. Climb through patches of thick laurel, open birch forests, and on through a dense pine stand (possible lunch spot). Continue on to the Devil's Courthouse connector (right), proceed up to the Devil's Courthouse crossing over the parkway tunnel. Good views in cooler, higher elevations. Return the way you came.

**Trailhead Access:** Rte. 276 north 13.8 miles to BRP south (left), at 25.6 miles go north on NC 215; at 26.0 miles, turn left for parking and trailhead is across the road.

**Meet At:** PRS

**Drive:** 26 miles

**Elevation Gain:** 830 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#26 Devil's Courthouse from Rt. 215](#)

Profile:



Trail Map:



## #27: Bad Creek – Thompson River (Moderate 7 miles)

**Bad Creek – Thompson River: #27 (Moderate 7 miles).** In & out hike. Take Foothills Trail from Duke Power Station to the Thompson River. The footing on the trail is very good, and the Thompson River makes a nice lunch spot. On the return, the hike can be extended 2 miles by taking a side trip to the Lower Whitewater Falls observation deck.

**Trailhead Access:** Rte. 64 W toward Cashiers, turn south (left) at 22.4 mi. on Rte. 281 going past Upper Whitewater Falls to the Duke Power/Bad Creek Pumping Station (left) at 31.5 mi. Proceed 2.5 mi. to the Foothills Trail lot.

**Meet At:** ING-B

**Drive:** 34 miles

**Elevation Gain:** 1,225 ft.

**Blaze:** Blue

**Map:** Guide to Foothills Trail

**GPX file link:** [#27 Bad Creek-Thompson River](#)

Profile:



Trail Map:



## #28: Deleted

## #29: Graveyard Ridge (Easy/Moderate 4 miles)

**Graveyard Ridge: #29 (Easy/Moderate 4 miles).** Loop hike, descending from the steps near the restrooms and taking the stairs down to Yellowstone Prong. Cross at the bridge and continue right to the trail to Second Falls. Return back to the trail and take #358B MST Access trail to the right. Follow this to left on Graveyard Ridge/MST, then left on #356 Graveyard Ridge trail. Follow this to left on #356A Graveyard Ridge connector. Turn right on #358A to Upper Falls trail. Return on #358A to return to parking lot.

**Trailhead Access:** Rte. 276 north 13.8 miles to the BRP. Turn left (south) on the BRP and at 21.1 miles turn right into the Graveyard Fields Overlook (MP418.8).

**Meet At:** PRS

**Drive:** 21 miles

**Elevation Gain:** 656 ft.

**Blaze:** Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#29 Graveyard Ridge](#)

Profile:



Trail Map:



## #30: Green River Cove (Moderate 6.7 miles)

**Green River Cove: #30 (Moderate 6.7 miles).** A hike that follows along the Green River, viewing its calm and easy flowing waters and intense rapids. There are some minor stream crossings. Turn around point is by rapids below the Narrows. Lunch spot is by the river on the return on the same trail.

**Trailhead Access:** Rte. 176 south to Upward Rd. to I26 east to Saluda exit 59 east (left), taking a left almost immediately on Green River Cove Rd. Proceed approx. 3 mi. to parking just beyond the concrete bridge.

**Meet At:** FM

**Drive:** 14 miles

**Elevation Gain:** 1000 ft.

**Blaze:** Blue

**Map:** Green River Gamelands

**GPX file link:** [#30 Green River Cove](#)

Profile:



Trail Map:



## #31: Green River Cove Loop (Moderate/Strenuous 7.5 miles)

**Green River Cove Loop: #31 (Moderate/Strenuous 7.5 miles).** A nice loop trail. Hike a short distance up the Green River Cove Trail, turning right on Bluff Trail for a good climb of about 3/4 mi. (elevation gain of 650 ft.). Turn left on the Turkey Gut Trail, to the Stair Step Falls Trail and turn left over the creek. Continue to the Long Ridge Trail (a forest road) and turn right, the left on Bear Branch Trail and continue to the Pulliam Creek Trail. Turn left and follow the trail downhill to the Green River Cove Trail and turn left, stopping for lunch by the river and then back to the cars.

Note: The Henderson County Visitor Center has excellent maps of the Game Lands with trail descriptions.

**Trailhead Access:** Rte. 176 south to Upward Rd. to I26 east to Saluda exit 59 east (left), taking a left almost immediately on Green River Cove Rd. Proceed approx. 4 mi. to parking just beyond the concrete bridge.

**Meet At:** FM

**Drive:** 14 miles

**Elevation Gain:** 1860 ft.

**Blaze:** None

**Map:** Green River Game Lands

**GPX file link:** [#31 Green River Cove Loop](#)

**Profile:**



**Trail Map:**



## #32: Sassafras Mountain (Strenuous 8.5 miles)

**Sassafras Mountain: #32 (Strenuous 8.5 miles).** Start out climbing right away on the well-maintained Foothills Trail, with some ups and downs to the summit of Sassafras mountain, the highest peak in SC at 3553'. Enjoy the view at the top and return the way you came.

**Trailhead Access:** From Bi-Lo drive through Brevard on U.S. 64. At 9.8 mi. turn left on Old Rosman Highway. At 12.6 miles turn left at the traffic light and follow Rte.178 for 8.5 miles, then at 21.0 miles turn right onto a dirt road and park.

**Meet At:** ING-B

**Drive:** 21 miles

**Elevation Gain:** 2209 ft.

**Blaze:** None

**Map:**

**GPX file link:** [#32 Sassafras Mountain](#)

**Profile:**



**Trail Map:**



### #33: Green River – Long Ridge – Pulliam Creek (Moderate 6.6 miles)

**Green River – Long Ridge – Pulliam Creek: #33 (Moderate 6.6 miles).** Hike up an old road along the Long Ridge Trail, taking a right onto the Bear Branch Trail. This winds along a ridge and descends steeply to the Pulliam Creek Trail. Left on Pulliam Creek and an eventual right on Green River Cove Trail to the Green River for lunch. Return the same way, except stay on Pulliam Creek Trail back to the road for a car switch.

**Trailhead Access:** Rte. 176 S to a left on Upward Rd. Proceed until at 5.3 mi. turn right on Big Hungry Rd. At 10 miles find Pulliam Creek trailhead and car switch spot (2 miles after the bridge). Starting point is 0.9 miles further at end of road (Long Ridge Trailhead).

**Meet At:** FM

**Drive:** 14 miles

**Elevation Gain:** 1,506 ft.

**Elevation Loss:** 1412 ft.

**Blaze:** White and Blue

**Map:** Green River Gamelands

**GPX file link:** [#33 Green River-Long Ridge-Pulliam Creek](#)

Profile:



Trail Map:



### #34: Green River – Pulliam Creek (Moderate 6 miles)

**Green River – Pulliam Creek: #34 (Moderate 6 miles).** A pretty hike in the Green River area, partially along Pulliam Creek. Descend to a crossing of Pulliam Creek (which can be difficult in high water), enjoying many wildflowers in spring. Continue down to the Green River Trail (right turn) and lunch spot on the Green River, enjoying views of the river and the famous “Narrows” along the way. Return the way you came.

**Trailhead Access:** Rte. 176 S to a left on Upward Rd. Proceed until at 5.3 mi. turn right on Big Hungry Rd. At 10 miles find Pulliam Creek trailhead on right. Park along road.

**Meet At:** FM

**Drive:** 10 miles

**Elevation Gain:** 1,330 ft.

**Blaze:** None

**Map:** Green River Gamelands

**GPX file link:** [#34 Green River-Pulliam Creek](#)

Profile:



Trail Map:



### #35: Green River – Bishop - Pulliam Creek Loop (Moderate 5.6 miles)

**Green River – Bishop - Pulliam Creek Loop: #35 (Moderate 5.6 miles).** Enter Bishop Branch Trail, just past the parking area, proceed along an old road eventually paralleling Bishop Creek. Cross the corn field to the only large tree and cross the log bridge continuing to the intersection with Bear Branch Trail. Go right on Bear Branch Trail a short distance and you take a slight left off of the road which is still Branch Trail to the intersection with Pulliam Creek Trail. Go right on Pulliam Creek Trail to a nice lunch spot on the creek, then continue across creek. Go right on Rock Hop Trail to the Bishop Branch Trail, completing the loop. Back to the cars.

**Trailhead Access:** Rte. 176 south, at 2.2 miles left onto Upward Road. At 5.3 miles turn right onto Big Hungry Rd. Take it and at 10.3 miles park on the right at the Bishop Branch Trailhead parking lot.

**Meet At:** FM

**Drive:** 10.3 miles

**Elevation Gain:** 1,332 ft

**Blaze:** None

**Map:** Green River Gamelands

**GPX file link:** [#35 Green River-Bishop-Pulliam Creek Loop](#)

Profile:



Trail Map:



### #36: DuPont Thomas Cemetery Road (Easy 5.8 miles)

**DuPont Thomas Cemetery Road: #36 (Easy 5.8 miles).** From Guion Farms parking lot cross Buck Forest Road to Hickory Mountain Road (HMR). Right on Boundary Trail (optional stop at the labyrinth), right on HMR. Left on Ridgeline Trail briefly, left on Hooker Creek Trail. Go straight across Buck Forest Rd. to Thomas Cemetery Rd. Optional stop at the circular tree and cemetery. Right on Buck forest Rd. back to Guion Farms parking lot.

**Trailhead Access:** Leave FM on White St., then left on Kanuga to a left on DuPont Rd. Then left on Sky Valley Rd. which turns to gravel before you reach Guion Farms parking lot on right

**Meet At:** FM

**Drive:** 14.8 miles

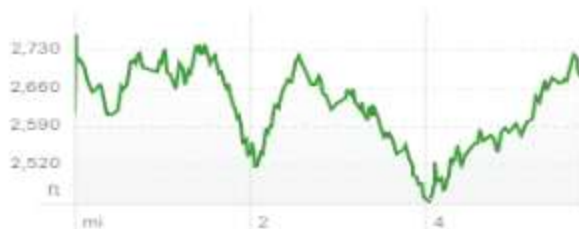
**Elevation Gain:** 460 ft.

**Blaze:** None

**Map:** DuPont State Forest

**GPX file link:** [#36 DuPont Thomas Cemetery Road](#)

Profile:



Trail Map:



### #37: Stony Bald Overlook – Elk Pasture Gap (Moderate 6.6 miles)

**Stony Bald Overlook – Elk Pasture Gap: #37 (Moderate 6.6 miles).** This is an in-out hike with the trailhead starting at Stony Bald Overlook on the MST. Immediately start up the trail with beautiful views. Stay on the MST all the time. Go past Big Ridge Overlook, Mills River Overlook and at 3.4 miles reach Elk Pasture Gap where we turn around and have lunch by some big boulders and enjoy the views before returning to the cars. Hike is beautiful and in later July Turk's Cap Lilies can be seen.

**Trailhead Access:** Leaving MRCVS turn left on Hwy 280 for 1.2 miles, left on 191 for 8.6 miles. Left at stop light to entrance to Blue Ridge Parkway. Proceed right on BRP for 8.8 miles to Stony Bald Overlook at MM 402.6 on the left

**Meet At:** MRCVS

**Drive:** 18.6 miles

**Elevation Gain:** 1,260 ft.

**Blaze:** White

**Map:** Pisgah Forest Trail Guide

**GPX file link:** [#37 Stony Bald Overlook-Elk Pasture Gap](#)

**Profile:**



**Trail Map:**



### #38: DuPont Plantation Loop, Stone Mtn & Rocky Ridge (Moderate/Strenuous 6.9 miles)

**DuPont Plantation Loop, Stone Mtn & Rocky Ridge: #38 (Moderate/Strenuous 6.9 miles).** Car switch. After meeting at Rocky Ridge Trailhead on old CCC we will take hikers up on Sky Valley Road to the top of Rocky Ridge Trailhead parking lot. Start hike on Rocky Ridge Trail 0.4 mi, right on Stone Mtn 0.2 mi, right on Switchback Trail 0.6 mi, right on Frank St 0.4 mi. Cross Sky Valley Rd and turn left go across bridge and right on Plantation Trail 1.8 mi. Back on Sky Valley Rd turn left 0.2 miles to parking lot then onto Rocky Ridge Trail 0.4 mi, right on Stone Mtn trail following it to the summit 0.9 mi. At the summit, continue on the small trail to the NE left for another 200 ft. to reach the large granite outcrop with views to the South. After lunch/snack, return on Stone Mtn Trail, right on Rocky Ridge Trail 0.9 mi to the cars.

**Trailhead Access:** Leave FM on White St, then left on Kanuga to left on Staton (DuPont) Rd, left on Sky Valley Rd parking cars at Rocky Ridge Trailhead on left of intersection on Old CCC Rd.

**Meet At:** FM

**Drive:** 12 miles

**Elevation Gain:** 985 ft.

**Elevation Loss:** 1,353 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#38 DuPont Pltn Loop, Stone Mtn & Rocky Ridge](#)

**Profile:**



**Trail Map:**



## #39: Gorges State Park - Horsepasture River (Moderate 4.3 miles)

**Gorges S.P. - Horsepasture River: #39 (Moderate 4.3 miles).** Follow trail beyond signboard to a trail junction (right turn). Proceed along this trail visiting the falls along the way. The Rainbow Falls Trail is three miles round trip with three waterfalls visible from the trail. (Rainbow, Turtleback and Drift). When you come to a “private property” sign, take a look at the falls there, turn around and return the way you came. There can be a short diversion on a social trail to add Stairway (some call it Stairstep) Falls. Downhill on the way in and uphill on the return.

**Trailhead Access:** Rte. 64 W toward Cashiers, and S. on Rte. 281 in Sapphire. After about 1 mi. enter park on left and proceed past Visitor Center to Grassy Ridge Access Area.

**Meet At:** ING-B

**Drive:** 26 miles

**Elevation Gain:** 900 ft.

**Blaze:** Orange

**Map:** Gorges State Park

**GPX file link:** [#39 Gorges SP-Horsepasture River](#)

**Profile:**



**Trail Map:**



## #40: John Rock (Moderate 6 miles)

**John Rock: #40 (Moderate 6 miles).** Counter-clockwise loop trail starting at the Fish Hatchery and following the Cat Gap Trail (Orange) to the Cat Gap Bypass (Yellow) to the John Rock trail (Yellow). A short, steep climb up and over the knob and down to the rock face for snack with spectacular views to the north and west. Afterwards, proceed on the John Rock trail to rejoin the Cat Gap trail and back to the other end of the Fish Hatchery lot. Can be done in reverse (clockwise) for a more strenuous hike.

**Trailhead Access:** Rte. 276 north 3.8 miles to the Fish Hatchery Road and at 5.3 miles find the Fish Hatchery parking lot. Trailhead is through the gate left of the hatchery and right onto the Cat Gap trail.

**Meet At:** PRS

**Drive:** 5.3 miles

**Elevation Gain:** 1087 ft.

**Blaze:** Orange / Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#40 John Rock](#)

**Profile:**



**Trail Map:**



## #41: Jones Gap (Moderate 9 miles)

**Jones Gap: #41 (Moderate 9 miles).** Follow the lovely Middle Saluda River most of the way on this in & out hike, with turnaround at a double waterfall. First part of trail is rocky and often wet, with uneven footing, but elevation gain is very gradual all the way to turnaround. SC State Park Fee

**Trailhead Access:** Rte. 225 S to Rte. 25 S to exit on Gap Creek Rd. At end of road turn right and proceed into Jones Gap State Park.

**Meet At:** FM

**Drive:** 20.5 miles

**Elevation Gain:** 1336 ft.

**Blaze:** Blue

**Map:** Mountain Bridge Trails

**GPX file link:** [#41 Jones Gap](#)

Profile:



Trail Map:



## #42: Folk Art Center to Haw Creek Overlook (Moderate 4.7 miles)

**Folk Art Center to Haw Creek Overlook: #42 (Moderate 4.7 miles).** Hike begins in front of Folk Art Center on the MST (white circle blazes) on a graveled nature trail. Pass a bench on the left, continue right on the descending path. At 0.2 mile, the MST and nature trail split. Turn right on MST. The trail crosses Riceville Road on a bridge on the left side of BRP. At 0.9 miles, a side trail shoots off to the left. Stay on MST paralleling the BRP. At 1.1 miles you will cross BRP. At 2.4 miles you will reach a side trail to the left. The tree on the right side of MST has a small red dot along with a white circle. Make a left and descend to lunch rock/Haw Creek at 2830 ft. elev. This is an in and out hike.

**Trailhead Access:** Take I-26 towards Asheville to I-40 east to Route 74A south to the BRP North. Pass Visitors Center and turn left at Folk Art Center. Trailhead is out of lower parking lot

**Meet At:** SSC

**Drive:** 19.6 miles

**Elevation Gain:** 749 ft.

**Blaze:** White

**Map:** Grandfather Ranger District

**GPX file link:** [#42 Folk Art Ctr-Haw Creek Overlook: Long](#)  
[#42 Folk Art Ctr-Haw Creek Overlook: Short](#)

Profile:



Trail Map:



## #43: Lake Powhatan Loop Extended (Easy/Moderate 6.5 miles)

**Lake Powhatan Loop Extended: #43 (Easy/Moderate 6.5 miles).** From the parking lot take road from trailhead to sharp right along a walled stream. At the end of the lake take the gravel path to the left and cross bridge. Turn right on road to quick left on Pine Tree trail (blue). Right toward Explorer trail (yellow). First left starts the far side of the Explorer Loop (yellow). Come to dirt road at end of Explorer section. Turn left. Pass the first Explorer Loop alternate and turn sharp left onto the Explorer Loop and stay on Explorer Loop. Pass Sleepy Gap trail. Turn right toward Pine Tree Loop and come to a "T". Turn right on Pine Tree. Turn right on Deerfield Loop. Come to open area with stream near the right, and a lot of intersecting trails. Cross bridge onto Small Creek Trail which ends within sight of the lake. Go left to picnic tables for snack. Take Homestead Trail back to parking.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn onto Bent Creek Ranch Rd. (first light past BRP entrance). Go past arboretum entrance and turn left at 11.1 miles into the Hard Times trailhead lot.

**Meet At:** MRCVS

**Drive:** 11.1 miles

**Elevation Gain:** 835 ft.

**Blaze:** Blue / Green / Red / Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#43 Lake Powhatan Loop Extended](#)

**Profile:**



**Trail Map**



## #44: Lake Powhatan – Sleepy Gap (Moderate 7.0 miles)

**Lake Powhatan – Sleepy Gap: #44 (Moderate 7.0 miles).** From parking lot go through the gate down the road taking a right at the first intersection. Go past the lake & pier to left on Homestead Tr (red). Cross a small bridge & go right on the dirt road then left on Pine Tree Loop (blue) for approx./ 1 mile to a “T” intersection and bear right. Right on dirt road for about 1/4 mile cross creek on footbridge to left on Explorer Loop. At next intersection turn left to continue on Explorer Loop to left on Explorer Loop Alternate. Right on Sleepy Gap Trail. Climb a steep hill, cross forest road & switchbacks 0.8 m to Sleepy Gap Overlook on BRP. After a snack continue on MST Trail for about a mile. Left where trail marker reads “Lake Powhatan Water & Camping 1.4m”. Trail intersects with South Ridge Road (479 M). Cross road & immediate left on Pine Tree (blue) trail marker reads “Lake Powhatan .4m”. Right on Deerfield (yellow) across the road. Right on Small Creek (Red). Right on Homestead (orange). Left across bridge. Right on dirt road back to Hard Times trailhead.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn onto Bent Creek Ranch Rd. (first light past BRP entrance). Go past the arboretum and turn left at 11.1 miles into parking lot for the Hard Times trailhead.

**Meet At:** MRCVS

**Drive:** 11.1 miles

**Elevation Gain:** 1,039 ft.

**Blaze:** Red / Blue / Yellow /Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#44 Lake Powhatan-Sleepy Gap](#)

**Profile:**



**Trail Map:**



## #45: The Wilds Waterfall Hike (Moderate/Strenuous 5 miles)

**The Wilds Waterfall Hike: #45 (Moderate/Strenuous 5 miles).** This hike takes us past 4 waterfalls on the Toxaway Creek in The Wilds. Prior permission must be obtained from the organization. Sign in at headquarters and hike starts from there and goes down to the Toxaway Creek where we cross a bridge and go to the right on a road. Pass Stony Point overlook with view of Lake Jocassee. Continue to suspension bridge over the Toxaway River, then retrace the path and turn onto the Falls 4 Trail, a narrow and rocky descent to Falls #4. We can retrace path back to the trail or take the more strenuous option of going up a shorter but steeper trail involves using ropes and roots to scramble to the top involving about 300 ft. of upper body workout. Meet at junction of Falls 1 trail, then go to Falls 1 and 2.

**Trailhead Access:** US 64 West for 13.2 miles. Turn left onto Frozen Creek Rd and follow for 5.4 miles. Turn right on Old Toxaway Rd and drive 0.3 miles. Turn right onto Wilds Ridge Rd for 0.7 miles to main parking area. Address 1000 Wilds Ridge Rd., Brevard, NC 28712-7273

**Meet At:** ING-B

**Drive:** 20 miles

**Elevation Gain:** 1,415 ft.

**Blaze:** None

**Map:** The Wilds Trail Map

**GPX file link:** [#45 The Wilds Waterfall Hike](#)

Profile:



Trail Map:



## #46: Wildcat Rock Trail (Strenuous 5.8 miles)

**Wildcat Rock Trail: #46 (Strenuous 5.8 miles).** From the parking area, cross Hwy. 74A to the trailhead kiosk, then follow the log stairs down to the apple orchard. The trail goes around the apple orchard and crosses Hickory Creek on a wooden bridge before beginning to ascend. After a climb up 100+ stairs, at about the 1 mile mark, reach Little Bearwallow Falls. Thereafter the trail is more rugged, narrower, steeper. At almost 2 miles there is a 0.1 mile steep spur trail on the left to the Wildcat Rock Overlook with a dramatic view of the Upper Hickory Nut Gorge. The main trail continues for another mile to the ridgeline of Little Bearwallow Mtn. in a grassy meadow. There is a short fork to the right for a snack for a terrific view, or a short fork to the left for an open area with logs for an alternate snack spot. Return by the same route. The total ascent of about 1700' in 3 miles is too strenuous for humid weather so a fall or winter hike is recommended.

**Trailhead Access:** East on Rte. 64 to Rte. 74A. Left on Rte. 74A to Florence Nature Preserve parking lot on right (by old chimney) – approx. 3.8 mi.

**Meet At:** ING-HG

**Drive:** 16 miles

**Elevation Gain:** 1795 ft.

**Blaze:** Orange

**Map:** Hickory Nut Gorge

**GPX file link:** [#46 Wildcat Rock Trail](#)

Profile:



Trail Map:



## #47: Looking Glass Rock (Moderate/Strenuous 6 miles)

**Looking Glass Rock: #47 (Moderate/Strenuous 6 miles).** In-and-out hike from the trailhead off Fish Hatchery Road. A steady climb with frequent switchbacks to the top of the rock, then down to the rock face for scenic views north along the BRP. Descend part way to a second rock face for lunch with spectacular views, including Cedar Rock Mountain and John Rock.

**Trailhead Access:** Rte. 276 north 3.8 miles to the Fish Hatchery Road (FS Rd. 475). Continue on and at 4.3 miles find the parking area and trailhead on the right.

**Meet At:** PRS

**Drive:** 4.3 miles

**Elevation Gain:** 1821 ft.

**Blaze:** Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#47 Looking Glass Rock](#)

Profile:



Trail Map:



## #48: Max Patch – Lemon Gap (Moderate 6 miles)

**Max Patch – Lemon Gap: #48 (Moderate 6 miles).** Since this is a car switch we will leave some hikers and cars at Max Patch parking lot and drive to Lemon Gap and leave a couple of cars to take the group back to Max Patch parking lot after the hike. Start the hike from Max Patch parking lot to start of trail, turn right up the south side and up to the summit of Max Patch for a 360 degree view of the Smokies to the south and Mt. Mitchell to the east. Go north on the AT and pass a side trail that goes to Roaring Fork Shelter. Shortly after that on your right is a double waterfall (not seen with full foliage). Continue on to Lemon Gap and drive back to Max Patch parking lot.

**Trailhead Access:** Take I-26 W to I-40 W. There is a rest area just before Exit 7. A good stopping place to use restrooms or meet other hikers. Take Exit 7 (Harmon Den), turn right at the exit and take Cold Spring Creek Road for 6.7 miles. Stay left on the main gravel road. Turn left on SR 1182 for 2 miles to Max Patch parking lot. Lemon Gap parking is 3.5 miles further to drop off a car for the one way hike.

**Meet At:** MRCVS

**Drive:** 70 miles

**Elevation Gain:** 523 ft.

**Elevation Loss:** 1347 ft.

**Blaze:** White

**Map:** AT Trail Guide

**GPX file link:** [#48 Max Patch-Lemon Gap](#)

Profile:



Trail Map:



## #49: Walker Knob – Potato Knob (Strenuous 5 miles)

**Walker Knob – Potato Knob: #49 (Strenuous 5 miles).** A beautiful alpine hike starting at Walker Knob (MP 359.9) going through mystical forests to the top of Blackstock Knob. Then on around the side of Potato Knob to use the several year project of the Carolina Mtn. Club, an extensive rock step construction, and then on to outstanding views of the Asheville Reservoir ending at the Mt. Mitchell road with a car switch.

**Trailhead Access:** I-26 West to I-40 East to US 74A South to the BRP. Take the BRP North to MP 359.9. Car switch.

**Meet At:** SSC

**Drive:** 41 miles

**Elevation Gain:** 1,395 ft.

**Blaze:** White

**Map:** Linville Gorge / Mt. Mitchell

**GPX file link:** [#49 Walker Knob-Potato Knob](#)

Profile:



Trail Map



## #50: Walker Knob – Craggy Picnic (Moderate/Strenuous 7.6 miles)

**Walker Knob – Craggy Picnic: #50 (Moderate/Strenuous 7.6 miles).** Hike south from Walker Knob on the MST to the Craggy Gardens picnic area with a short side trip to the visitor center (optional). This is an “up and down” hike along a ridge. Car switch.

**Trailhead Access:** I26 west to I40 east exit 53A to route 74A south to the BRP. Take the BRP to MP 359.9. This is a car switch.

**Meet At:** SSC

**Drive:** 41 miles

**Elevation Gain:** 1738 ft.

**Elevation Loss:** 2176 ft.

**Blaze:** White

**Map:** Linville Gorge / Mt. Mitchell

**GPX file link:** [#50 Walker Knob-Craggy Picnic](#)

**Profile:**



**Trail Map:**



## #51: Case Camp – Seniard Ridge (Strenuous 7.4 miles)

**Case Camp – Seniard Ridge: #51 (Strenuous 7.4 miles).** Ascend on the Case Camp Ridge Trail (119) (blue) from FR 475B with a steady climb to the BRP. Go right on the BRP for about 300 yards, then go left on the MST (440) (white). Continue the climb and proceed to Bridges Camp Gap, where you leave the MST on a yellow-blazed trail, turn right, and walk along the BRP for about ½ mile, passing the Looking Glass Rock Overlook. At the far end of a wooden guardrail, go left down the Seniard Ridge Trail (609) (blue). This goes down steeply to a logging road, where you turn left, passing three waterfalls along the road. At a large information sign, go left to follow the trail up to a road, where you turn right. At the Case Camp Ridge Trail, turn right and proceed to the cars.

**Trailhead Access:** Rte. 276 north 8.9 miles to turn left onto FR 475B. Go 0.8 miles to Case Ridge Gap and turn left into a parking area. The trailhead is across FR 475B heading west.

**Meet At:** PRS

**Drive:** 9.8 miles

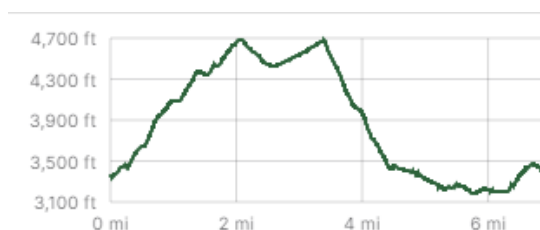
**Elevation Gain:** 2460 ft.

**Blaze:** Blue / White / Yellow / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#51 Case Camp-Seniard Ridge](#)

**Profile:**



**Trail Map:**



## #52: Rattlesnake Lodge - Folk Art Center (Strenuous 10 miles)

**Rattlesnake Lodge – Folk Art Center: # 52 (Strenuous 10 miles).** Follow the MST Trail from the remnants of the Rattlesnake Lodge, a turn of the century lodge built by an Asheville physician, to the Folk Art Center. There is a large variety of colorful wildflowers along the trail, which is mostly downhill with a few short climbs. Car switch.

**Trailhead Access:** I-26 to I-40 E, exit at 74a (Bat Cave) to the BRP north. Drop car at Folk Art Center and proceed to MP 374.4. This is a car switch.

**Meet At:** SSC

**Drive:** 27 miles

**Elevation Gain:** 1,500 ft.

**Elevation Loss:** 2,600 ft.

**Blaze:** White

**Map:** Grandfather Ranger District

**GPX file link:** [#52 Rattlesnake Lodge-Folk Art Center](#)

Profile:



Trail Map:



## #53: Folk Art Center to Hwy 25 (Easy 8 miles)

**Folk Art Center to Hwy 25: #53 (Easy 8 miles).** Hike the MST as it borders BRP and private property. Car switch, starting at Folk Art Center and ending at Rte. 25.

**Trailhead Access:** Rte. 280 E to Rte. 25 N to Diamond Brand parking lot just past BRP entrance. Drop car there and continue with hikers on BRP to Folk Art Center.

**Meet At:** MRCVS

**Drive:** 12.1 miles

**Elevation Gain:** 1,034 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#53 Folk Art Center to Hwy 25](#)

Profile:



Trail Map:



## #54: Deleted

## #55: Pisgah Ridge – Buck Spring (Moderate/Strenuous 7.7 miles)

**Pisgah Ridge – Buck Spring: #55 (Moderate/Strenuous 7.7 miles).** Starting at Looking Glass Rock overlook take short connector to Bridges Camp trail (R), then turn off on the MST (white) and hike along the ridge, crossing the BRP several times to Buck Spring Trail (white), which you follow down to the trailhead on Rte. 276.

**Trailhead Access:** Rte. 276 N, drop car at Buck Spring trailhead, then continue to BRP south (left). At 19.2 mi. turn into Looking Glass Rock overlook.

**Meet At:** PRS

**Drive:** 19.2 miles

**Elevation Gain:** 1,498 ft.

**Elevation Loss:** 2,552 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#55 Pisgah Ridge-Buck Spring](#)

**Profile:**



**Trail Map:**



## #56: Avery Creek – Black Mountain – Pressley Cove (Strenuous 9.5 miles)

**Avery Creek – Black Mountain – Pressley Cove: #56 (Strenuous 9.5 miles).** Start at the horse stables and follow road to Avery Creek Trail (Blue) and on to Buckhorn Gap Trail (orange) and then left on FR 5058 for about ½ mi. to a right on Buckhorn Gap. At intersection of FR 5057A make hairpin right turn onto Black Mtn trail over Clawhammer Mtn. & Black Mtn, then downhill to a clearing where you turn right on FR 5099 (unmarked road), then left on the Pressley Cove Trail (orange). Go downhill to road and right to the cars. Views from Clawhammer & Black Mt. are some of the best.

**Trailhead Access:** Rte. 276 N .7 to FR 477 (horse stable road) and park at the horse stables on the right.

**Meet At:** PRS

**Drive:** 2.4 miles

**Elevation Gain:** 2,257 ft.

**Blaze:** Blue / Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#56 Avery Creek-Black Mtn-Pressley Cove](#)

**Profile:**



**Trail Map:**



## #57: Horse Ford Rd – South Mills River (Easy 8.7 miles)

**Horse Ford Rd – South Mills River: #57 (Easy 8.7 miles).** In-Out Hike. Hike down closed Wolf Ford Rd to trailhead, continue straight through gate located at mileage 0.7 and starting S Mills River trail near Gaging Station after 1.4 miles. At mileage 2.3 cross the bridge over the South Mills River, then at intersection with Buckhorn Gap trail after 3.3 miles take a sharp left. Turning back at this point shortens the hike to a 6.6 miler - otherwise continue another 1.1 miles to a waterfall which is the turnaround point. Lunch can then be either after 5.5 miles at intersection with Buckhorn Gap or after approx. 7.2 miles on river rocks.

**Trailhead Access:** Leaving PRS take right onto 276, after 10.2 mi turn right into 1206 Yellow Gap road, park cars after 13.5 mi on left side before Horse Camp at intersection with 476 Wolf Ford Rd (limited parking)

**Meet At:** PRS

**Drive:** 13.5 miles

**Elevation Gain:** 718 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#57 Horse Ford Rd-South Mills River](#)

**Profile:**



**Trail Map:**



## #58: Moore Cove -Coontree (Moderate 5.3 miles)

**Moore Cove - Coontree: #58 (Moderate 5.3 miles).** Trail begins at wooden bridge on the right side of Rte. 276. Climb to the top of the hill and turn right onto the Moore Cove trail (Yellow Blaze). Follow this trail for 0.7 miles to the Moore Cove Falls. Turn around and leave the falls; crossing the creek to the right and continue up the hill along the creek, there is a Blue blaze on this trail. When you reach the junction of another trail (I'm calling it XYZ); turn right and continue on up to the logging road at the top of the hill. Turn left on this logging road and follow it to the end at of Avery Creek Road. Turn right on Avery Creek road for about 1000 ft. Find the Bennett Gap trail, take this trail, passing Perry Cove trail on the left and the first intersection with Coontree Loop on the right. Continue to the second Coontree Loop intersection on right and then go downhill to the Coontree Picnic Area.

**Trailhead Access:** Go N on 276. Drop a shuttle car at the Coontree Picnic area. All cars then proceed on Rte. 276 N to the Moore Cove Falls parking area.

**Meet At:** PRS

**Drive:** 5.3 miles

**Elevation Gain:** 1,330 ft.

**Blaze:** Yellow / Blue / Red

**Map:** Pisgah Ranger District

**GPX file link:** [#58 Moore Cove-Coontree](#)

**Profile:**



**Trail Map**



## #59: Mount Pisgah (Moderate/Strenuous 5 miles)

**Mount Pisgah: #59 (Moderate/Strenuous 5 miles).** Start at Pisgah Inn near the leftmost rooms and hike the trail to the top of Mt. Pisgah, with most of the elevation gain in the last ½ mi. Great 360° views from the observation platform. Return via same route.

**Trailhead Access:** Rte. 276 N to BRP (right, northbound) to Pisgah Inn lot on right.

**Meet At:** PRS

**Drive:** 21.6 miles

**Elevation Gain:** 1577 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#59 Mount Pisgah](#)

**Profile:**



**Trail Map:**



## #60: North Carolina Arboretum (Easy 5 miles)

**North Carolina Arboretum: #60 (Easy 5 miles).** From parking lot take dirt road. Turn left and in 0.5 miles pass through gate. Refer to map for trail options along Bent Creek and up to Baker exhibit center and gardens. Take Carolina Mountain Trail to complete loop back to gate.

**Trailhead Access:** Rte. 280 to 191 north. Turn left at light after the BRP entrance. Keep left at fork -. Hard Times trailhead parking is on the left.

**Meet At:** MRCVS

**Drive:** 15 miles

**Elevation Gain:** 415 ft.

**Blaze:** None

**Map:** Arboretum Trail Map

**GPX file link:** [#60 North Carolina Arboretum](#)

**Profile:**



**Trail Map:**



## #61: North Slope Loop (Easy 5.2 miles)

**North Slope Loop: #61 (Easy 5.2 miles).** Begin on the west side of the exercise trail in the PRS parking lot. Cross road and turn right immediately after bridge-crossing. Continue on trail approximately 1/2 mile to North Slope sign that will indicate a LEFT turn. Follow trail approximately 1/4 mile to the North Slope trailhead marker. Turn RIGHT.

Trail leads up to the top, across the ridgeline and intersects with the Art Loeb trail. At this point, bear to the right, continuing down along the river to the bridge. Cross the road and take the exercise trail back to the parking lot.

**Trailhead Access:** Start at Exercise trail behind Ranger Station

**Meet At:** PRS

**Drive:** 0 miles

**Elevation Gain:** 480 ft.

**Blaze:** Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#61 North Slope Loop](#)

**Profile:**



**Trail Map:**



## #62: Barnett Branch to Club Gap (Moderate/Strenuous 6.5 miles)

**Barnett Branch to Club Gap: #62 (Moderate/Strenuous 6.5 miles).** Follow Buck Spring trail to right turn on Barnett Branch trail, which you follow through the Pink Beds to right turn on Black Mountain trail. At four-way intersection with Avery Creek trail turn right on Club Gap trail and descend to cars.

**Trailhead Access:** Rte. 276 N about 9 miles to right turn on FR 477. At 9.8 miles drop car where Club Gap trail comes out. Then go N another 2+ miles to wide pull off at Buck Spring trailhead.

**Meet At:** PRS

**Drive:** 11.5 miles

**Elevation Gain:** 1,221 ft.

**Elevation Loss:** 1,504 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#62 Barnett Branch to Club Gap](#)

**Profile:**



**Trail Map:**



## #63: Mills River – Spencer Gap to Ferrin Knob (Moderate/Strenuous 5.9 miles)

**Mills River – Spencer Gap to Ferrin Knob: #63 (Moderate/Strenuous 5.9 miles).** Starting from BRP milepost 400.3: walk down the National Forest Rd for 1-3/4 miles to a right on Forest Road 400B, then right again on Spencer Gap trail; then up Trace Ridge trail for a short distance to the BRP. Pick up the Mountain-to-Sea Trail on the north side of the BRP opposite Beaver Dam Gap Overlook. Climb Ferrin Knob, and return to the trailhead.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left) and at 8.6 miles turn left and enter the BRP. Head south (right) on the BRP for 6.5 miles. The trailhead will be on the left. There are a couple of spaces along the BRP, or drive down the ramp to Bent Creek Gap Rd under the BRP, where there are more spaces.

**Meet At:** MRCVS

**Drive:** 15 miles

**Elevation Gain:** 1,226 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#63 Mills River-Spencer Gap to Ferrin Knob](#)

**Profile:**



**Trail Map:**



## #64: Pilot Cove Overlook (Moderate 4 miles)

**Pilot Cove Overlook: #64 (Moderate 4 miles).** Short loop hike up Pilot Cove trail, with one relatively steep section, to a second trail which leads over a knob and down a rock face to an overlook with scenic views of Pilot Rock and Pilot Cove

**Trailhead Access:** US 276 N. to right on Yellow Gap road (10.2 mi.) Go 5.1 mi. to find parking for 4 cars and trailhead on the left.

**Meet At:** PRS

**Drive:** 15.5 miles

**Elevation Gain:** 932 ft.

**Blaze:** Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#64 Pilot Cove Overlook](#)

Profile:



Trail Map:



## #65: Art Loeb – Pilot Mountain (Strenuous 5 miles)

**Art Loeb – Pilot Mountain: #65 (Strenuous 5 miles).** From Gloucester Gap on FR 475 follow Art Loeb Trail and an old road climbing steadily to Deep Gap, with nice views to the east. Then ascend steadily with switchbacks to the top of Pilot Mountain for lunch/snack and enjoy the 360° vista. Descend steeply down the other side to the cars.

**Trailhead Access:** Rte. 276 N to Fish Hatchery rd. and continue to an intersection at 9.8 mi. where Art Loeb Trail crosses the road.

**Meet At:** PRS

**Drive:** 9.8 miles

**Elevation Gain:** 1845 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#65 Art Loeb-Pilot Mountain](#)

Profile:



Trail Map:



## #66: Pilot Rock – Pisgah Inn (Strenuous 8.4 miles)

**Pilot Rock – Pisgah Inn: #66 (Strenuous 8.4 miles).** Walk the road approx. 20 minutes (E) enter the Pilot Rock Trail on the left. The trail rises steadily with some steep climbs from Yellow Gap Rd. over Pilot Rock and up the ridge to the top of Little Bald Mt. Wide views of the surrounding areas. Descend from Little Bald about 300' to the Pisgah Inn for lunch. Return the same way except continue on the Dividing Creek trail about 0.8 mile until junction with Thompson Creek Trail (blue blaze) Turn left. Go approx. 45 minutes on this gradual downhill/flat to return to the road and cars.

**Trailhead Access:** Rte. 276 north 10.4 miles turning right onto Yellow Gap Rd. (FS Rd. 1206), at 13.7 miles park on right.

**Meet At:** PRS

**Drive:** 13.7 miles

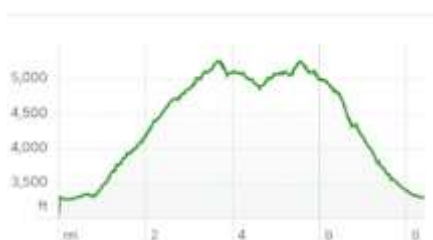
**Elevation Gain:** 2263 ft.

**Blaze:** Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#66 Pilot Rock-Pisgah Inn](#)

**Profile:**



**Trail Map:**



## #67: Gloucester Gap – Pilot Mountain – Farlow Gap – Daniel Ridge (Strenuous 9.5 miles)

**Gloucester Gap – Pilot Mountain – Farlow Gap – Daniel Ridge: #67 (Strenuous 9.5 miles).** From Gloucester Gap start up Pilot Mtn. on Art Loeb Trail for approx. 1 hr. of strenuous climbing. Take a few mins. at the summit to rest and take in the view. Then proceed down the 23 switchbacks going down the other sides of the mtn. Stay on the old roadbed until reaching Farlow Gap/ Farlow Gap Trail. Take that trail and after a few miles, some steep, rocky descents and two stream crossings follow the Daniel Ridge Trail along the creek back to the car.

**Trailhead Access:** Take US 276 3.8 miles to turn left on the Fish Hatchery Rd.(475). At 9.8 miles leave one car at the Daniel Ridge Parking area, the remaining cars will proceed 2+/- miles to Gloucester Gap and park.

**Meet At:** PRS

**Drive:** Approx. 12

**Elevation Gain:** 2,352 ft.

**Elevation Loss:** 2,956 ft.

**Blaze:** White / Blue / Red

**Map:** Pisgah Ranger District

**GPX file link:** [#67 Gloucester Gap-Pilot Mtn-Farlow Gap-Daniel Ridge](#)

**Profile:**



**Trail Map:**



## #68: Pisgah Inn – Frying Pan (Moderate 4 miles)

**Pisgah Inn – Frying Pan: #68 (Moderate 4 miles).** Cross the Parkway from the Pisgah Inn then hike SW over Big Bald and down to Frying Pan Gap. Proceed along an old road to the top of Frying Pan Mtn. for outstanding views. Return via the same route.

**Trailhead Access:** Rte. 276 north 14 miles to BRP northeast to the Pisgah Inn parking lot.

**Meet At:** PRS

**Drive:** 21.6 miles

**Elevation Gain:** 1,030 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#68 Pisgah Inn-Frying Pan](#)

**Profile:**



**Trail Map:**



## #69: Pisgah Inn – Buck Spring (Moderate 6.2 miles)

**Pisgah Inn – Buck Spring: #69 (Moderate 6.2 miles).** The hike starts at the Pisgah Inn and winds down 1200' to the Buck Spring Trailhead on US-276. Some rocky spots as trail winds around 10 ridges and many small streams. Several good viewpoints. This hike is a car switch leaving one vehicle at the Buck Spring Trailhead.

**Trailhead Access:** US-276 North 13.8 miles to BRP North (right) and on to the Pisgah Inn Parking lot (right). Trailhead is behind the dining room and goes southwest.

**Meet At:** PRS

**Drive:** 21.6 miles

**Elevation Gain:** 428 ft.

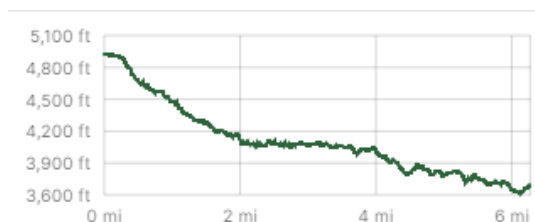
**Elevation Loss:** 1,676 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#69 Pisgah Inn-Buck Spring](#)

**Profile:**



**Trail Map:**



## #70: Cold Mountain Overlook – Pisgah Inn – Buck Spring (Moderate 9.4 miles)

**Cold Mountain Overlook – Pisgah Inn – Buck Spring: #70 (Moderate 9.4 miles).** Follow the BRP North about 3 miles to the Pisgah Inn. Go behind the Inn dining room to the Buck Spring trail and descend on it to the car.

**Trailhead Access:** Take US 276 toward the BRP and drop a car at the Buck Spring trailhead at 11.5 miles. Continue up 276 to the BRP, turn left on BRP and right into the Cold Mtn overlook parking lot.

**Meet At:** PRS

**Drive:** Approx. 14 miles

**Elevation Gain:** 619 ft.

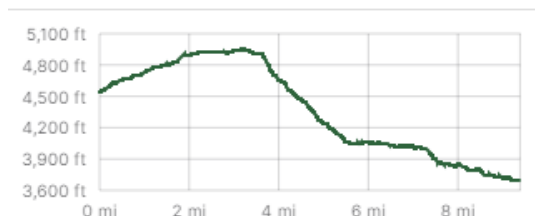
**Elevation Loss:** 1,455 ft

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#70 Cold Mtn Overlook-Pisgah-Buck Spring](#)

Profile:



Trail Map:



## #71: Raven Cliff Falls Overlook (Easy/Moderate 4 miles)

**Raven Cliff Falls Overlook: #71 (Easy/Moderate 4 miles).** In-and-out hike to the overlook of the beautiful falls. Short, steep climb up from the overlook.

**Trailhead Access:** Leaving the Fresh Market turn right onto White Street and left on Kanuga Rd. Follow this road to and turning left on DuPont Rd. (which later becomes Staton Rd.) go 5.6 miles to Cascade Lake Rd. Turn left and proceed 2.5 miles to Rte. 276. Turn left and proceed 3.3 miles to Parking Lot 'B; on the left. SC park fee.

**Meet At:** FM

**Drive:** 20 miles

**Elevation Gain:** 612 ft.

**Blaze:** Red

**Map:** Mountain Bridge Trails

**GPX file link:** [#71 Ravencliff Falls Overlook](#)

Profile:



Trail Map:



## #72: Thrift Cove – Sycamore Loop (Moderate 5 miles)

**Thrift Cove – Sycamore Loop: #72 (Moderate 5 miles).** From PRS parking lot take Exercise Trail to Black Mtn trailhead located at the parking lot by the maintenance shed. Stay right on Thrift Cove Trail (Black Mtn Trail turns left) as it winds around to “Y” intersection with Grassy Rd. Trail. Go right on Grassy Road Trail. At intersection with Sycamore Cove turn left. Trail will intersect with Hwy 276, cross the road and turn right. Stay on left side of road along gravel path until you locate Sycamore Cove Trailhead across the road. Sycamore Trail intersects as loop and go left (not right!) for a short, steep climb back up to Thrift Cove turning left back to trailhead. Take Exercise Trail back to PRS.

**Trailhead Access:** Hike starts from PRS

**Meet At:** PRS

**Drive:** 0 miles

**Elevation Gain:** 735 ft.

**Blaze:** Red / Orange / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#72 Thrift Cove-Sycamore Loop](#)

**Profile:**



**Trail Map:**



## #73: Saluda Mountains Passage of the Palmetto (Moderate 7.8 miles)

**Saluda Mountains Passage of the Palmetto: #73 (Moderate 7.8 miles).** From the parking area, turn right and walk along Anders Road, then continue as straight as possible along Gap Creek Road. At the intersection of Gap Creek Road and 225 cross 225 and enter the trail. Follow the yellow blazed trail for about 3.5 miles until you come to an unpaved road. At this point, turn around and retrace your steps. The hike is well marked and well maintained. The trail is undulating with no strenuous ups or downs. The hike basically follows the NC/SC line. Be mindful this hike is in the Greenville Watershed and hiking rules are strictly enforced. This is recommended as a winter hike.

**Trailhead Access:** From Fresh Market, take 225 south through Tuxedo about 10 miles, until you see a graveyard on the right, the intersection with Gap Creek Road and Talisman Camp. At this point turn right onto Gap Creek Road. In 0.2 miles Gap Creek Road turns towards the left. Go as straight as possible onto Anders Road. Parking is about 0.1 miles on the left.

**Meet At:** FM

**Drive:** 11 miles

**Elevation Gain:** 1,400 ft.

**Blaze:** Yellow

**Map:** Saluda Mountains Passage

**GPX file link:** [#73 Saluda Mountains Passage of Palmetto](#)

**Profile:**



**Trail Map:**



## #74: Shut-In Trail (Moderate 6.2 miles)

**Shut-In Trail: #74 (Moderate 6.2 miles).** Car switch. Begin at Chestnut Cove overlook and hike back paralleling the BRP back to the Bent Creek River along the French Broad, just before the BRP entrance.

**Trailhead Access:** Rte. 280 E to Rte. 191 N and drop car(s) in the Bent Creek River Park just before the left turn to the BRP entrance. Continue to BRP south (right) and at 13.7 mi. start hike at Chestnut Cove Overlook.

**Meet At:** MRCVS

**Drive:** 13.7

**Elevation Gain:** 1,103 ft.

**Elevation Loss:** 2,113 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#74 Shut-In Trail](#)

Profile:



Trail Map:



## #75: Slate Rock – Laurel Mountain (Strenuous 8.7 miles)

**Slate Rock – Laurel Mountain: #75 (Strenuous 8.7 miles).** Take the Pilot Cove-Slate Rock Trail (blue) from Yellow Gap Road along Slate Rock Creek to an unblazed short, steep connector to the Laurel Mtn Trail (blue). Go right on this trail for a gradual descent back to Yellow Gap Road for the car switch. The trail passes through stands of hardwoods and laurel.

**Trailhead Access:** Rte. 280 north 0.9 mile turning left onto North Mills River Road. At 6.0 miles pass the North Mills River Recreation Area, go through the campground and onto Yellow Gap Road. At 9.4 miles drop car(s) at the Laurel Mountain trailhead, and at 11.1 miles park the remaining cars at the Pilot Cove - Slate Rock trailhead.

**Meet At:** MRCVS

**Drive:** 11.5 miles

**Elevation Gain:** 2,260 ft.

**Elevation Loss:** 1,881 ft.

**Blaze:** Blue/None/Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#75 Slate Rock-Laurel Mountain](#)

Profile:



Trail Map:



## #76: Slate Rock – Pilot Cove (Moderate 6 miles)

**Slate Rock – Pilot Cove: #76 (Moderate 6 miles).** From Yellow Gap Rd. ascend Slate Rock ridge along a lovely stream, with numerous crossings, to the top for a good view of Pilot Rock. Descend through Pilot Cove to the road.

**Trailhead Access:** US 276 N. to right on Yellow Gap road (10.2 mi.) Go 5.1 mi. (past 10 one lane bridges) and drop a car at the Pilot Cove trailhead on the left. Remaining cars go another 1.7 mi. to Slate Rock/Pilot Cove trailhead on the left, just after a bridge.

**Meet At:** PRS

**Drive:** 17 miles

**Elevation Gain:** 1,441 ft.

**Blaze:** Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#76 Slate Rock-Pilot Cove](#)

Profile:



Trail Map:



## #77: Soapstone Ridge (Moderate 7 miles)

**Soapstone Ridge: #77 (Moderate 7 miles).** Loop trail starting on the Pink Beds Loop (orange) to the Barnett Branch Trail (blue). Follow this up to the Black Mtn Trail (white) and turn right up over the top of Rich Mtn down to Club Gap. Go right on the Club Gap Trail (yellow) down to FR 477. Go right on the road to Rte. 276 and go right on 276 back to the Pink Beds parking area.

**Trailhead Access:** Rte. 276 north 10.1 miles to the Pink Beds Picnic Area. The trail begins at the far corner of the parking area.

**Meet At:** PRS

**Drive:** 10.1 miles

**Elevation Gain:** 1,386 ft.

**Blaze:** Orange / Blue / White / Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#77 Soapstone Ridge](#)

Profile:



Trail Map:



## #78: Spencer Branch – Trace Ridge (Moderate/Strenuous 8 miles)

**Spencer Branch – Trace Ridge: #78 (Moderate/Strenuous 8 miles).** A loop hike following the road to Hendersonville Reservoir area. From there, proceed on the Spencer Branch Trail (yellow) along the stream with a gradual grade and several stream crossings. Start a steep climb up to Trace Ridge. Turn right on the Trace Ridge Trail (orange) and follow the ridge line to the parking area.

**Trailhead Access:** Rte. 280 north turning left to go to the Mills River Recreation area. At 6 miles, turn right across from the recreation area (FS Rd. 5000) go 1.5 miles and turn left across a low concrete bridge. At approx. 8.6 miles find the end of the road and Trace Ridge parking.

**Meet At:** MRCVS

**Drive:** 8.6 miles

**Elevation Gain:** 1318 ft.

**Blaze:** Yellow / Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#78 Spencer Branch-Trace Ridge](#)

Profile:



Trail Ma



## #79: Slate Rock – Laurel Mtn. – Mt. Pisgah Key Switch (Strenuous up, Moderate down 6 miles)

**Slate Rock – Laurel Mtn. – Mt. Pisgah Key Switch: #79 (Strenuous up, Moderate down 6 miles).** This is a key switch hike in which one group hikes uphill and a second group hikes the same trails downhill. When the groups meet, car keys are exchanged, and the groups meet back at the MRCVS. Reservations are recommended to make it easier for the hike leader to work out the logistics.

**Up:** Take the Pilot Cove-Slate Rock Trail (blue) from Yellow Gap Road along Slate Rock Creek to an unblazed short, steep connector to the Laurel Mtn Trail (blue). Go left on the Laurel Mtn Trail and climb up to the Mountain-to-Sea Trail (white). Go right on the MST to the cars at the Buck Spring Gap overlook.

**Down:** Take the MST toward the Pisgah Inn, then go left on the Laurel Mtn Trail. Follow this to the top of the unblazed connector, then go right to descend to the Pilot Cove – Slate Rock Trail. Follow this trail to the cars at Yellow Gap Road.

**Trailhead Access:** **Up:** Rte. 280 north 0.9 mile turning left onto North Mills River Road. At 6.0 miles pass the North Mills River Recreation Area, go through the campground and onto Yellow Gap Road. At 11.1 miles park at the Pilot Cove - Slate Rock trailhead.

**Down:** Go north on 280 1.1 miles to a left turn onto NC 191. At 8.4 miles, turn left toward the BRP. At 8.6 miles, turn right onto the BRP South. At 22.6 miles, turn left toward the Mt. Pisgah parking area. Go right at 22.7 miles into the Buck Spring Gap overlook parking area. The trailhead is to the right.

**Meet At:** MRCVS

**Drive:** 11.1 Up, 22.7 down

**Elevation Gain:** 2,570 ft.

**Elevation Loss:** 444 ft.

**Blaze:** U:Blue/NA/Blue/White D: White/Blue/NA/Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#79 Slate Rock-Laurel Mtn-Mt Pisgah Key Switch](#)

**Profile:**



**Trail Map:**



## #80: Sycamore Cove Extended (Moderate 8 miles)

**Sycamore Cove Extended: #80 (Moderate 8 miles).** Begin at the far end of the PRS parking lot, walking SE toward the maintenance buildings. Turn left at the sign for the Exercise Trail, then an immediate right on the Black Mountain Connector Tr. At the end of the trail turn left. In a short distance, bear slightly left and proceed on the Black Mountain Trail (White). At the next intersection, bear right on Thrift Cove Trail (Red). Continue on Thrift Cove and take a sharp left onto Grassy Road Trail (Orange). Bear left onto the Sycamore Cove Trail (Blue), descend to the road and cross. Walk along the road to a pedestrian bridge on the left and cross the road to re-enter the woods on Sycamore Cove. At the intersection with Black Mountain Tr, turn left for a short distance and take Black Mountain Connector back to the PRS parking lot

**Trailhead Access:** This hike starts from the PRS parking lot.

**Meet At:** PRS

**Drive:** 0 miles

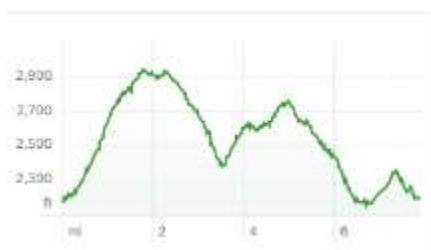
**Elevation Gain:** 1,372 ft.

**Blaze:** White /Red / Orange / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#80 Sycamore Cove Extended](#)

**Profile:**



**Trail Map:**



## #81: Table Rock (Strenuous 7.2 miles)

**Table Rock: #81 (Strenuous 7.2 miles).** In and out hike with a continuous and sometimes steep climb to the top. Enjoy the southward view toward Greenville, then continue to a rock face with spectacular view of Greenville Reservoir and Caesars Head. Return the same way. SC park fee.

**Trailhead Access:** Rte. 225 S through Flat Rock to 25 south to Rte. 11 west. At 35.9 mi. (just after crossing a small lake) turn right and then right again after ½ mi. into west entrance to Table Rock State Park. Proceed 1 mile and park in the large lot near the Nature Center and the lake.

**Meet At:** FM

**Drive:** 37.4 miles

**Elevation Gain:** 2,400 ft.

**Blaze:** Yellow

**Map:** Table Rock State Park

**GPX file link:** [#81 Table Rock](#)

**Profile:**



**Trail Map:**



## #82: Tennent Mountain – Black Balsam (Moderate/Strenuous 6.5 miles)

**Tennent Mountain – Black Balsam: #82 (Moderate/Strenuous 6.5 miles).** On right side of road pick up MST trail, descending along a rocky and often slippery path to left turn on mostly flat but rocky Graveyard Ridge trail, which you follow to Ivestor Gap. Return on the highly eroded and overgrown Art Loeb trail through blueberry bushes over Tennent Mtn. and Black Balsam Knob, with great views, then back down to cars. Lots of blueberries in late August and great color in Sept./Oct.

**Trailhead Access:** Rte. 276 N to BRP S (left). At 22.4 mi. turn right on FR 816 and at 23.2 mi. park by side of road.

**Meet At:** PRS

**Drive:** 23.2 miles

**Elevation Gain:** 1,216 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#82 Tennent Mountain-Black Balsam](#)

**Profile:**



**Trail Map:**



## #83: Turkey Pen – Sharp Mountain Loop (Moderate/Strenuous 6.7 miles)

**Turkey Pen – Sharp Mountain Loop: #83 (Moderate/Strenuous 6.7 miles).** Go up Turkey Pen Gap trail (blue) ascending through Simpson Gap to top of Sharp Mtn., with last 0.4 mi. very steep. Continue along ridge to Wagon Road Gap trail (orange) descending down to swinging bridge and S. Mills River trail (white). Follow river back to a short ascent up to parking lot.

**Trailhead Access:** Take Rte. 280 west approx. ½ mile to FS Rd 297, Turkey Pen Road (right). Go to lot at end of road.

**Meet At:** BBC

**Drive:** 2 miles

**Elevation Gain:** 1,500 ft.

**Blaze:** Orange / Blue / Orange / White

**Map:** Pisgah Ranger District

**GPX file link:** [#83 Turkey Pen-Sharp Mountain Loop](#)

**Profile:**



**Trail Map:**



## #84: Turkey Pen – Bradley Creek - Pounding Mill (Moderate 7.5 miles)

**Turkey Pen – Bradley Creek – Pounding Mill: #84 (Moderate 7.5 miles).** A loop trail starting at Turkey Pen Gap that follows the S. Mills River on a pretty hike with numerous small stream crossings. Proceed around gate adjacent to sign board descending to the South Mills River and a suspension bridge. Cross bridge and follow the river N on the Bradley Creek Trail (orange blaze) to Pea Creek, with large hemlocks alongside, to left onto Squirrel Gap Trail (blue blaze). Pass an old home site to snack break on Poundingstone Mtn. Descend via Pounding Mill Trail (orange blaze) to South Mills River Trail (white blaze) back to suspension bridge; then turn right to follow South Mills River Trail back to parking lot.

**Trailhead Access:** Take Rte. 280 west approx. ½ mile to FS Rd 297, Turkey Pen Road (right). Go to end of road and parking lot.

**Meet At:** BBC

**Drive:** 2 miles

**Elevation Gain:** 1,317 ft.

**Blaze:** Orange/Blue/Orange/White

**Map:** Pisgah Ranger District

**GPX file link:** [#84 Turkey Pen-Bradley Creek-Pounding Mill](#)

Profile:



Trail Map:



## #85: Panthertown West (Moderate 6.9 miles)

**Panthertown West: #85 (Moderate 6.9 miles).** From Salt Rock Gap trailhead take Panthertown Valley trail through the valley to Schoolhouse Falls, then up to the top of Little Green Mtn. for lunch. Descend to Mac's Gap trail and visit Granny Burrell Falls, Frolictown Falls and Wilderness Falls before returning to Salt Rock Gap

**Trailhead Access:** Take Rte. 64 W. through Sapphire to a right turn on Cedar Creek Road, then another right on Breedlove Rd. to the Salt Rock Gap trailhead. Last 0.3 miles are on gravel road and require high clearance vehicles.

**Meet At:** ING-B

**Drive:** Approx. 35

**Elevation Gain:** 954 ft.

**Blaze:**

**Map:** Guideto Panthertown Valley

**GPX file link:** [#85 Panthertown West](#)

Profile:



Trail Map:



## #86: Yellow Mountain (Strenuous 12.6 miles)

**Yellow Mountain: #86 (Strenuous 12.6 miles).** From Cole Gap begin a climb onto the ridge of Cole Mtn following the Blue blaze. The trail ascends about 300 feet and then descends prior to its first major climb. The trail carves through a series of switchbacks before cresting the summit of Shortoff Mountain. The trail then descends and climbs to Goat Knob with another deep descent of about 900 feet to Yellow Mountain Gap. On the descent into the gap, the trail passes a major trail intersection denoted by a sign indicating the return route to Cole Gap and the direction to head for Yellow Mountain. The route veers to the left here. You will make the final climb up to Yellow Mountain at 5120 ft. The historic fire tower remains which you can climb and get a great view, or you can lunch on the rocks. Return the way you came.

**Trailhead Access:** Drive 36.5 miles on US 64W from Brevard Ingles to the turn on Buck Creek. Follow Buck Creek for approximately 2.2 miles to Cole Gape and a small parking area on the left. Trailhead for Yellow Mtn Trail starts on the small wood staircase on your right.

**Meet At:** ING-B

**Drive:** 39

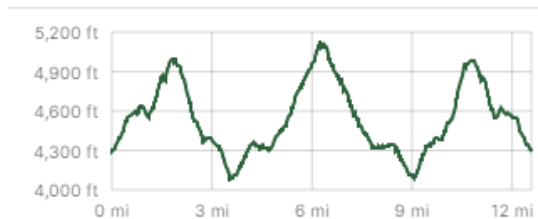
**Elevation Gain:** 3146 ft.

**Blaze:** Blue

**Map:** Nantahala & Cullasaja Gorges Map #785

**GPX file link:** [#86 Yellow Mountain](#)

**Profile:**



**Trail Map:**



## #87: Yellowstone Creek – Skinny Dip Loop (Moderate 4.5 miles)

**Yellowstone Creek – Skinny Dip Loop: #87 (Moderate 4.5 miles).** From Looking Glass Overlook parking lot, cross BRP to MST Trail (White). Straight at MST. Cross bridge at Skinny Dip Falls. Stay on MST for 1.7 miles, at crossroads follow blue blaze to steps to Lower Yellowstone Falls on right. After up and down steps to see falls, cross stream at bridge and up the other side to Graveyard Fields Parking area. Cross BRP to the left at the Northern end of the Graveyard Fields directly across from the restrooms. Trail starts at a "No Parking" sign. Take social trail (unblazed) left at T and hike for about a mile. Cross BRP and take left at red mark on pavement after about 20 yards and then hike for about 1/2 mile to an intersection you had passed at the beginning. Go right at this intersection with the MST crossroad after an orange blaze. Back to cars.

**Trailhead Access:** Rte. 276 North to BRP, south (left). At 18.6 miles turn left to Looking Glass Overlook parking area.

**Meet At:** PRS

**Drive:** 18.6 miles

**Elevation Gain:** 934 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#87 Yellowstone Creek-Skinny Dip Loop](#)

**Profile:**



**Trail Map:**



## #88: Deleted

## #89: Trombatore Trail (Moderate 5 miles)

**Trombatore Trail: #89 (Moderate 5 miles)** Enjoy a vast expanse of wildflowers in late April-early May. From the parking (on side of Bearwallow Mountain Road) hike left across road passing trailhead kiosk on the left. Follow trail with several switchbacks for 1.1 mi. where single trail intersects with grassy road. Turn right and go uphill to two more junctions at 1.3 mi and 1.4 mi. Go left at both. Go straight, uphill, at two more junctions at 1.5 mi and 1.7 mi. At 1.9 mi in a small gap,. follow signs and turn left onto a single-track foot trail to woods road. At 2.1 mi turn left and cross small rivulet, beyond which is a rock pile marking a former home site. Follow the single track climbing up the mountain and reach the edge of a meadow at 2.4 mi. Cross a wooden ladder, veer left and follow ribbons toward the summit. Arrive at top of Blue Ridge Pastures at 2.5 mi. Have snack while enjoying breathtaking views of Hickory Nut Gorge, including Bearwallow Mtn, Florence Preserve, etc. Return same way. For longer hike see #108

**Trailhead Access:** Go east on Rte. 64 into Edneyville to left on Fruitland Road. Slight left on Old Clear Creek Road for 3.3 miles. Left on Bearwallow Mountain Road 3.7. Turn right to stay on Bearwallow Mountain Road. 1.2 mi to destination. NOTE this is also parking for hiking Bearwallow Mountain.

**Meet At:** ING-HG

**Drive:** 17

**Elevation Gain:** 1412 ft.

**Blaze:**

**Map:** Upper Hickory Nut Gorge

**GPX file link:** [#89 Trombatore Trail](#)

**Profile:**



**Trail Map:**



## #90: Bracken Preserve Extended (Moderate 7.5 miles)

**Bracken Preserve Extended: #90 (Moderate 7.5 miles).** Lollipop hike. From parking lot take Bracken Mountain Trail (blue blaze) for 3.9 miles passing both Brushy Creek and Mackey Ridge trails. Good place for a snack. Right on Pinnacle Trail (pink blaze) 1.3 miles. Left on Brushy Creek Trail (red blaze) for 2.1 miles. Left on Bracken Mountain Trail (blue blaze) for 0.7 miles back to parking lot.

**Trailhead Access:** Take US 64W to Brevard. At 3.0 miles bear right to follow US 64. At 3.4 miles turn right on Probart St. toward the Brevard Music Center. At 4.3 turn right on Music Camp Rd and follow it to the Music Center entrance. At the entrance 4.5 mi, on the left take Pinnacle Rd and follow this gravel road to the 8-car parking lot at the end of the road.

**Meet At:** ING-B

**Drive:** 4.7 miles

**Elevation Gain:** 1,385 ft.

**Blaze:** Blue, pink, red, blue

**Map:** Bracken Trail System

**GPX file link:** [#90 Bracken Preserve Extended](#)

**Profile:**



**Trail Map:**



## #91: Rim of the Gap (Strenuous 8.75 miles)

**Rim of the Gap: #91 (Strenuous 8.75 miles)** Sign in at Jones Gap Trailhead and go west on Jones Gap Trail, soon turning left onto the Rim of the Gap Trail then keeping right at all intersections. After walking under the rim, which is a very interesting section of trail, continue on until you reach the intersection of the Frank Coggins Trail, bear right and continue on to the Coldspring Connector. Turn right on Coldspring Branch Trail and follow it to the Jones Gap Trail. Turn right on Jones Gap Trail back to the cars. SC park fee.

**Trailhead Access:** US-25 South 12.1 miles to the first exit (right) in SC onto Gap Creek Road. Turn right onto River Falls Road at 18.4 miles. Proceed into the Jones Gap State Park and go right into the parking lot at 20.5 miles.

**Meet At:** FM

**Drive:** 20.5 miles

**Elevation Gain:** 2,552 ft.

**Blaze:** Blue/Yellow/Purple/Blue/Orange/Blue

**Map:** Mountain Bridge Trails Book

**GPX file link:** [#91 Rim of the Gap](#)

**Profile:**



**Trail Map:**



## #92: Mt. Mitchell from Stepps Gap (Moderate 4.8 miles)

**Mt. Mitchell from Stepps Gap: #92 (Moderate 4.8 miles)** Go SE along Commissary Ridge Trail, go left onto the MST Trail and eventually right onto the Old Mt. Mitchell Trail. Proceed to summit and take in the 360-degree views, then descend along the Summit Trail, turning right on the Balsam Nature Trail. Lunch at the Park Store area. Return back up the Summit Trail, turning right onto the MST/Old Mt. Mitchell Trail. Go past a campground and onto Rte. 128. Turn left off the road onto a gravel footpath, passing the Mt. Mitchell Restaurant and along the west slope of Mt. Hallback (elev. 6300 ft.), reaching the park office and the end of the hike.

**Trailhead Access:** Take I-26 toward Asheville, and go right onto I-40E. Take exit 53A onto Rte. 74A toward Bat Cave. Turn right onto the BRP North and turn left onto Rte. 128, the Mt. Mitchell State Park road. Park at the ranger station/park office.

**Meet At:** SSC

**Drive:** 46

**Elevation Gain:** 1192 ft.

**Blaze:** Several

**Map:** Linville Gorge/Mt. Mitchell

**GPX file link:** [#92 Mt. Mitchell from Stepps Gap](#)

**Profile:**



**Trail Map:**



## #93: DuPont Cedar Rock Mountain Loop (Easy/Moderate 5.5 miles)

**DuPont Cedar Rock Mountain Loop: #93 (Easy/Moderate 5.5 miles).** Begin at Corn Mills Shoals Parking area, cross road to Corn Mills Shoals Road. Then left on Big Rock Trail across bare granite slabs to top of Cedar Rock Mtn. Follow rock cairns and make a right on Cedar Rock Trail. Make right on Little River Trail, a right on Corn Mills Shoals Trail for a few feet, then left on Burnt Mtn Trail. Burnt Mtn Trail is a 2.2 mile loop which ends at Corn Mills Shoals Trail, make right and continue to Corn Mills shoals for lunch. Head back to parking area on Corn Mills Shoals Trail.

**Trailhead Access:** Leave FM on White St., left on Kanuga and at 11.0 mi. left on DuPont Rd. At 16.6 mi. turn left on Cascade Lake Rd. and at 17.2 mi. parking is on right.

**Meet At:** FM

**Drive:** 17.2 miles

**Elevation Gain:** 881 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#93 DuPont Cedar Rock Mountain Loop](#)

**Profile:**



**Trail Map:**



## #94: Charlie's Bunion (Moderate 8 miles)

**Charlie's Bunion: #94 (Moderate 8 miles).** From Newfound Gap (Elev 5046) on US Rte. 441, 21 miles NNW from Cherokee NC, hike ENE on the AT, passing the Sweat Heifer Creek Trail intersection at 1.7 miles and the Boulevard Trail at 2.7 miles and to a side trail at approximately 4 miles. Take the marked side trail for a short distance out to the rocky overlook of Charlie's Bunion for lunch and views. Return via the same route with a side trip to Jump Off for a superb look back at Charlie's Bunion. Well worth the drive for the overlook at Charlie's Bunion!

**Trailhead Access:** Take I-26 west to I-40 West to exit 27 (Rte. 19) towards Cherokee. Get on Rte. 441 that goes through the Great Smoky National Park towards Gatlinburg. Park in the Newfound Gap parking lot.

**Meet At:** SSC

**Drive:** 70

**Elevation Gain:** 1828 ft.

**Blaze:** White

**Map:** Great Smoky Mountains National Park

**GPX file link:** [#94 Charlie's Bunion](#)

**Profile:**



**Trail Map:**



## #95: Big East Fork – Pigeon River WILDERNESS (Moderate 6 miles)

**Big East Fork – Pigeon River WILDERNESS: #95 (Moderate 6 miles).** In and out hike following the river with views of tumbling water over rocky stream bed. Lunch beside the river. There are 2 or 3 climbs over ridges along the way. The footing is unstable over rocks and roots in some areas.

Note: Storm damage from Tropical Storm Fred in August 2021 has significantly damaged the trail and until repaired consideration should be given to not scheduling this hike.

**Trailhead Access:** Rte. 276 north 13.8 miles and underneath the BRP. At 16.7 miles, parking and trailhead are on the left, before you get to larger Big East Fork parking lot.

**Meet At:** PRS

**Drive:** 16.7

**Elevation Gain:** 947 ft.

**Blaze:** None

**Map:** Pisgah Ranger District

**GPX file link:** [#95 Big East Fork-Pigeon River WILDERNESS](#)

**Profile:**



**Trail Map:**



## #96: Cold Mountain WILDERNESS (Strenuous 10.4 miles)

**Cold Mountain WILDERNESS: #96 (Strenuous 10.4 miles).** Park at Art Loeb trailhead. Take Art Loeb Trail 3.8 miles to Deep Gap. Turn left and follow Cold Mountain Trail 1.4 miles to geodetic marker in granite rock on right side of trail. Turn will have made a near right angle turn about .25 miles before the marker. There is a good lunch spot down behind the marker. Return on the same trails.

**Trailhead Access:** Take I26 West to Exit 31B - I40 West, to Exit 37 / East Canton. Turn left then right on Smoky Park Highway (US 19). Follow US 19 for 3.7 miles to Williams St. (funeral home on corner). Turn left on Williams St. for 0.1 mi., then right on Smathers St. for 0.2 mi. Turn right on Spring St., then a quick left on Academy St., then right on Pennsylvania Ave. Continue on Locust St. for 0.2 mi. Turn left on Pisgah Dr. (NC 110) go 5.0 mi. Continue on Love Joy Rd. (NC 215 S.) (NC 110 becomes NC 215 when it crosses US 276 at the traffic light). You will come to a stop sign. Continue on 215 S to the left. In a few miles you will cross a concrete bridge. Just on the other side is a road to the left and a sign for the Daniel Boone Camp. Follow this road into the camp, past a lake on the right and a large building on the left. The trailhead is clearly marked. There is limited parking on the right.

**Meet At:** SSC

**Drive:** 50

**Elevation Gain:** 3456 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#96 Cold Mountain WILDERNESS](#)

**Profile:**



**Trail Map:**



## #97: Pinnacle Mountain (Moderate/Strenuous 7.5 miles)

**Pinnacle Mountain: #97 (Moderate/Strenuous 7.5 miles)** This is an in and out hike with the trail beginning behind the Nature Center. Proceed up the trail to the first intersection and turn left on the Pinnacle Mountain Trail (yellow). The trail climbs steadily for 3.5 miles. There is a final short steep climb to the Bald Knob overlook with long-range views. This is a good lunch/snack spot before returning back to the parking lot. SC park fee

**Trailhead Access:** Take Route 25 south (18.9 mile) to Route 11 west (17 miles) to the west entrance to Table Rock State Park. Go ½ mile and turn right onto West Gate Rd. Proceed 1 mile to parking lot on right.

**Meet At:** FM

**Drive:** 37.4

**Elevation Gain:** 1851 ft.

**Blaze:** Yellow

**Map:** Table Rock State Park

**GPX file link:** [#97 Pinnacle Mountain](#)

**Profile:**



**Trail Map:**



## #98: Mt. LeConte via Alum Cave Trail (Strenuous 10.5 miles)

**Mt. LeConte via Alum Cave Trail: #98 (Strenuous 10.5 miles).** From the Alum Cave lot follow the well-marked Alum Cave trail. The first part follows Alum Cave Creek and has a gentle grade. At 1.3 miles is arch rock with steps carved in the rock that passes through the arch. At about 2 miles we reach Inspiration Point where we get our first great view of the Smokies. A little further we reach the Alum Cave Bluffs where Epsom salts were mined. The next 2 miles we pass over several narrow rock ledges which have been widened and cables added. The trail now passes through spruce forest before dead-ending into the Rainbow Falls Trail. Turn right and follow the trail to the lodge area on the left where we will stop to enjoy the view and eat lunch. A box lunch is available at the dining hall. After lunch we will hike to Cliff Top at about 6500'. We retrace our steps back to the trail head.

**Trailhead Access:** Take I-26 west to I-40 West to exit 27 (Rte. 19) towards Cherokee. Get on Rte. 441 that goes through the Great Smoky National Park towards Gatlinburg. Park in the Alum Cave Parking Area about 2 miles past Newfound Gap.

**Meet At:** SSC

**Drive:** 78

**Elevation Gain:** 3200 ft.

**Blaze:**

**Map:** Great Smoky Mountains National Park

**GPX file link:** [#98 Mt. LeConte via Alum Cave Trail](#)

**Profile:**



**Trail Map:**



## #99: Deleted

## #100: Mount Hardy WILDERNESS (Moderate 5 miles)

**Mount Hardy WILDERNESS: #100 (Moderate 5 miles).** In and out hike with a short loop in the middle. Cross the road at the west end of the parking area to the trail and continue 1/6 mile bearing right on the MST. Follow it through a forest that will remind you of the Pacific Northwest. At 1-1/4 miles, turn right (up the slope at a fork off the MST). Continue 1/10 mile looking for a trail to the left through an overgrown area continuing 1/3 mile to the top of the bald. Continue straight ahead, staying right at the fork toward Mt. Hardy another 1/5 mile, and watch for the MST sign on a tree where you turn left. Continue 1/20 mile and turn right. Follow the trail to the top of Mt. Hardy. Note this is wooded with no mark for the summit. Return the way you came to the MST sign on the tree, and turn left on the second half of the loop. Continue down the slope turning left on the MST, and return to the short access trail to cars. Recommended to use GPS due to many social trails and overgrown vegetation.

**Trailhead Access:** Rte. 276 N to BRP south (left) and park at Rough Butt Bald Overlook (Has no sign but is located 3 miles after the Devil's Courthouse tunnel), just past MP 425.

**Meet At:** PRS

**Drive:** 26

**Elevation Gain:** 980 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#100 Mount Hardy WILDERNESS](#)

**Profile:**



**Trail Map:**



## #101: Pink Beds Loop (Easy 5 miles)

**Pink Beds Loop: #101 (Easy 5 miles).** Loop hike through Pink Beds picnic area with numerous stream crossings and several walkways; Lunch at picnic area.

**Trailhead Access:** Rte. 276 North 10.1 miles to Pink Beds Picnic Area. Trailhead is at rear of parking area toward the middle.

**Meet At:** PRS

**Drive:** 10.1

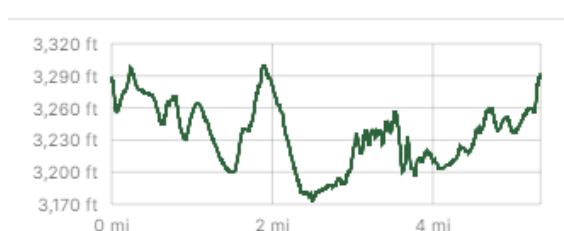
**Elevation Gain:** 364 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#101 Pink Beds Loop](#)

**Profile:**



**Trail Map:**



## #102: Avery Creek – Twin Falls - Clawhammer (Moderate 6.5 miles)

**Avery Creek – Twin Falls - Clawhammer: #102 (Moderate 6.5 miles).** Hike along FS Rd 477 to Avery Creek Trail (Blue) on right. Follow Avery Creek until the intersection with Buckhorn Gap Trail (Orange) and bear right. At intersection of Twin Falls Trail (Yellow) go left to falls. Return to Buckhorn Gap Trail and go left until you get to FS Rd 5058. Turn right and follow it to Clawhammer Trail (Blue). Follow Clawhammer & turn left back onto Avery Creek at bridge. Then left on FS Rd 477 to cars. NOTE: For a shorter hike, leave cars at the Buckhorn Gap trailhead and walk back to the Avery Creek TH. The hike can also be done in reverse, going up Clawhammer and ending on Buckhorn Gap trail.

**Trailhead Access:** Rte. 276 north .7 miles turning right onto FS Rd 477, at 3.2 miles find parking on right.

**Meet At:** PRS

**Drive:** 3.2

**Elevation Gain:** 1130 ft.

**Blaze:** Blue/Orange/Yellow/Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#102 Avery Creek-Twin Falls-Clawhammer](#)

**Profile:**



**Trail Map:**



## #103: Pinnacle Pass - Rim of the Gap (Strenuous 6 miles)

**Pinnacle Pass -Rim of the Gap: #103 (Strenuous 6 miles).** Start W on Jones Gap Trail from sign-in kiosk for a few yards, then left on Rim of the Gap Trail. Follow it to a left on the Pinnacle Pass Trail. The first section is rocky with difficult footing in areas. Proceed with a good climb up with numerous steps reaching the ridge with a great viewpoint of Jones Gap. Proceed along the ridge to the first connector; turn right and proceed to a right turn on the Rim of the Gap Trail. Follow the trail (with good views of Rainbow Falls across the valley) and loop back to the parking lot. (For an 8.5 mi. hike take the second connector trail from the Pinnacle Pass Trail to the Rim of the Gap Trail. SC park fee.

**Trailhead Access:** Rte. 25 south 12.1 miles to the first exit (right) in SC onto Gap Creek Road. At 18.4 miles turn right onto River Falls Road and proceed into the Jones Gap State Park and go right into the parking lot at 20.5 miles.

**Meet At:** FM

**Drive:** 20.5

**Elevation Gain:** 2347 ft.

**Blaze:** Blue/Yellow/White/Purple/Yellow/Blue

**Map:** Mountain Bridge Trails

**GPX file link:** [#103 Pinnacle Pass-Rim of the Gap](#)

**Profile:**



**Trail Map:**



## #104: DuPont Hickory Mountain Trail (Easy/Moderate 5.7 miles)

**DuPont Hickory Mountain Trail: #104 (Easy/Moderate 5.7 miles).** From Guion Farm parking area, cross Sky Valley Road, turn left on Farmhouse Trail, turn left on Shoals Creek Trail, turn right on Sky Valley Rd, turn left in about 10 yards onto an unmarked trail which becomes Ruffed Grouse trail and then straight onto Rifle Trail. Turn right on Boundary Trail, turn right on Hickory Mountain Rd, turn right on Hickory Mountain Trail/Loop, turn right on Ridgeline Trail, turn left on Hooker Creek Trail, turn left on Ruffed Grouse Trail, turn right on Hickory Mtn. Road, cross over Buck Forest Rd on to Guion Farm Connector to parking lot.

**Trailhead Access:** Leave FM on White Street and turn left on Kanuga Road. At 11.3 miles turn left on Staton Road (DuPont). After a mile turn left on Sky Valley Road, which turns to gravel before you reach Guion Farm parking lot on right

**Meet At:** FM

**Drive:** 14.8

**Elevation Gain:** 734 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#104 DuPont Hickory Mountain Trail](#)

**Profile:**



**Trail Map:**



## #105: Lemon Gap-Max Patch (long version) (Moderate/Strenuous 10.6 miles)

**Lemon Gap-Max Patch (long version): #105 (Moderate/Strenuous 10.6 miles).** In and out hike. Take the AT south from the parking area, following it as it winds and ascends gently for 5.25 miles to the 360 degree views of the Smokies at Max Patch. Mt Mitchell may be visible to the east if the air is clear enough. There is a waterfall near Roaring Fork Shelter on the Lemon Gap end of the hike, although it is not visible through the foliage. Return the way you came.

**Trailhead Access:** Take I-26 W to I-40 W. There is a rest area just before Exit 7 which is a good stopping place to use restrooms or meet other hikers. Take Exit 7 (Harmon Den), turn right at the exit and take Cold Spring Creek Road for 6.7 miles. Stay left on the main gravel road. Turn left on SR 1182 for 2 miles to Max Patch parking lot then continue to Lemon Gap parking which is 3.5 miles further. Parking area accommodates about 6 cars with additional parking on the road nearby.

**Meet At:** MRCVS

**Drive:** 70

**Elevation Gain:** 1657 ft.

**Blaze:** White

**Map:** AT Trail Guide

**GPX file link:** [#105 Lemon Gap-Max Patch \(long version\)](#)

Profile:



Trail



## #106: Turkey Pen – Black Mountain Trail (Strenuous 10.6 miles)

**Turkey Pen – Black Mountain Trail: #106 (Strenuous 10.6 miles).** This is essentially a ridge hike for the entire distance. Take the Turkey Pen Gap Trail over Sharpy and McCall Mountains and through several gaps to a left turn on the Black Mountain Trail. Turn left and proceed to the maintenance sheds just south of the PRS.

**Trailhead Access:** Follow Rte. 280 west ½ mile and turn right onto Turkey Pen Road. Go to the parking lot at the end of the road. This is a car switch with cars for drivers having been dropped at the parking area near the maintenance sheds just south of the PRS.

**Meet At:** BBC

**Drive:** 2, Car Switch

**Elevation Gain:** 2441 ft.

**Elevation Loss:** 3297 ft.

**Blaze:** Blue/White

**Map:** Pisgah Ranger District

**GPX file link:** [#106 Turkey Pen-Black Mountain Trail](#)

Profile:



Trail Map:



## #107: Shining Rock via Shining Creek Wilderness (Strenuous 9.12 miles)

**Shining Rock via Shining Creek Wilderness: #107 (Strenuous 9.5 miles).** Follow the trail from the parking lot past the Old Butt Knob trail to the right (0.75 miles, 20 minutes) and down to Shining Creek. At about 30 minutes, keep to the right where a trail goes down to a campsite. Continue along the delightful creek until the trail turns up steeply to the right (about 1:30 in). As you approach a slightly open area the trail makes a subtle turn up hill to the right. Continue through some evergreens along some switchbacks until you intersect with the Art Loeb Trail. There are some "steps" made of small branches going up to the trail intersection. (Be careful to note this intersection so that you do not miss it on the way back.) Turn right and go to an open area where the trail from the Black Balsam parking lot comes in on the left. Continue kind of straight to the other side of the clearing and follow the trail into the evergreen forest. You will soon come to a large white quartz rock. About 20 yards from the rock the trail veers to the right through thick Catawba Rhododendron. (There is another trail to the right following the base of the rock that you do not want to follow.) You will come to a clearing with ashes from camp fires. Be careful to note how you entered this open area so that you can get back out the way you came in. (A trail to the right takes you out to the intersection of the Old Butt Knob Trail and the Art Loeb Trail.) Take the trail leaving the clearing from the left side, continuing through thick rhododendron to some large white quartz boulders from which you have excellent views of Sam Knob and beyond. This is a good lunch spot. Return to the parking lot the way you came in.

**Trailhead Access:** From the PRS go north 14 miles on Rte. 276, crossing the BRP. Continue on and at 16.8 miles park in the Shining Creek Trailhead on the left, after a bridge. Trailhead is at the end of the parking lot.

**Meet At:** PRS

**Drive:** 16.8 miles

**Elevation Gain:** 2570 ft.

**Blaze:** None

**Map:** Pisgah Ranger District or Shining Rock Wilderness

**GPX file link:** [#107 Shining Rock via Shining Creek WILDERNESS](#)

**Profile:**



**Trail Map:**



## #108: Trombatore Trail Extended (Moderate/Strenuous 7.5 miles)

**Trombatore Trail Extended: #108 (Moderate/Strenuous 7.5 miles).** Enjoy a vast expanse of wildflowers in late April-early May. From the right side of the road go forward and climb to top of Bearwallow Mountain. Return and then cross the road to Trombatore Trail, passing trailhead kiosk on the left. Follow trail with several switchbacks for 1.1 mi. where single trail intersects with grassy road. Turn right and follow road uphill to two more junctions at 1.3 mi and 1.4 mi. Go left at both. Arrive at two more junctions 1.5 mi and 1.7 mi. Continue straight at both by taking the uphill route at each intersection. Another junction is reached at 1.9 mi in a small gap. Follow signs and turn left onto a single-track foot trail to woods road. At 2.1 mi turn left and cross small rivulet. Immediately beyond lies a rock pile marking the ruins of a former foundation site. Beyond these remains follow a single track climbing up the mountain and reach the edge of a meadow at 2.4 mi. Cross a wooden ladder, veer left and follow ribbons marking the route toward the summit. Arrive at top of Blue Ridge Pastures at 2.5 mi. Have snack or lunch while enjoying breathtaking views of Hickory Nut Gorge, including Bearwallow Mtn, Florence Preserve, etc. Return same way.

**Trailhead Access:** Go east on Rte. 64 into Edneyville to left on Fruitland Road. Slight left on Old Clear Creek Road for 3.3 miles. Left on Bearwallow Mountain Road 3.7. Turn right to stay on Bearwallow Mountain Road. 1.2 mi to destination. NOTE this is also parking for hiking Bearwallow Mountain.

**Meet At:** ING-HG

**Drive:** 17

**Elevation Gain:** 2100 ft.

**Blaze:**

**Map:** Upper Hickory Nut Gorge

**GPX file link:** [#108 Trombatore Trail Extended](#)

**Profile:**



**Trail Map:**



## #109: Fletcher Creek – Spencer Branch – Trace Ridge (Moderate/Strenuous 7 miles)

**Fletcher Creek – Spencer Branch – Trace Ridge: #109 (Moderate/Strenuous 7 miles).** Hike along the road to the old Hendersonville Reservoir and along Fletcher Creek angling off to the right just before the Reservoir up the Fletcher Creek Trail (blue) . At approx. 2 miles from the start merge into Spencer Branch Trail (yellow). In the next 2+ miles see an area with lots of beaver activity and have a good climb up to the Trace Ridge Trail. Go right on the Trace Ridge Trail and descend most of the remainder of the hike on down to the cars.

**Trailhead Access:** Rte. 280 N turning left (at Ingles) to go to the Mills River Recreation area. At 6 miles, turn right across from the recreation area (FS Rd. 5000) go 1.5 miles and turn left across a low concrete bridge. At approx. 8.6 miles find the end of the road and Trace Ridge parking.

**Meet At:** MRCVS

**Drive:** 8.6

**Elevation Gain:** 1326 ft.

**Blaze:** Blue/Yellow/Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#109 Fletcher Creek-Spencer Branch – Trace Ridge](#)

**Profile:**



**Trail Map:**



## #110: Shining Rock via Ivestor Gap WILDERNESS (Strenuous 9.4 miles)

**Shining Rock via Ivestor Gap WILDERNESS: #110 (Strenuous 9.4 miles).** Proceed N on Art Loeb trail and soon get to top of Black Balsam Knob and enjoy the views (especially in Fall) as you progress to the top of Tennent Mountain. Descend to Ivestor Gap (trail is heavily eroded) & skirt around side of Grassy Cove Top and then through Flower Gap and around Flower Knob. You soon arrive at the face of Shining Rock. (See Hike #107 for details about Shining Rock area). Return the way you came, or via the easier but less scenic horse trail to the cars.

**Trailhead Access:** Rte. 276 N to BRP S (left). At 22.4 mi. go right on FR 816 and at 23.2 mi. park on side of road.

**Meet At:** PRS

**Drive:** 23.2

**Elevation Gain:** 1853 ft.

**Blaze:** White

**Map:** Pisgah Ranger District, Shining Rock Wilderness

**GPX file link:** [#110 Shining Rock via Ivestor Gap WILDERNESS](#)

**Profile:**



**Trail Map:**



## #111: Art Loeb – Pilot Mountain (South) (Strenuous 6.3 miles)

**Art Loeb – Pilot Mountain (South): #111 (Strenuous 6.3 miles).** Starting at the BRP, descend the Art Loeb Trail following the Shuck Ridge south descending all the way through Farlow Gap. Proceed up Sassafras Knob and back down into Deep Gap. Start your ascent of Pilot Mtn. going through a series of switchbacks to the summit with a snack or lunch break and beautiful views at the top. Return down Pilot Mtn. the way you came, but before the lean-to, go straight on the old woods road to go around Sassafras Knob, picking up Art Loeb on the north side of Sassafras and then returning the way you came back to the cars.

**Trailhead Access:** Rte.276 to Parkway. Turn west and go to Mile Marker 422 and Chestnut Bald Overlook. If 3 cars or less you can turn around at the overlook go back to trail head and park on side of road. If more than 3 you have to park at Chestnut Bald Overlook and walk on the road back to the trailhead.

**Meet At:** PRS

**Drive:** 23

**Elevation Gain:** 2018 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#111 Art Loeb-Pilot Mountain \(South\)](#)

**Profile:**



**Trail Map:**



## #112: Buckeye Gap – Haywood Gap WILDERNESS (Strenuous 8.5 miles)

**Buckeye Gap – Haywood Gap WILDERNESS: #112 (Strenuous 8.5 miles).** A beautiful hike through the heart of the Middle Prong wilderness. Cross the BRP to a short trail that connects to the MST trail and turn right on MST. After about 1 mi. turn left off the MST. After another 1.5 mi. start a steep descent through open forest, crossing many small streams before you turn left on Haywood Gap trail. Follow Haywood Gap Creek as you ascend toward the BRP, crossing the creek several times. Continue left on the MST and then walk back to the parking area.

**Trailhead Access:** Rte. 276 N to BRP S (left), past Rte. 215 and park in Rough Butt parking area at 28 miles.

**Meet At:** PRS

**Drive:** 28

**Elevation Gain:** 1652 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#112 Buckeye Gap-Haywood Gap WILDERNESS](#)

**Profile:**



**Trail Map:**



### #113: Black Balsam – Skinny Dip (Moderate 5.5 miles)

**Black Balsam – Skinny Dip: #113 (Moderate 5.5 miles).** Follow the MST, crossing Graveyard Ridge and then on to Looking Glass Rock overlook, with optional stop at Skinny Dip Falls.

**Trailhead Access:** Rte. 276 N to BRP south. Drop car at Looking Glass Rock overlook (MP 417) and proceed to FR 816 (Black Balsam). Park where the MST trail crosses the road. Car switch.

**Meet At:** PRS

**Drive:** 23.2

**Elevation Gain:** 451 ft.

**Elevation Loss:** 1826 ft.

**Blaze:** White

**Map:** Pisgah Ranger District or Shining Rock Wilderness

**GPX file link:** [#113 Black Balsam-Skinny Dip](#)

Profile:



Trail Map:



### #114: Shining Rock – Old Butt – Shining Creek WILDERNESS (Strenuous 9 miles)

**Shining Rock – Old Butt – Shining Creek: #114 (Strenuous 9 miles).** Go approx. 0.7 mi. to right turn on Old Butt trail; follow this steep trail up to Old Butt Knob and on to Dog Loser Knob and Shining Rock. The Old Butt Knob Trail ends at the intersection with the Art Loeb Trail. A short distance to the left is a spur trail that takes off on the right and goes to some large white quartz boulders with good views toward Sam Knob and Devils Courtyard. The spur trail leads to a clear area where hikers have had camp fires. Cross the clear area to continue along a narrow trail where the rhodis are very close until you come to the rock cropping, a good place for lunch. Go back along the spur trail and go south (right) on the Art Loeb trail. In a few minutes you come to an open area where several trails enter. Stay left of the open area and continue on the Art Loeb trail until you pass a small campsite area on the right, and a few minutes later you come to the Shining Creek trail on the left. Take this trail approximately 4.1 miles, crossing Shining Creek several times before it finally follows the north side of the stream back to the cars.

**Trailhead Access:** Rte. 276 N, past BRP. At 16.8 mi. park in Shining Creek parking area on left. TH is at end of parking lot.

**Meet At:** PRS

**Drive:** 16.8

**Elevation Gain:** 2894 ft.

**Blaze:**

**Map:** Pisgah Ranger District or Shining Rock Wilderness

**GPX file link:** [#114 Shining Rock-Old Butt-Shining Creek WILDERNESS](#)

Profile:



Trail Map:



## #115: Silvermine Bald (Moderate 6 miles)

**Silvermine Bald: #115 (Moderate 6 miles).** Go south on the Art Loeb Trail for approx. 1.1 miles taking a right at the trail split. “Immediately” on the left proceed to an overlook with an exceptional view of Pilot Mtn. Proceed west on the MST Trail passing the Silvermine Bald on the right. Pick up the Little Sam Trail (right) at approx. 2 miles and take it to a nice lunch spot on Laurel Creek. Return the way you came. ALT: The hike leader can decide not to turn right on Little Sam Tr., but to proceed on to Devil’s Courthouse and return the way you came. WARNING (July 2014): Little Sam trail is heavily overgrown, very rocky and rooty.

**Trailhead Access:** Rte. 276 north 13.8 miles to the BRP south (left). At 22.4 miles turn right into FR 816 and at 23.2 miles park cars on the side of the road. You are at the trailhead.

**Meet At:** PRS

**Drive:** 23.2

**Elevation Gain:** 843 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#115 Silvermine Bald](#)

Profile:



Trail Map:



## #116: DuPont Stone Mountain Loop (Moderate 5.1 miles)

**DuPont Stone Mountain Loop: #116 (Moderate 5.1 miles).** Take the Rocky Ridge Trail 1.3 miles to its terminus at Sky Valley Rd. Left on Sky Valley Rd. for 0.25 miles, left on Frank Street. There is an iron gate across the trail head. Frank St to left on Switchback Trail At 0.3 miles, be sure to take the switchback to the left to stay on the trail. Do not cross over the brush pile and go straight. Continue on Switchback Trail ,right on Stone Mountain Trail to the summit. When you reach the large cairn pile at the summit, continue on the small trail to the North East for another 200 feet to reach the large granite outcrop with views to the South. After a lunch/ snack, return on the Stone Mountain Trail, right on Rocky Ridge Trail to the cars. There is an immediate steep climb of 500 feet at the start of the hike followed by 1.7 miles of flat hiking, then another 600 feet of steep climbing on the Stone Mountain Trail to reach the summit.

**Trailhead Access:** Leave FM on White St., then left on Kanuga to a left on DuPont Rd. Then left on Sky Valley Rd. & park near intersection with Old CCC Road.

**Meet At:** FM

**Drive:** 12

**Elevation Gain:** 1590 ft.

**Blaze:** Red

**Map:** DuPont State Forest

**GPX file link:** [#116 DuPont Stone Mountain Loop](#)

**Profile:**



**Trail Map:**



## #117: Thrift Cove – Grassy Road Loop (Easy/Moderate 6.2 miles)

**Thrift Cove – Grassy Road Loop: #117 (Easy/Moderate 6.2 miles).** From the parking lot take the Exercise trail, walk 20 yards along 276 to parking lot beside the maintenance shed. Trail is at end of parking lot. Hike Black Mtn Trail (white blaze) for 1.5 miles and turn left. (Thrift Cove is to the right). Black Mtn eventually turns left again. Continue straight on Thrift Cove (red blaze). Eventually take sharp left (almost backtrack) on Grass Road (orange blaze). This is a good place for a snack (before taking this sharp left). Turn right on Sycamore Cove Trail (blue blaze). (If you go left you will end on Rte. 276 not parking lot.) Turn right on MST (light blue blaze) alternate Grassy Rd. for five minute climb to left at the top. Trail quickly turns right and continues downhill. You will pass the Black Mtn Trail (where begin hike) Turn left to return to cars.

**Trailhead Access:** Walk from PRS to maintenance shed area.

**Meet At:** PRS

**Drive:** 0

**Elevation Gain:** 1051 ft.

**Blaze:** White/Red/Orange/Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#117 Thrift Cove-Grassy Road Loop](#)

**Profile:**



**Trail Map:**



## #118: DuPont Stone Mountain Loop Extended (Strenuous 9.2 miles)

**DuPont Stone Mountain Loop Extended: #118 (Strenuous 9.2 miles).** From the Guion Farms parking lot, take a path through the field to Hickory Mtn. Rd. Follow this until you reach Hickory Mtn. Trail. Turn right on Hickory Mtn. Trail and follow it until you return to Hickory Mtn. Rd. (it is a loop) Turn left, retracing your steps to Boundary Trail. Turn left on Boundary Trail and follow it until you reach Rifle Trail. Turn left on Rifle Trail then continue on until you reach Sky Valley Rd. Turn left on Sky Valley Rd. and then bear right on Old CCC Rd. Enter Rocky Ridge Trail from Old CCC Rd. Follow Rocky Ridge Trail until it intersects with Stone Mtn. Trail. Follow Stone Mtn. Trail to the summit of Stone Mtn., the highest point in DuPont State Forest and your lunch spot. Return down Stone Mtn. Trail to Rocky Ridge Trail. Turn right on it until you reach Old CCC Rd. Turn left on Old CCC Rd., then left again on Sky Valley Rd. Follow it until you reach Shoal Creek Trail. Turn left and follow until you reach Flatwoods Trail. Turn right on Flatwoods Trail back to the Guion Farms parking lot.

**Trailhead Access:** Leave FM on White St., then left on Kanuga to a left on DuPont Rd. Then left on Sky Valley Rd., which turns to gravel before you reach Guion Farms parking lot on right.

**Meet At:** FM

**Drive:** 14.8

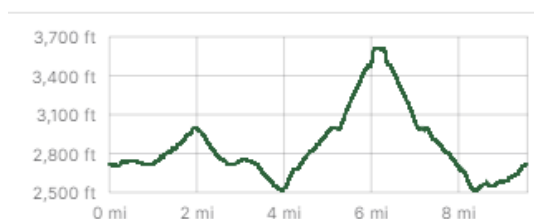
**Elevation Gain:** 1686 ft.

**Blaze:** None

**Map:** DuPont State Forest

**GPX file link:** [#118 DuPont Stone Mtn. Loop Extended](#)

**Profile:**



**Trail Map:**



## #119: Craggy Picnic – Rattlesnake Lodge (Moderate/Strenuous 6 miles)

**Craggy Picnic – Rattlesnake Lodge: #119 (Moderate/Strenuous 6 miles).** Follow MST descending 1600' with several intermediate climbs of 300-700'. Very nice rock outcroppings and views of Asheville watershed. Take in the ruins of Rattlesnake Lodge and the interpretive sign, and then take trail to the left to BRP and car switch.

**Trailhead Access:** I-26 W to I-40 E exit 53A to Rte. 74A south to BRP. Take BRP north to Craggy Picnic access road, and park at a pull off shortly up the access road where the MST crosses the road. This is a car switch.

**Meet At:** SSC

**Drive:** 35

**Elevation Gain:** 1417 ft.

**Elevation Loss:** 2945 ft.

**Blaze:** White

**Map:** Linville Gorge / Mt. Mitchell

**GPX file link:** [#119 Craggy Picnic-Rattlesnake Lodge](#)

Profile:



Trail Map:



## #120: Bad Fork (Moderate 7.5 miles)

**Bad Fork: #120 (Moderate 7.5 miles).** Very pretty hike along a stream. Start to left of parking area and follow Bad Fork trail for 2 mi. up to the BRP, with a steep 800' ascent in the second mile. Cross under BRP at Wash Creek Rd. and immediately turn right on MST trail. Follow MST for 1.5 mi. and return to BRP for lunch. Continue on down Bad Fork to cars. Good winter hike. Profile shown below is for hike starting at closed gate on FR 5000, adding 1 mile to hike.

**Trailhead Access:** Rte. 280 E to left on N. Mills River Rd. (Ingles). At Recreation Area turn right on FR 5000 and go 2.5 mi. (do not turn left at low concrete bridge). Park across from the Wash Creek Horse Camp. The trail starts to the left on Wash Creek Road where the gate is usually locked. Do not cross the concrete bridge which goes to the Trace Ridge Parking Area

**Meet At:** MRCVS

**Drive:** 7.8

**Elevation Gain:** 1578 ft.

**Blaze:** Orange/White

**Map:** Pisgah Ranger District

**GPX file link:** [#120 Bad Fork](#)

Profile:



Trail Map:



## #121: Hot Springs – Rich Mountain (Strenuous 10.2 miles)

**Hot Springs – Rich Mountain: #121 (Strenuous 10.2 miles).** Proceed through the town of Hot Springs and then along the east bank of the French Broad River before starting a series of switchbacks with outstanding views of Hot Springs and the French Broad. The views from the open fields of Mill Ridge allow unobstructed viewing of the main ridge of the Smokies from Mt. Cammerer to Mt. Guyot, and the Black mountains including Mt. Mitchell. Proceed through Tanyard Gap to the fire tower on Rich Mt. for panoramic views, then return to Tanyard Gap for the car switch.

**Trailhead Access:** I-26W to I-240, exit to Rte. 19/23/70N. At 21.9 miles exit to Rte. 25N/70W. At 45.5 miles, turn right at the Rich Mt./Mill Gap sign and drop a car at Tanyard Gap at the AT concrete foot bridge. Return to Rte. 25/70 and go through Hot Springs, right on 25/70 and left at a stone monument and on to AT parking.

**Meet At:** SSC

**Drive:** 50, Car Switch

**Elevation Gain:** 3481ft.

**Elevation Loss:** 2516 ft.

**Blaze:** White

**Map:** Hot Springs Topo

**GPX file link:** [#121 Hot Springs-Rich Mountain](#)

**Profile:**



**Trail Map:**



## #122: Art Loeb – Gloucester Gap – Long Branch (Strenuous 11.1 miles)

**Art Loeb – Gloucester Gap – Long Branch: #122 (Strenuous 11.1 miles).** Start this loop hike going south approx. ½ mi. on FR 475, then S from Gloucester Gap on the Art Loeb trail. Climb up Rich Mtn. on a good tread, going through beautiful forest. Proceed with additional climbing up Chestnut Mtn., then down to Butter Gap. Go down Butter Gap trail to a left on Long Branch trail, and back out to FR 475 and the cars. Can also be done as car switch, dropping car at Long Branch trailhead and starting at Gloucester Gap.

**Trailhead Access:** Rte. 276 N to Fish Hatchery Road, past hatchery and at 9.3 mi. park cars at Long Branch trailhead.

**Meet At:** PRS

**Drive:** 9.3

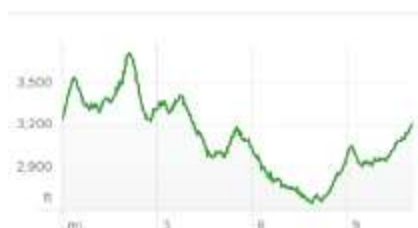
**Elevation Gain:** 1700 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#122 Art Loeb-Gloucester Gap-Long Branch](#)

**Profile:**



**Trail Map:**



## #123: DuPont Waterfalls (Moderate 7.5 miles)

**DuPont Waterfalls: #123 (Moderate 7.5 miles).** Cross the bridge to Triple Falls Trail and proceed along Little River to viewing areas of Triple Falls. Continue and bear left on High Falls Trail to viewing area and continue across the Covered Bridge. Go left on Buck Forest Road to right on Buck Forest Road. Left on Isaac Heath to left on Jim Branch. Left on Lake Imaging Road and retrace your steps back to Hooker Falls parking lot (Right on Jim Branch, right on Isaac Heath, right on Buck Forest then left on Buck Forest, cross covered Bridge, right on High Falls to Triple Falls Trail)

**Trailhead Access:** Leaving FM turn right on White St. & left on Kanuga. At 11.4 mi. turn left on DuPont Rd, and go 3.3 mi. further to turn right into Hooker Falls parking lot. Proceed to upper level parking lot near restrooms.

**Meet At:** FM

**Drive:** 14.7

**Elevation Gain:** 1328 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#123 DuPont Waterfalls](#)

**Profile:**



**Trail Map:**



## #124: DuPont Wintergreen Falls (Easy 5.6 miles)

**DuPont Wintergreen Falls: #124 (Easy 5.6 miles).** Cross Sky Valley Rd. to Flatwoods trail, then left on Shoal Creek trail. Go right on Sky Valley Rd a short distance and then turn left onto the Rifle Trail. Then left on Ruffed Grouse Trail. Continue on Ruffed Grouse Trail across Hickory Mountain Rd and then continue straight onto Hooker Creek Trail. Cross Buck Forest Rd. then straight on Thomas Cemetery Rd. Then left on Tarkiln Branch Rd., cross a stream, and right on Wintergreen Falls Trail to view the falls. Return on Wintergreen Falls Trail, right on Tarkiln Branch Rd. and left on Guion Trail to the parking lot.

**Trailhead Access:** Leave FM on White St., then left on Kanuga to a left on DuPont Rd. Then left on Sky Valley Rd. which turns to gravel before you reach Guion Farms parking lot on right.

**Meet At:** FM

**Drive:** 14.8

**Elevation Gain:** 528 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#124 DuPont Wintergreen Falls](#)

**Profile:**



**Trail Map:**



## #125: Wagon Gap – Looking Glass Overlook (Strenuous 10.3 miles)

**Wagon Gap – Looking Glass Overlook: #125 (Strenuous 10.3 miles).** This in & out hike traverses a ridge that parallels the BRP. Start at W end of parking area using the MST alternate trail. At about 1/3 mi. bear right on MST to the 1<sup>st</sup> of four BRP crossings. There are several moderate climbs, with prevalent Galax, Flame Azalea and Fire pink, and some nice views. Take a break at Looking Glass Rock overlook and return the same way.

**Trailhead Access:** Rte. 276 N to BRP S (left). Go 0.5 mi. more and park in Wagon Gap parking area on left.

**Meet At:** PRS

**Drive:** 14.3

**Elevation Gain:** 2667 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#125 Wagon Gap-Looking Glass Overlook](#)

**Profile:**



**Trail Map:**



## #126: Bent Creek – Walnut Cove Overlook (Moderate 7 miles)

**Bent Creek – Walnut Cove Overlook: #126 (Moderate 7 miles).** This is an in and out hike. Starting at the parking area proceed under the bridge and across the highway to the MST Trail. We go through a fenced corner of the arboretum and climb steadily to the Walnut Cove Overlook, enjoying views across the French Broad to the Biltmore Estate. Return the same way.

**Trailhead Access:** Rte. 280 E to 191 N (left) and park at Bent Creek River Park, across from the entrance to the BRP.

**Meet At:** MRCVS

**Drive:** 8.6

**Elevation Gain:** 1740 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#126 Bent Creek-Walnut Cover Overlook](#)

**Profile:**



**Trail Map:**



## #127: Carver Gap – Grassy Ridge Bald (Roan Mountain Area) (Moderate 6 miles)

**Carver Gap – Grassy Ridge Bald (Roan Mountain Area): #127 (Moderate 6 miles).** Cross the road and go E on the AT with a gradual climb and seasonal views of Rhododendrons and Flame Azaleas. Proceed along the ridgeline with great views, crossing Round Bald and Jane Bald. At approx. 1.5 mi. the AT bears off to the left; keep right and go up to Grassy Ridge Bald, continuing on the ridgeline to a spectacular lunch spot overlooking the valleys and mountains to the south and east. Return the way you came.

**Trailhead Access:** I-26 W to I-240 (future I-26) toward Asheville. Move to the left lane as you cross the French Broad river bridge, and take exit 4A - north on Rte. I-26,19/23/70 to exit 9, US 19 N to Burnsville/ Spruce Pine. Follow 19 to 19E to Spruce Pine and pick-up NC 226 north toward Bakersville. In Bakersville pick up NC 261 and continue to the parking lot at Carvers Gap on the NC/TN state line.

**Meet At:** SSC

**Drive:** 83

**Elevation Gain:** 1309 ft.

**Blaze:** White

**Map:** AT Trail Guide, Carver's Gap

**GPX file link:** [#127 Carver Gap-Grassy Ridge Bald \(Roan Mtn Area\)](#)

**Profile:**



**Trail Map:**



## #128: Art Loeb – Black Balsam – Tennent Mountain (Moderate 6 miles)

**Art Loeb – Black Balsam – Tennent Mountain: #128 (Moderate 6 miles).** In and out hike. Go north on Art Loeb trail through a small pine forest and up the ridge line to Black Balsam mtn. Proceed along the ridge to Tennent Mtn, and on down to Ivestor Gap. This hike has outstanding views, with Sam's Knob, Cold Mountain, Shining Rock & Mt. Hardy all in easy view. Fall is especially pretty.

**Trailhead Access:** Rte. 276 N to BRP south (left) At 22.4 mi. turn right on FR 816 and at 23.2 miles park on side of road. Trail is on the right.

**Meet At:** PRS

**Drive:** 23.2

**Elevation Gain:** 1259 ft.

**Blaze:** White

**Map:** Pisgah Ranger District, Shining Rock Wilderness

**GPX file link:** [#128 Art Loeb-Black Balsam-Tennent Mtn.](#)

**Profile:**



**Trail Map:**



## #129: DuPont Longside (Easy 5 miles)

**DuPont Longside: #129 (Easy 5 miles).** From parking lot, cross Cascade Lake Rd to Corn Mills Shoals Trail. Just past the gate turn left onto Longside, to left on Cascade Loop trail, cross Staton Rd and continue on Cascade Loop Trail. You will come to a "T" on the trail, turn right onto Cascade loop Trail. You will cross a rock cropping and keep going until you get to Sheep Mtn. Rd. Turn left and a quick right on Cascade Loop Trail (this has switch-backs to Staton Rd). Cross the road and keep on Cascade Loop Trail, turn left on Longside Trail. Turn right on Corn Mills Shoals trail, crossing Cascade Lake Rd. to the parking lot. The hike is a lollipop loop with Longside being the stick of the lollipop.

**Trailhead Access:** Leave FM on White St., left on Kanuga and at 11.0 mi. left on DuPont rd. At 16.6 mi. turn left on Cascade Lake Rd. and at 17.2 mi. Corn Mill Shoals parking is on right.

**Meet At:** FM

**Drive:** 17.2

**Elevation Gain:** 831 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#129 DuPont Longside](#)

**Profile:**



**Trail Map:**



## #130: Pressley Cove Loop (Moderate 4.7 miles)

**Pressley Cove Loop: #130 (Moderate 4.7 miles).** Go up the road behind the horse stables and stay on it to nearly the ridgeline. Before you get to the Black Mtn. trail turn right on Pressley Cove trail and descend into Pressley Cove, with some of the most beautiful forest we hike in. Go all the way out to the road and turn right to return to the cars.

**Trailhead Access:** Rte. 276 N to right turn on FR 477 and park at the horse stables.

**Meet At:** PRS

**Drive:** 2.4

**Elevation Gain:** 1514 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#130 Pressley Cove Loop](#)

**Profile:**



**Trail Map:**



## #131: DuPont Reasonover “Nash Rambler” (Easy 6.5 miles)

**DuPont Reasonover “Nash Rambler”:** #131 (Easy 6.5 miles). From Fawn Lake parking lot go right on Fawn Lake Rd, cross Conservation Road to left on Reasonover. Right on Turkey Knob, left on Poplar Hill Loop where you will pass a 1957 Nash Rambler. Finishing the loop go right on Turkey Knob to left on Reasonover and return to the parking lot the way you came.

**Trailhead Access:** Leaving Fresh Market right on White St and left on Kanuga Rd. At 11 miles (L) on DuPont Rd. At 16.6 miles go left on Cascade Lake Rd. Just prior to the end of Cascade Lake Rd. turn left on Reasonover Rd. for approx. 2-1/2 miles to the entrance to Fawn Lake parking Lot.

**Meet At:** FM

**Drive:** 19.1

**Elevation Gain:** 826 ft.

**Blaze:**

**Map:** DuPont Forest

**GPX file link:** [#131 DuPont Reasonover “Nash Rambler”](#)

**Profile:**



**Trail Map:**



## #132: Little Sam Loop (Moderate 6.5 miles)

**Little Sam Loop:** #132 (Moderate 6.5 miles). Walk down road approx. ½ mi. to trailhead on right. Hike through parking area and out Flat Laurel Creek trail, a fairly level route crossing a concrete bridge and with views to the north. Pass Sam Knob trail and proceed to a right turn at Little Sam trail. Climb this trail to a nice lunch spot on top of a boulder on your right side just before hitting the MST. Turn right on MST and follow MST downhill to Rte. 215 and the cars.

**Trailhead Access:** Rte. 276 N to BRP S (left), and at 25.6 m. go N on Rte. 215 to large parking area on left.

**Meet At:** PRS

**Drive:** 26

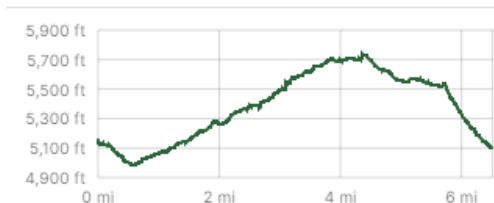
**Elevation Gain:** 940 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#132 Little Sam Loop](#)

**Profile:**



**Trail Map:**



## #133: Rumbling Bald – Eagle Rock – Party Rock (Strenuous 8.5 miles)

**Rumbling Bald – Eagle Rock – Party Rock: #133 (Strenuous 8.5 miles).** This hike is in the Hickory Nut Gorge area near Lake Lure. From the parking area walk 0.2 miles up the dirt road then take a sharp left at the trailhead. Much of this hike is on an old “jeep trail”. The trail is steep, rutted and rocky. About  $\frac{3}{4}$  mile up the road note an old abandoned jeep off the left side of the trail. At 1.1 miles is a spur trail that leads to Party Rock for which the large wildfire of 2016 was named. Visit Party Rock on the way down with fabulous views high above Lake Lure. The hike continues along Rumbling Bald Ridge with views of Chimney Rock. The trail is through the area of the wildfire with notable evidence of the fire. There are a number of downed trees. The turnaround point is Eagle Rock, a prominent outcropping of bare granite which is a popular area for rappelling on the eastern shoulder of Shumont Mountain. With a rock scramble we ascend the rock to enjoy unparalleled views of the entire area. Return the way you came with a side trip to Party Rock on the way down.

**Trailhead Access:** From Ingles on Howard Gap Road head down Hwy 64 to Bat Cave and turn right on Hwy 74 towards Lake Lure. Turn left on Boys Club Rd just before crossing the bridge. Drive 1.9 miles (passing the parking for the climbing area) and take the left fork. At 2.1 miles turn left on Carson Way (sign may say Old Sand Branch). At 2.8 miles, turn left up to the water tower and park without blocking the road.

**Meet At:** ING-HG

**Drive:** 18

**Elevation Gain:** 3074 ft.

**Blaze:** White

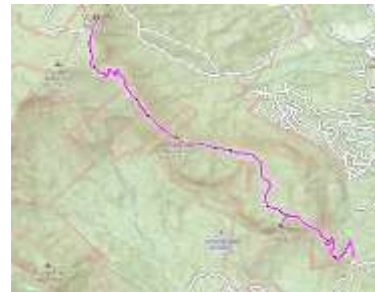
**Map:**

**GPX file link:** [#133 Rumbling Bald-Eagle Rock-Party Rock](#)

**Profile:**



**Trail Map:**



## #134: Deleted

## #135: DuPont Bridal Veil Loop (Moderate 6.4 miles)

**DuPont Bridal Veil Loop: #135 (Moderate 6.4 miles).** Leaving the Parking Lot go left on Fawn Lake Rd. Turn left on Mine Mtn Trail for 1.4 miles. Turn left on Laurel Ridge Trail for 0.5 mile, right on Shoals Trail, right on Corn Mill Shoals Trail to Bridal Veil Falls. After viewing the falls return to Corn Mills Shoals for 0.5 miles, left on Shelter Rock Trail (0.2) turn right on Air Strip Trail for 1.0 miles. When you get to Airstrip runway turn left and walk to the end of Airstrip to view of BR Parkway, turnaround & walk back on Airstrip past the work sheds (0.2). Turn right on Conservation Rd (0.3), right on Fawn Lake Rd, right on Fawn Lake Loop (0.6), Turn right on Fawn Lake Rd Trail to parking lot.

**Trailhead Access:** Leaving Fresh Market right on White St and left on Kanuga Rd. At 11 miles left on DuPont Rd. At 16.6 miles go left on Cascade Lake Rd. Just prior to the end of Cascade Lake Rd. turn left on Reasonover Rd. for approx. 2 1/2 miles to the entrance to DuPont State Forest and parking lot at the trailhead.

**Meet At:** FM

**Drive:** 19.1

**Elevation Gain:** 820 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#135 DuPont Bridal Veil Loop](#)

**Profile:**



**Trail Map:**



## #136: Laurel Mountain Trail (Easy 8 miles)

**Laurel Mountain Trail: #136 (Easy 8 miles).** Start at Laurel Mt Trailhead proceed with gradual climb over several rock falls through Rich Gap and Johnson Gap for lunch; return the same way

**Trailhead Access:** Rte. 280 North 1 mile; turn left onto N Mills River Road. Pass through N Mills River Recreation Area at 6 miles, then the gravel Yellow Gap Road for 3.3 miles Trailhead at 9.8 miles.

**Meet At:** MRCVS

**Drive:** 9.4

**Elevation Gain:** 859 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#136 Laurel Mountain Trail](#)

**Profile:**



**Trail Map:**



## #137: Seniard Ridge Waterfalls (Easy 5 miles)

**Seniard Ridge Waterfalls: #137 (Easy 5 miles).** From the parking area, walk across FR475B to the Case Camp Ridge Trailhead (blue blaze). Follow trail 0.2 miles to Seniard Ridge trail marker (also blue blaze). Turn left and go 0.2 miles to another Seniard Ridge trail marker. Turn left and follow trail down to FR475B. Turn right and walk around gate on to FR5043, a gravel service road. Proceed to the first falls on the right. The falls may be viewed from the road or from a brief excursion into the woods. Continue on the service road to another waterfall on the right. Continue hiking to a meadow at the end of the service road (where the Seniard Ridge trail begins a steep ascent to the Blue Ridge Pkwy). Return via same route.

**Trailhead Access:** Rte. 276 north 8.9 miles to FR475B on left. Proceed 0.8 miles on FR475B to Case Camp Gap and turn left into FR5041 and the parking area. The trailhead is across the road heading west.

**Meet At:** PRS

**Drive:** 9.8

**Elevation Gain:** 1230 ft.

**Blaze:** Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#137 Seniard Ridge Waterfalls](#)

Profile:



Trail Map:



## #138: DuPont Waterfalls – Lake Imaging (Easy/Moderate 5.8 miles)

**DuPont Waterfalls – Lake Imaging: #138 (Easy/Moderate 5.8 miles).** Cross the bridge to Triple Falls Trail and proceed along Little River to viewing areas of Triple Falls. Continue and bear left on High Falls Trail to viewing area and continue across Covered Bridge. Go left on Buck Forest Rd, then right on Buck Forest. Left on Jim Branch to right on Lake Imaging Road to parking lot and cross Staton Rd and go right beside the road to left on Holly Rd. This road runs into Hooker Falls Trail back to parking lot.

**Trailhead Access:** Leaving FM turn right on White St. & left on Kanuga. At 11.4 mi. turn left on DuPont Rd. Drive 3.3 miles and turn right into Hooker Falls parking lot. Proceed to upper level parking near the restrooms.

**Meet At:** FM

**Drive:** 14.7

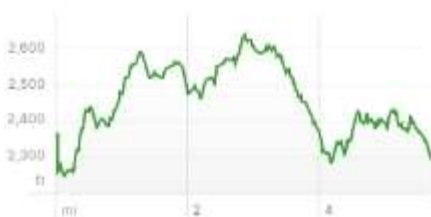
**Elevation Gain:** 593 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#138 DuPont Waterfalls-Lake Imaging](#)

Profile:



Trail Map:



## #139: Panthertown – Holly Falls (Mod/Strenuous 7.6 miles)

**Panthertown – Holly Falls: #139 (Mod/Strenuous 7.6 miles).** From end of parking area take Greenland Creek trail. Continue past junction with Macs Gap trail to Greenland Creek Falls (also called Holly Falls). Return to Macs Gap trail, cross the creek, and continue to a four way intersection. Go straight on Big Green trail, then turn left on Great Wall trail, skirting the sheer rock face of Big Green Mountain. Just past a large shelter, turn right toward Granny Burrell Falls and look for an opening that will take you to the base of the falls. Turn right on the Mac's Gap trail, following it to Mac's Gap and a left turn at the Little Green trail. Climb to the top of Little Green and continue all the way around the rock face. Just before going down again, find an unmarked trail to the left heading down to a wide open rock shelf called Tranquility Point for lunch. Go back to the main trail and down the mountain to Schoolhouse Falls, at the base. Leave the falls and continue to right turn at Panthertown Valley trail at a large bridge. Follow this wide trail until you see an unmarked path to the left, which will cut off some switchbacks. At entrance to private property turn right over a small bridge and climb up to the parking lot.

**Trailhead Access:** Take Rte. 64 W. for 16.2 miles. Turn right on Rte. 281 and proceed for 0.9 miles. At 17.1 mi. turn left (opposite large firehouse) on Cold Mountain Road. At 23 miles road turns left (Canaanland sign). At "no trespassing" sign, turn right into parking area. Proceed to a wider parking area about 50 yards further on.

**Meet At:** ING-B

**Drive:** 23

**Elevation Gain:** 1300 ft.

**Blaze:**

**Map:** Guide to Panthertown Valley

**GPX file link:** [#139 Panthertown-Holly Falls](#)

**Profile:**



**Trail Map:**



## #140: DuPont Waterfalls Loop (Easy 5.7 miles)

**DuPont Waterfalls Loop: #140 (Easy 5.7 miles).** Cross the bridge to Triple Falls Trail and proceed along Little River to viewing areas of Triple Falls. Continue and bear left on High Falls Trail to viewing area. Left on Covered Bridge Trail and continue across Covered Bridge. Left on Buck Forest Rd and bear left on Lake Imaging Road to left on Grassy Creek Falls Trail and continue straight to view Falls. Back to left on Hilltop Trail to left on Lake Imaging Road to the parking lot. Cross Staton Road and go right beside the road to left on Holly Road. Holly Rd runs into Hooker Falls Trail back to parking lot.

**Trailhead Access:** Leaving FM turn R on White St. & L on Kanuga, and at 11.4 mi. turn L on Dupont Rd. Drive 3.3 miles to R into Hooker Falls parking lot. Proceed to upper level lot near the restrooms.

**Meet At:** FM

**Drive:** 14.7

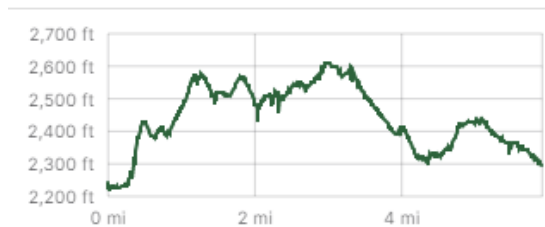
**Elevation Gain:** 581 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#140 DuPont Waterfalls Loop](#)

**Profile:**



**Trail Map:**



## #141: DuPont Reasonover Trail Loop (Easy 5.5 miles)

**DuPont Reasonover Trail Loop: #141 (Easy 5.5 miles).** Starts at Fawn Lake parking lot. Go East on Reasonover Trail crossing Reasonover Creek near the start and again just before the trail enters Lake Julia which is a good place for snack or lunch. Take Camp Summit Rd. (SW), for ½ mile, turning left on Conservation Road then bear right when it joins with shortcut trail near the end of the airstrip. Stay on Conservation Road but when Conservation Road turns left, stay straight for a short distance, cross under the power lines and turn left on Fawn Lake Road back to the parking lot. An alternate route is slight right on Mine Mtn instead of Fawn Lake Road and take Mine Mtn loop back to Fawn Lake Rd then back to the cars. The alternate route will add about 1 mile in distance.

**Trailhead Access:** Leaving Fresh Market right on White St and left on Kanuga Rd. At 11 miles left on DuPont Rd. At 16.6 miles go left on Cascade Lake Rd. Just prior to the end of Cascade Lake Rd. turn left on Reasonover Rd. for approx. 2-1/2 miles to the entrance to the Fawn Lake parking lot.

**Meet At:** FM

**Drive:** 19.1

**Elevation Gain:** 732 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#141 DuPont Reasonover Trail Loop](#)

**Profile:**



**Trail Map:**



## #142: Sam Knob Loop (Easy / Moderate 4.3 miles)

**Sam Knob Loop: #142 (Easy 4.3 miles).** From the Black Balsam Parking lot, descend gradually to a meadow then up a steep sharp climb to the top of Sam Knob. This climb has been made easier by a series of well-designed switchbacks that provide numerous beautiful views climaxing with a panoramic view from the top. Hike to each of the knobs which provide views of Shining Rock, Mt. Hardy, Devil's Courthouse and Little Sam. Return back to the meadow, take Flat Laurel Creek Trail crossing Flat Laurel Creek (a great spot for snack/lunch) and turn left onto the Flat Laurel Creek Trail looping gradually back up to the cars.

**Trailhead Access:** Rte. 276 north 13.8 miles to BRP south (left). At 22.4 miles turn right onto FS RD 816 and at 24.1 miles you will find the Black Balsam Parking lot and the Trailhead.

**Meet At:** PRS

**Drive:** 26.5

**Elevation Gain:** 900 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#142 Sam Knob Loop](#)

**Profile:**



**Trail Map:**



## #143: DuPont Ridgeline (Easy / Moderate 7.2 miles)

**DuPont Ridgeline: #143 (Easy/Moderate 7.2 miles).** Leave the parking lot on Lake Imaging Rd. Turn left on Ridgeline Trail, left on Hickory Mtn Loop, and right back onto Ridgeline Trail. Turn left on Hooker Creek Trail. Turn right on Buck Forest Rd, right on Jim Branch Trail, and right on Lake Imaging Rd back to the cars. Note: White Pine Trail is now renamed as a continuation of the Hooker Creek Trail.

**Trailhead Access:** Leaving the Fresh Market, turn right on White St and left on Kanuga Rd. At 11.4 miles, turn left on DuPont Rd, which becomes Staton Rd. At approx. 14 miles, turn left into the Lake Imaging parking lot.

**Meet At:** FM

**Drive:** Approx. 14

**Elevation Gain:** 1409 ft.

**Blaze:** None

**Map:** DuPont State Forest

**GPX file link:** [#143 DuPont Ridgeline](#)

**Profile:**



**Trail Map:**



## #144: Florence Nature Preserve (Moderate 6.1 miles)

**Florence Nature Preserve: #144 (Moderate 6.1 miles).** Follow yellow trail from parking lot to the blue trail, turn right and stay on the blue trail to Little Pisgah Rd. (dirt and gravel). Turn left and follow road about 0.5 mi. to the white trail on the left. Follow white trail to the red trail and turn right. Continue on the red trail to a dirt and gravel road, turn left and follow the road to the blue trail. The entrance to the blue trail is at the top of Kelly Hill Rd., which was previously the entrance to the nature preserve. Turn left and follow the blue trail to the yellow trail, then right on the yellow trail to the parking lot.

**Trailhead Access:** East on Rte. 64 to Rt. 74A. Left on Rte. 74A to Florence Nature Preserve parking lot on right (by old chimney) – approx. 3.8 mi.

**Meet At:** ING-HG

**Drive:** 16

**Elevation Gain:** 1456 ft.

**Blaze:** Yellow

**Map:**

**GPX file link:** [#144 Florence Nature Preserve](#)

**Profile:**



**Trail Map:**



## #145: DuPont 3 Waterfalls - 3 Lakes (Easy/Moderate 6.8 miles)

**DuPont 3 Waterfalls – 3 Lakes: #145 (Easy/Moderate 6.8 miles).** Cross bridge to Triple Falls Trail and proceed along Little River to Triple Falls. Continue and bear left on High Falls Trail and continue to left across Covered Bridge. Right on Conservation Road briefly. Left on Three Lakes Trail. Cross Joanna Rd. to stay on Three Lakes Tr. to Lakefront Trail around Lake Dense. Take break at picnic shelter and dock. Continue over the dam to Lake Alford. Continue right on Three Lakes Trail ending on Conservation Rd. Left to Lake Julia Spillway. Continue up to Lake Julia’s earthen dam, then right to return on Conservation Rd. Right on Joanna Rd. Left on Three Lakes Trail, then right on Conservation Rd. back to Covered Bridge. Take right on High Falls Tr and retrace steps back to the parking lot. Option: for the 3<sup>rd</sup> waterfall, take Hooker Trail (back corner of upper parking lot) to Hooker Falls and back to cars. Approx. 1 mile in and out.

**Trailhead Access:** Leaving Fresh Market, turn right on White Street, and left on Kanuga Rd. At 11.4 miles turn left on DuPont Road. Drive 3.3 miles to right into Hooker Falls parking lot. Proceed to upper level parking near the restrooms.

**Meet At:** FM

**Drive:** 14.7

**Elevation Gain:** 622 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#145 DuPont 3 Waterfalls – 3 Lakes](#)

**Profile:**



**Trail Map:**



## #146: Gorges State Park – Grassy Ridge (Easy 6.2 miles)

**Gorges State Park-Grassy Ridge: #146 (Easy 6.2 miles).** This hike brings hikers on a few short trails in the park. Begin at the Rainbow Falls parking area. Follow the orange & blue circles, then take the Rainbow Falls Trail (orange circles) to the Rainbow Falls Overlook. From this overlook, follow the trail on up for a short distance to Turtleback Falls. Then return on the Rainbow Falls Trail until you get to the intersection of the Raymond Fisher Trail (blue circles) Follow it (blue circles) to a pond and picnic area for a snack. Return via same trail back to the Rainbow Falls parking lot. Drive to the Visitors Center and park at the end of the lot on the left side of the building. Look for the kiosk and the signs to amphitheater, observation deck and picnic area. Follow that trail to Bearwallow Valley trail (red triangles) then to the Bearwallow Falls trail (blue triangles) at the picnic area. Follow this trail to the falls overlook. There are several overlooks on these trails offering beautiful views of the escarpment & Lake Jocassee. Return to the Visitors center via the same trails.

**Trailhead Access:** Rte. 64 W toward Cashiers, and S. on Rte. 281 in Sapphire. After about 1 mi. enter park on left and proceed past Visitor Center to Rainbow Falls parking area.

**Meet At:** ING-B

**Drive:** 22.6

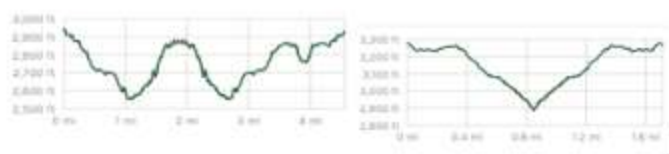
**Elevation Gain:** 375 ft.

**Blaze:** Orange/Red & Blue/Blue

**Map:** Gorges State Park

**GPX file link:** [#146 Gorges State Park-Grassy Ridge](#)

**Profile:**



**Trail Map:**



## #147: Butter Gap-Art Loeb-Cat Gap (Strenuous 11.2 miles)

**Butter Gap-Art Loeb-Cat Gap: #147 (Strenuous 11.2 miles).** Loop starting at Cat Gap Loop Trail. Branch onto the new Butter Gap Trail along Cedar Rock Creek to Butter Gap. (The left fork is a shorter hike on the Picklesimer connector). Take Art Loeb Trail past Butter Gap Shelter to a steep climb and continue on Art Loeb to Cat Gap. Return to the trailhead on Cat Gap. Hike can be done in the opposite directions. Note: the Butter Gap trail is for bikers and hiker.

**Trailhead Access:** Rte. 276 north (3.8 miles) to the Fish Hatchery Road and at 5.3 miles find parking in the Fish Hatchery parking lot. Trailhead is through the gate and right onto Cat Gap Loop Trail.

**Meet At:** PRS

**Drive:** 5.3

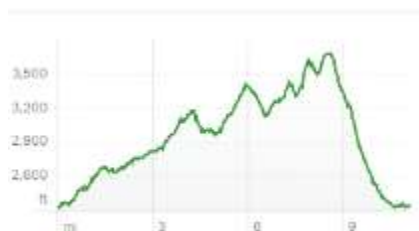
**Elevation Gain:** 1910 ft.

**Blaze:** Orange, blue, white, orange

**Map:** Pisgah Ranger District

**GPX file link:** [#147 Butter Gap-Art Loeb-Cat Gap](#)

**Profile:**



**Trail Map:**



## #148: Deleted

## #149: DuPont Turkey Knob (Easy/Moderate 5.79miles)

**DuPont Turkey Knob: #149 (Easy/Moderate 5.9 miles).** Lollipop hike starting at Trailhead on Pinnacle Mtn Rd. At the trailhead go right on Turkey Knob at the signpost. Travel past the intersection with Twin Oaks trail (on the left) to Joanna Rd. (about 3 miles from trailhead) Go left on Joanna Rd, then left on Twin Oaks back to Turkey Knob intersection. Turn right on Turkey Knob to return to Pinnacle Mtn. Rd and the trailhead. Note, the loop may be done in either direction.

**Trailhead Access:** Leave Fresh Market right on White St and left on Kanuga Rd. At 11 miles left on DuPont Rd. and then left on Cascade Lake Rd. Just prior to the end of Cascade Lake Rd. turn left on Reasonover Rd. for approx. 2-1/2 miles to the entrance to Fawn Lake Parking lot. ALL MUST TRANSFER TO HIGH CLEARANCE VEHICLES. From there go Left on Reasonover. After several miles you will come to "T" intersection with a church where Pinnacle Mtn Rd begins. (Green River Road is to the right.) Go Left on Pinnacle Mtn Rd (this is a poorly maintained gravel road for approximately 1 mile. You will see a chain/rope fence on left and small sign for Turkey Knob Trail. Parking (enough for 4 maybe 5 vehicles) on both sides of the road. Due to limited parking at trailhead CARPOOLING IS NECESSARY!

**Meet At:** FM

**Drive:** 5.5

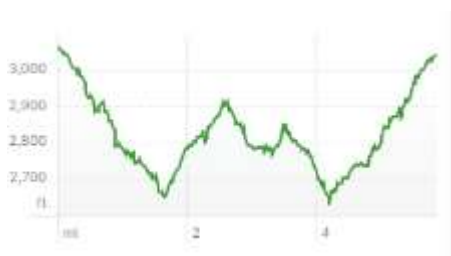
**Elevation Gain:** 633 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#149 DuPont Turkey Knob](#)

**Profile:**



**Trail Map:**



## #150: Black Balsam – Sam Knob Loop (Moderate 9 miles)

**Black Balsam – Sam Knob Loop: #150 (Moderate 9 miles).** Leave lot on Flat Laurel Creek Trail. Go straight to stay on this trail where the Little Sam Trail branches off to the left and where the Sam Knob Trail branches off to the right. Turn left at Hwy 215 and walk up the road 6 minutes. Go left up the steps on to MST. After about an hour, turn left to follow the MST where the Devil’s Courthouse goes right. A few minutes later keep right to follow the MST where the Little Sam Trail goes left. Lunch is a bit late, but the view from the rock overlook is worth the wait. After lunch, pick up Art Loeb Trail and go left to stay on the MST/Art Loeb. Turn left on the FS 816 and walk on the road to the cars.

**Trailhead Access:** Rte. 276 north 13.8 miles to BRP south (left) At 22.4 miles turn right onto FS Rd 816 and at end you will find the Black Balsam Parking lot and the trailhead.

**Meet At:** PRS

**Drive:** 26.5

**Elevation Gain:** 1188 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#150 Black Balsam-Sam Knob Loop](#)

**Profile:**



**Trail Map:**



## #151: Scenic Overlooks (Moderate 8 miles)

**Scenic Overlooks: #151 (Moderate 8 miles).** Start at Mills River Overlook and go E on the MST trail. In early August there are stands of Turk Cap Lilies in bloom. You will pass through several overlooks during this hike. The track is generally excellent, the forest is open with little undergrowth. Although the general trend is to descend, you will do some climbing periodically as you ascend from the overlooks. Visit Ferrin Knob where is still evidence of the lookout tower that used to be there. Descend to the BRP and begin to depart from the Parkway going around Cold Knob, eventually arriving at the car switch at Chestnut Cove Overlook.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left) and at 8.6 miles turn left and enter the BRP heading south (right turn). At Chestnut Cove Overlook, MP 398.3, drop a car(s). Take hikers and remaining cars to Mills River Overlook at MP 404.5.

**Meet At:** MRCVS

**Drive:** 19.4

**Elevation Gain:** 1217 ft.

**Elevation Loss:** 2250 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#151 Scenic Overlooks](#)

**Profile:**



**Trail Map:**



## #152: Pisgah Ridge – Pink Beds (Easy/Moderate 6.5 miles)

**Pisgah Ridge – Pink Beds: #152 (Easy/Moderate 6.5 miles).** From Wagon Gap Rd turnout, take trail west paralleling the BRP and pick up the MST trail left taking it downhill, crossing Rte. 276, to the Buck Spring trail (left). After a short distance on the Buck Spring trail it will intersect with the Barnett Branch trail. This descends to a small waterfall and lunch. Continue on down, crossing over Yellow Gap Road and on to the Pink Beds Loop trail (right) and follow the trail to the car drop at the Pink Beds parking lot.

**Trailhead Access:** Rte. 276 (N) 14 miles to the BRP. Left 0.4 miles to Wagon Gap Road turnout. Car switch with a car drop at the Pink Beds on the way up.

**Meet At:** PRS

**Drive:** 14.4

**Elevation Gain:** 756 ft.

**Blaze:** White/Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#152 Pisgah Ridge-Pink Beds](#)

**Profile:**



**Trail Map:**



## #153: Sam's Gap – Rice Gap (Moderate 7.5 miles)

**Sam's Gap – Rice Gap: #153 (Moderate 7.5 miles).** Going W on the AT, go under I-26 overpass following Rte. 23 a short distance to left on the AT. Follow the ridgeline along the TN border and enjoy the open forest with many climbs and descents. At Rice Gap turn around and hike back to AT shelter for lunch. Return the way you came.

**Trailhead Access:** I-26 W, to 240, passing Asheville and getting on Future I-26 W to Exit 3. Take Rte. 23 N and at 45.7 mi. arrive at Sam's Gap trailhead on left.

**Meet At:** SSC

**Drive:** 40

**Elevation Gain:** 2189 ft.

**Blaze:** White

**Map:** AT Trail Guide

**GPX file link:** [#153 Sam's Gap-Rice Gap](#)

**Profile:**



**Trail Map:**



## #154: Whitewater Falls (Strenuous 6.2 miles)

**Whitewater Falls: #154 (Strenuous 6.2 miles).** Trail starts at the far left corner of the Foothills parking lot. Proceed 1.5 miles to the Whitewater River (good lunch spot), cross the bridge to Foothills trail. Ascend 0.5 miles to a right on the Falls Spur trail for 1.3 miles to Lower Falls overlook. Return to bridge bearing right toward Upper Falls. Go along river about 2 miles to steep climb to Upper Falls and the dropped car.

**Trailhead Access:** Rte. 64 West on past Brevard towards Cashiers, turn south (left) at 22.1 miles onto Rte. 281, drop a car (with Golden Age Passport) at Upper Whitewater Falls (left). Proceed with the hikers to the Duke Power Company/Bad Creek Pumping Station (left and with automatic gate) at 31.2 miles and for an additional 2.5 miles to the parking lot and the trailhead.

**Meet At:** ING-B

**Drive:** 33.7

**Elevation Gain:** 1656 ft.

**Elevation Loss:** 979 ft.

**Blaze:** Blue

**Map:**

**GPX file link:** [#154 Whitewater Falls](#)

**Profile:**



**Trail Map:**



## #155: French Broad Overlook – Hwy 25A (Easy 6.2 miles)

**French Broad Overlook – Hwy 25A: #155 (Easy 6.2 miles).** Leaving the overlook proceed to the BRP bridge and cross the river. Pass through a pine forest and over the I-26 overpass. The trail is uneventful but nice as it progresses to a small stream with footbridge. Cross over the highway again and proceed to the cars at Rte. 25A.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left turn) and at 8.6 miles turn left toward the BRP. Turn right on BRP South and at 9.0 miles park at the French Broad River Overlook on the left. This is a car switch with some car(s) being positioned at Rte. 25A (Sweeten Creek Road) about 5.3 miles north from the turn onto the Blue Ridge Parkway at the 191 North Carolina Arboretum entrance. There is a safe parking area on grass and dirt by the side of the Parkway on the left heading north just before crossing the bridge over Sweeten Creek Road.

**Meet At:** MRCVS

**Drive:** 9.0

**Elevation Gain:** 892 ft.

**Elevation Loss:** 702 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#155 French Broad Overlook-Hwy 25A](#)

**Profile:**



**Trail Map:**



## #156: Point Lookout Greenway Bike Trail (Moderate 7.5 miles)

**Point Lookout Greenway Bike Trail: #156 (Moderate 7.5 miles).** The paved, 3.62-mile Point Lookout Trail follows the Old NC 10/Highway 70 route through the Royal Gorge, once known as the Central Highway, through the Pisgah National Forest. The trail ascends more than 900 feet between Old Fort and Ridgecrest, with long-range views from the famous Point Lookout (tourist attraction of yesteryear). From the lookout, the trail crosses over the railroad and offers several nice views of several rail tunnels. If you walk from the picnic area the distance is 8 miles.

**Trailhead Access:** I-26 W to I-40E. From I-40 E, take Exit 72 (Old Fort/Highway 70). Go about a half mile, then turn left onto Old Highway 70 (State Rod 1400). Go 2.4 miles to Mill Creek Rd intersection, Old Fort Picnic Area is on the left. Parking is at the picnic grounds on left, from May to October. You can get closer by continuing to Piney Grove Baptist church; parking is usually available on the shoulder. **Do not park on church property.** The gate and beginning of the trail is just ahead.

**Meet At:** SSC

**Drive:** 38

**Elevation Gain:** 1024 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#156 Point Lookout Greenway Bike Trail](#)

**Profile:**



**Trail Map:**



## #157: Raven Cliff Falls – Suspension Bridge (Moderate 7 miles)

**Raven Cliff Falls – Suspension Bridge: #157 (Moderate 7 miles).** Cross over highway and down gravel road to Raven Cliff Falls trail, taking it approx. 1.3 mi. to junction of Gum Gap trail. Right on Gum Gap for approx. 2 mi. to left on Naturaland Trust trail and go down to river and the bridge. Return the same way. SC park fee.

**Trailhead Access:** Leaving Fresh Market, right on White St. & left on Kanuga. Follow Kanuga to a left on DuPont rd., toward DuPont Forest. Proceed to T junction at Cascade Lake Rd., turn left and proceed to a left at Rte. 276. It's another 3.3 miles to Ravencliff lot, on the left.

**Meet At:** FM

**Drive:** 22.2

**Elevation Gain:** 1446 ft.

**Blaze:**

**Map:** Mountain Bridge Wilderness

**GPX file link:** [#157 Ravencliff Falls-Suspension Bridge](#)

Profile:



Trail Map:



## #158: Pisgah Inn – Beaver Dam Gap (Moderate/Strenuous 7.9 miles)

**Pisgah Inn – Beaver Dam Gap: #158 (Moderate/Strenuous 7.9 miles).** At the back of the Pisgah Inn parking lot enter the MST trail and follow it until reaching the drivers' car at Beaver Dam Gap Overlook. Lots of nice views, particularly when leaves are off.

**Trailhead Access:** From MRCVS go left on 191. At 1.2 miles turn left to follow 191; at 8.4 left toward Blue Ridge Parkway then right onto BRP South. At 16.6 miles park and drop 1 car for drivers; other cars continue down parkway to the Pisgah Inn parking lot, a total of 23.3 miles.

**Meet At:** MRCVS

**Drive:** 21.6

**Elevation Gain:** 1526 ft.

**Elevation Loss:** 2926 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#158 Pisgah Inn – Beaver Dam Gap](#)

Profile:



Trail Map:



## #159: NC 128 – Mt. Mitchell (Moderate/Strenuous 9 miles)

**NC 128 – Mt. Mitchell: #159 (Moderate/Strenuous 9 miles).** Take the MST trail (also known as the Buncombe Horse Trail) on the same side as the gravel parking area and head north. The first four miles are on an old road or train bed and there is an easy gradual climb. Along the trail are several easy stream crossings and views of small waterfalls. After four miles, you reach the intersection with the Camp Alice Trail. Then you will climb about 900 feet in the next mile. Follow the Camp Alice Trail (blue squares)/MST for approximately 1/2 mile to the intersection with the Old Mitchell Trail (yellow circles)/MST. Continue to climb about another 0.4 mile to the top. Once you reach the paved walkway, you can turn right to continue to the Mt. Mitchell Lookout area or left to the Museum/Gift Shop/Restrooms. To return, head back down the Old Mitchell Trail (yellow circles)/MST. When you reach the intersection with the Camp Alice Trail, continue right on the Old Mitchell Trail (yellow circles). The trail will do some short ups and downs in a rocky area for a short distance but will have some good distant views of the mountains to the south. Follow the Old Mitchell Trail until you reach the park office, then follow the main park road (NC128) downhill about 1-1/2 miles to the car with good distant views of the mountains to the south. (Note: this hike can be done as an in-and-out and will be slightly easier but about a mile longer and a little less scenic.)

**Trailhead Access:** I-26 towards Asheville to I-40 east to Rte/ 74A to the BRP. Take NC 128-Mt. Mitchell Road (between MM 356 and MM 355) for 0.6 mi and park at the first gravel turnout on the right. (Note: the MST crosses the road about 100 feet behind the gravel parking area back towards the BRP.)

**Meet At:** SSC

**Drive:** 48

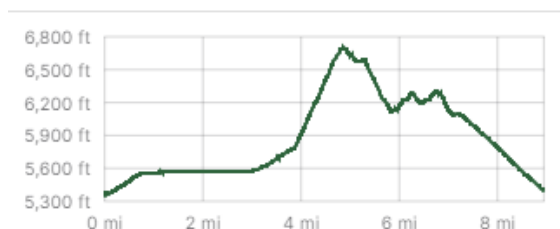
**Elevation Gain:** 2161 ft.

**Blaze:** White/Orange/Yellow/Blue

**Map:** Mt. Mitchell State Park Map

**GPX file link:** [#159 NC 128-Mt. Mitchell](#)

**Profile:**



**Trail Map:**



## #160: Beaver Dam Gap – Walnut Cove (Moderate 7.3 miles)

**Beaver Dam Gap – Walnut Cove: #160 (Moderate 7.3 miles).** Car switch. Take the trail from the east side of the parking lot and start an immediate climb up Ferrin Knob. The trail is good, and mostly downhill after Ferrin Knob, with nice winter views. Take a lunch/snack break at Sleepy Gap and continue another 1.7 mi. to Walnut Cove.

**Trailhead Access:** Rte. 280 E to 191 N and at 8.6 mi. turn left to access the BRP south (right). Drop a car at Walnut Cove Overlook MP 396.4) and continue on to Beaver Dam Gap MP 401.7

**Meet At:** MRCVS

**Drive:** 18.6

**Elevation Gain:** 1181 ft.

**Elevation Loss:** 1835 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#160 Beaver Dam Gap-Walnut Cove](#)

**Profile:**



**Trail Map:**



## #161: Gorges State Park – Auger Hole (Moderate 7 miles)

**Gorges State Park – Auger Hole: #161 (Moderate 7 miles).** Following the yellow blaze, take the Auger Hole Trail (road) all the way to the Toxaway River (approx. 3.5 miles). The hike is mostly downhill to the river and uphill on the return. Return the way you came.

**Trailhead Access:** Go west on US 64 through Brevard and Rosman. At 13.5 miles, turn left onto Frozen Creek Rd. At 16.9 miles, turn right into the east entrance of Gorges State Park. The trailhead is off the center of the parking lot.

**Meet At:** ING-B

**Drive:** 16.9

**Elevation Gain:** 1153 ft.

**Blaze:** Yellow

**Map:**

**GPX file link:** [#161 Gorges State Park-Auger Hole](#)

**Profile:**



**Trail Map:**



## #162: Bear Pen Gap – NC 215 (Moderate/Strenuous 9 miles)

**Bear Pen Gap – NC 215: #162 (Moderate/Strenuous 9 miles).** From parking area backtrack about 200 yds. to a connector trail going off to the right. Follow the connector trail approximately ½ miles to the MST, then turn left. Follow the MST at it crosses the BRP and enter the Middle Prong Wilderness. Pass Haywood Gap Trail, Buckeye Gap, and Green Mtn Trail. End hike at 215 where the drivers' car is parked.

**Trailhead Access:** Take 276 north 13.8 miles to BRP south (left). At 24.7 miles turn right onto 215 and drop a drivers' car at the parking area on left. Remaining cars return to BRP, turn right and continue to parkway mile post 427.6 and park in the Bear Pen Overlook.

**Meet At:** PRS

**Drive:** 29.4

**Elevation Gain:** 1196 ft.

**Elevation Loss:** 1635 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#162 Bear Pen Gap-NC 215](#)

**Profile:**



**Trail Map:**



## #163: Sam Knob-Little Sam Loop (Moderate/Strenuous 6.8 miles)

**Sam Knob-Little Sam Loop: #163 (Moderate/Strenuous 6.8 miles).** Descend gradually to a meadow and then up a series of well-designed switchbacks that provide numerous beautiful views, climaxing with a panoramic view from the top, with views of Shining Rock, Mt. Hardy, Little Sam and Devil's Courthouse. Return to the meadow and then across Flat Laurel Creek, to a left on the Flat Laurel Creek Trail, then a right on Little Sam Trail. Take it to the MST (left) and then Art Loeb (left) back to FR 816 and then down the road to the cars. Nice Pink Shell Azaleas in mid-May. **WARNING:** Little Sam trail is heavily overgrown, rocky and rooty.

**Trailhead Access:** Rte. 276 N to BRP south (left) to FR 816 (right) at 22.4 mi. Park at end of road. Trailhead is just right of the porta-john.

**Meet At:** PRS

**Drive:** 26.5

**Elevation Gain:** 1385 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#163 Sam Knob-Little Sam Loop](#)

**Profile:**



**Trail Map:**



## #164: Hemphill Bald (Moderate/Strenuous 10 miles)

**Hemphill Bald: #164 (Moderate/Strenuous 10 miles).** Leaving from the right corner of the parking lot, enjoy good tread and good tree cover along a ridge at the extreme SE border of the Smokies, just off the BRP. The Smokies are on your left and the Cataloochee Divide on the right. Lunch is at the top of Hemphill Bald with views in all directions – Maggie Valley, Cataloochee Valley, and the mountains to the north and east. Return the way you came.

**Trailhead Access:** I-26 W to I-40 W. Take exit 27 (south toward Waynesville to Exit 103 (Rte. 19 S – Maggie Valley). Continue on 19 through Maggie Valley and up to the junction with Blue Ridge Parkway. Turn right onto the BRP entrance ramp just beyond the overpass (not well marked). Go south on BRP for 2.3 miles (toward Smoky Mtns) Turn right on the BRP spur road at Wolf Laurel Gap. Go approx. 6 miles to trailhead at Polls Gap on the right. **Note: spur road closes about the last Mon in Oct so fall hikes to this area need to be prior to this date.**

**Meet At:** SSC

**Drive:** 53

**Elevation Gain:** 1910 ft.

**Blaze:**

**Map:** Great Smoky Mountains

**GPX file link:** [#164 Hemphill Bald](#)

**Profile:**



**Trail Map:**



## #165: Graybeard Trail to Walker Knob (Moderate/Strenuous 8 miles)

**Graybeard Trail to Walker Knob: #164 (Moderate/Strenuous 8 miles).** In and out hike. Park across the road from the Walk Jones Wildlife Sanctuary. Take the bridge across Flat Creek and follow the creek upstream, following Graybeard Trail (blue blaze). Bear right at the intersection with the Harry Bryan Trail where the trail enters the Boggs Wilderness. The trail intersects the Old Trestle Road at Pot Cove Gap. Turn left and follow the trestle switchbacks, passing Graybeard Falls along the way. After switchbacks go left up fairly steep incline to a shelter and turn left on Walker's Knob Trail to Walter's Knob for a great view of the entire Montreat Valley and lunch. Return the way you came.

**Trailhead Access:** I-26 W to I-40 E to Black Mountain/Montreat exit #64 (Rte. 9), and go left into town, past Tysons furniture and on into Montreat. Keep following Assembly Road past lake and continue straight on Graybeard road where Assembly Road turns right. Road ends at parking area where the trail begins.

**Meet At:** SSC

**Drive:** 31

**Elevation Gain:** 1827 ft.

**Blaze:** Blue

**Map:** Montreat

**GPX file link:** [#165 Graybeard Trail to Walker Knob](#)

**Profile:**



**Trail Map:**



## #166: Grassy Cove Loop WILDERNESS (Strenuous 9 miles)

**Grassy Cove Loop: #166 (Strenuous 9 miles).** Cross the road to the MST connector and descend via MST and Bridges Camp Tr. to E. Fork Pigeon River, where there are some campsites . Cross Pigeon River (possible wet boot crossing, depending on river height) and pick up Grassy Cove trail (right rear corner of clearing), ascending 1700'. Lunch along Graveyard Ridge trail at Ivestor Ridge, below Tennent Mtn. Then continue to MST and then to Graveyard Fields connector, cross Yellowstone Prong and up to parking lot and cars.

**Trailhead Access:** Rte. 276 N to BRP south (left). At 19.2 mi. turn into Graveyard Fields lot, drop a car, and return to Looking Glass Rock Overlook (MP 417) where the hike begins.

**Meet At:** PRS

**Drive:** 19.2

**Elevation Gain:** 2034 ft.

**Elevation Loss:** 1431 ft.

**Blaze:**

**Map:** Pisgah Ranger District, Shining Rock Wilderness

**GPX file link:** [#166 Grassy Cove Loop WILDERNESS](#)

**Profile:**



**Trail Map:**



## #167: Bent Creek – Stradley Mountain Loop (Moderate 9.8 miles)

**Bent Creek – Stradley Mountain Loop: #167 (Moderate 9.8 miles).** Take the Deer Lake Lodge trail, right across the bridge then left on Wolf Branch Trail to the end. Go right for a short distance on Ledford Branch Rd. Take a sharp left at Ingles Field Gap to the Stradley Mtn ridge (Little Hickory Top at 4 Points). Descend by Little Hickory Top trail. Left at Boyd Branch Rd for about 1.3 miles, then stop for lunch at the picnic tables at the Ledford Branch Rd intersection. Continue down Ledford Branch Rd through the Ledford parking lot. Then pickup Deer Lake Lodge trail, left at the T-intersection, and back to the cars.

**Trailhead Access:** Rte. 280 E 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn onto Bent Creek Ranch Rd (first light past the BRP entrance). Go 0.1 mile past the Arboretum entrance and turn right onto FS 491. At 10.2 miles park

**Meet At:** MRCVS

**Drive:** 10.2

**Elevation Gain:** 1424 ft.

**Blaze:**

**Map:** Pisgah Ranger District, Shining Rock Wilderness

**GPX file link:** [#167 Bent Creek-Stradley Mountain Loop](#)

**Profile:**



**Trail Map:**



## #168: Jones Gap – Rainbow Falls (Moderate 5 miles)

**Jones Gap – Rainbow Falls: #168 (Moderate 5 miles).** In-Out Hike. Start this hike on the Jones Gap Trail. Pick up Rainbow falls trail, which climbs to the falls with nice views of the valley along the way. Enjoy the view of the falls with a snack or lunch and then proceed back down to the park entrance. Optional visit out and back to Jones Gap Falls which makes it about a 6.2 miles hike. SC Park fee

**Trailhead Access:** Rte. 225 & 25 south 12.1 miles to the first exit (right) in SC onto Gap Creek Road. At 18.4 miles turn right onto River Falls Road and proceed into Jones Gap State Park and go right into the parking lot at 20.5 miles.

**Meet At:** FM

**Drive:** 20.5 miles

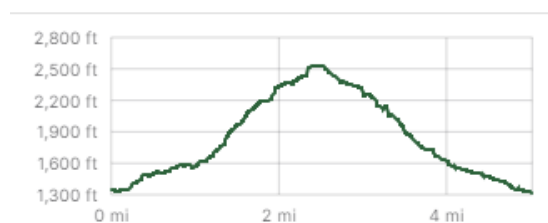
**Elevation Gain:** 1250 ft.

**Blaze:** Blue/Red

**Map:** Mountain Bridge Trails Book

**GPX file link:** [#168 Jones Gap-Rainbow Falls](#)

**Profile:**



**Trail Map:**



## #169: Pump Gap Trail (Moderate 5 miles)

**Pump Gap Trail: #169 (Moderate 5 miles).** A very scenic loop hike, with a gradual and steady climb up the Pump Gap Trail to the AT, with pretty stream crossings and lots of Rhodis. Walk up the road, past the campground, and bear right where the loop portion of Pump Gap loop begins. Continue to right turn on the AT, which is fairly flat, following the Lover’s Leap ridge line with a few minor climbs. Lunch at Lover’s Leap rocks overlooking the French Broad and then descend steeply via switchbacks, with many great views, to the river. We follow the river back to the cars.

**Trailhead Access:** I-26 W to I-26/240 to exit 19a at 26.7 miles and onto Rte. 25N/70W. At 48.4 mi. turn left onto Rte. 208/25N/70W. At 53.0 mi. just prior to bridge over French Broad go right a short distance on Bridge St., note signs for River Road and Paint Rock. Go left on River Rd., turn immediately on Silvermine Rd. and follow it a short distance to parking and trailhead at 53.4 mi.

**Meet At:** SSC

**Drive:** 48 miles

**Elevation Gain:** 1322 ft.

**Blaze:** Yellow/White

**Map:** AT Trail Guide

**GPX file link:** [#169 Pump Gap Trail](#)

**Profile:**



**Trail Map:**



## #170: Folk Art Center – BRP Visitor Center Loop (Easy 6.3 miles)

**Folk Art Center – BRP Visitor Center Loop: #170 (Easy 6.3 miles).** Lollipop hike. Take the short connector to the MST trail off the lower parking lot. Go right at junction with MST and follow the blazes. There is a short walk through a pasture, then across RR track and under a tunnel. Immediately after the tunnel turn right and continue on MST. At junction with the HQ Loop trail bear to the left and continue on the MST. After about 1.2 miles the trail crosses the Parkway. Immediately turn right on the LOOP trail (Orange blaze) After  $\frac{3}{4}$  mile at a sign take the short connector to the Visitor Center parking lot and go right to the Center. After a snack, go down the stairs and turn left, follow the gravel road at the rear of the Center to the Loop trail, right leading to a tunnel under the Parkway. At the intersection with MST follow directions on the sign and turn left on MST back to Folk Art Center

**Trailhead Access:** I-26 towards Asheville to I-40 east to Rte. 74a south to the BRP north. Pass Visitor Center and turn left at Folk Art Center Trailhead is out of lower parking lot.

**Meet At:** SSC

**Drive:** 15

**Elevation Gain:** 943 ft.

**Blaze:** White & Orange

**Map:**

**GPX file link:** [#170 Folk Art Center-BRP Visitor Ctr Loop](#)

**Profile:**



**Trail Map:**



## #171: Folk Art Center to French Broad Overlook (Strenuous 13.5 miles)

**Folk Art Center to French Broad Overlook: #171 (Strenuous 13.5 miles).** This hike combines #155 and #53 resulting in a 13.5 mile hike, rated strenuous due to the distance. For MST Challenge badge, this hike counts as both #155 and #53. Leaving the Folk Art Center walk to French Broad Overlook.

**Trailhead Access:** Rte. 280 E to Rte. 191 north (left turn) and at 8.6 miles turn left toward the BRP. Turn right on BRP South and at 9.0 miles leave car at the French Broad River Overlook on the left. Remaining cars drive north to FAC.

**Meet At:** MRCVS

**Drive:** 16

**Elevation Gain:** 1429 ft.

**Elevation Loss:** 1601 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#171 Folk Art Ctr to French Broad Overlook](#)

**Profile:**



**Trail Map:**



## #172: Linville Falls (Moderate 4.6 miles)

**Linville Falls: #172 (Moderate 4.6 miles).** Take trail to left of Visitor Center, bear right, go uphill awhile to trail junction, then out to gorge overlook. Return to trail junctions and go right and downhill to river on Linville Gorge trail. Go back to Visitor Center and take Linville Falls trail to 3 overlooks: Upper Falls, Chimney View and Erwins View. Return to Visitor Center.

**Trailhead Access:** I-26 to I-40 E, exiting at Exit 72 (US 70), toward Marion. Proceed for about 11 miles and turn left on US 221 and continue to the BRP N. Very soon you'll come to spur road to Linville Falls Visitor Center, where you'll park.

**Meet At:** SSC

**Drive:** 55

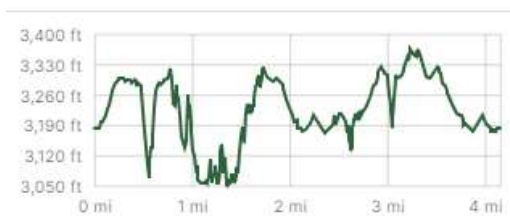
**Elevation Gain:** 1070 ft.

**Blaze:**

**Map:** Linville Gorge / Mt. Mitchell

**GPX file link:** [#172 Linville Falls](#)

**Profile:**



**Trail Map:**



## #173: Black Mountain Trail via Thrift Cove (Strenuous 14.4 miles)

**Black Mountain Trail via Thrift Cove: #173 (Strenuous 14.4 miles).** From PRS parking lot proceed along trail past maintenance sheds to Thrift Cove trail, eventually intersecting with Black Mtn trail. Turn right and start a long climb to Hickory Knob, level out and enjoy a slight downhill before a steep climb. Pass Turkey Pen trail and continue to climb. Cross over summit of Black Mtn. and start a fairly steep downhill to Clawhammer Mtn and a great lunch spot with views of Looking Glass Rock. Return the way you came.

**Trailhead Access:** Start at PRS.

**Meet At:** PRS

**Drive:** 0

**Elevation Gain:** 3369 ft.

**Blaze:** Red / White

**Map:** Pisgah Ranger District

**GPX file link:** [#173 Black Mountain Trail via Thrift Cove](#)

**Profile:**



**Trail Map:**



## #174: DuPont Mine Mountain – Reasonover Loop (Moderate 8.8 miles)

**DuPont Mine Mountain – Reasonover Loop: #174 (Moderate 8.8 miles).** This trail has beautiful waterfalls/ cascades, pretty rock formations and nice forest. From parking lot go west on Fawn Lake Rd for ¼ mile, then left on Mine Mt. Trail climbing to a left on Cart Trail and soon a left on Laurel Ridge Trail, left on Shoals Trail then a left on Corn Mills Shoals taking it to the stream. Return along Corn Mills Shoal and follow it to the end at Bridal Veil Falls. Pick up Bridal Veil Falls Rd, taking it to the Barn Trail (Right) and onto Conservation Rd (Right). This goes a short distance before you go left onto Lake Julia Rd. The lake is a good lunch stop. Follow Reasonover Creek Trail back to cars.

**Trailhead Access:** Leaving Fresh Market right on White St. go left on Kanuga Rd. At 11 miles left on DuPont Rd. At 16.6 miles go left on Cascade Lake Rd. Just prior to the end of Cascade Lake Rd. turn left on Reasonover Rd. for approx. 2.5 miles to the entrance to Fawn Lake parking area on left.

**Meet At:** FM

**Drive:** 19.1

**Elevation Gain:** 1181 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#174 DuPont Mine Mtn-Reasonover Loop](#)

Profile:



Trail Map:



## #175: Paris Mountain Brissey Ridge-Reservoir (Easy 6 miles)

**Paris Mountain Brissey Ridge-Reservoir: #175 (Easy 6 miles).** Take the Brissey Ridge (Y) trail to the left from the parking area. Left onto Kanuga (Red), follow down to North Lake Loop (Blue) and left for CCW around Lake. Stop in dam area for snack/lunch. Continue CCW to left on Pipsisewa (Green) and follow to Brissey Ridge. Turn right back to cars. SC Park fee.

**Trailhead Access:** Rte. 225 south to Rte. 25 and south toward Greenville. Just before Wal-Mart turn left at sign for Paris Mtn State Park. Follow the road to Paris Mtn SP entrance. Meet at parking lot #5. When all are ready proceed up to parking at Brissey Ridge Trail head.

**Meet At:** FM

**Drive:** 40

**Elevation Gain:** 756 ft.

**Blaze:**

**Map:** Paris Mountain State Park

**GPX file link:** [#175 Paris Mtn Brissey Ridge-Reservoir](#)

Profile:



Trail Map:



## #176: Paris Mountain Sulphur Springs – Brissey Ridge (Moderate 6.5 miles)

**Paris Mountain Sulphur Springs – Brissey Ridge: #176 (Moderate 6.5 miles).** Turn right opposite the shelter to the signboard. Proceed toward and around Mountain Lake and start climbing along the stream on the Sulphur Springs Trail in the hardest part of the hike. After about 45 min. the trail flattens out and is an easy walk to an upper parking area and signboard. From there walk away from the signboard to the Brissey Ridge Trail, which starts downhill. You will follow this loop trail counterclockwise until it returns to the signboard. Then head across the road to the continuation of the Sulphur Springs trail which will return to the cars. SC Park fee.

**Trailhead Access:** Greenville Hwy to US 25 South. Go 27.5 mi. to State Park Rd. (3<sup>rd</sup> traffic light in Travelers Rest). Left on State Park Rd. 8 mi. (follow signs to park) to hard right turn on State Park Rd. Enter park and drive 2 mi. to Sulphur Springs picnic area on left.

**Meet At:** FM

**Drive:** 40

**Elevation Gain:** 1329 ft.

**Blaze:**

**Map:** Paris Mountain State Park

**GPX file link:** [#176 Paris Mtn Sulphur Springs-Brissey Ridge](#)

Profile:



Trail Map:



## #177: Laurel River Trail (Easy 7.4 miles)

**Laurel River Trail: #177 (Easy 7.4 miles).** Starting from parking area, enjoy a pretty hike along Laurel River Trail, a wide stream with lots of pools, ledges and rocks. The trail is flat and mostly tree covered. Notice the beaver activity and many rapids and trout pools along most of the route. About 3/4 of the way in there are some foundational ruins from the old town of Runion. After the ruins stay on the trail until you intersect the RR tracks. You can cross the tracks and go down to where the Laurel River joins the French Broad. Turn around where it joins the French Broad.

**Trailhead Access:** I-26 to I-26/240 past Asheville. Stay on Future I-26 to exit 19a, and then on 25N/70W. Ingles store at approx. 38.4 mi. can be a trail break. About 10 mi. further turn left into gravel parking area just before the junction with Rte. 208 and find parking at 48.4 mi. Trailhead at end of parking area.

**Meet At:** SSC

**Drive:** 44

**Elevation Gain:** 755 ft.

**Blaze:**

**Map:**

**GPX file link:** [#177 Laurel River Trail](#)

Profile:



Trail Map:



## #178: DuPont Sheep Mountain Trail (Easy/Moderate 5.8 miles)

**DuPont Sheep Mountain Trail: #178 (Easy/Moderate 5.8 miles).** Lollipop hike starting out from DuPont Visitors Center parking lot. Go to Staton Road, turn right and walk a short distance on the side of the road and Sheep Mountain Trail is on your left. Take Sheep Mountain up and turn right on Cascade Lake Trail, then turn left on Pine Tree trail (crossing over Staton Road close to Cascade Road.) Stay on Pine Tree Trail crossing back over Staton Road, then right on Sheep Mountain Trail back to the Visitors Center parking lot.

**Trailhead Access:** Leaving FM turn right on White St and left on Kanuga Rd. At 11.3 miles turn left on Staton Road (DuPont) and go 4 miles further to DuPont Visitors Center parking lot on your left. As you make the upper loop and come to park, please park on the right side as you would be leaving the Center and close to the road and restrooms.

**Meet At:** FM

**Drive:** 15.3

**Elevation Gain:** 814 ft.

**Blaze:** None

**Map:** DuPont State Forest

**GPX file link:** [#178 DuPont Sheep Mountain Trail](#)

Profile:



Trail Map:



## #179: Holmes Educational State Forest (Easy/Moderate 4.5 miles)

**Holmes Educational State Forest: #179 (Easy/Moderate 5.8 miles).** From the Crab Creek Rd. parking lot, head to the picnic pavilion. There are 2 options: Talking Tree Trail + Demonstration Trail, or Demonstration Trail only. At the end of the Talking Tree Trail, make a hard right to start the Demonstration Trail. This is a loop. Bear left on the loop and skip the Short Cut Trail unless you need to shorten the hike. Follow the Demonstration Trail back to the parking lot. NOTE: Holmes is not open on Mondays. On Thursday's they open the gate at 9:00 and forbid cars from parking in front of the gate or on the grass. Plan on starting your hike at 9:15 and advise hikers not to arrive before 9:00.

**Trailhead Access:** From FM turn right onto White St and left on Kanuga Road. Continue onto Crab Creek and Holmes State Forest is on left at 9.4 miles.

**Meet At:** FM

**Drive:** 9.4

**Elevation Gain:** 762 ft.

**Blaze:**

**Map:** Holmes Educational State Forest Map

**GPX file link:** [#179 Holmes Educational State Forest](#)

Profile:



Trail Map:



## #180: Black Mountain Trail - Alternate (Strenuous 11.1 miles)

**Black Mountain Trail - Alternate: #180 (Strenuous 11.1 miles).** From PRS parking lot proceed along trail past maintenance shed. From the back corner of the fence take Black Mountain Trail and hike up past the intersection with Thrift Cove Trail, turning left to continue on Black Mtn Trail. At about the 2-3/4 mile mark you will be at the top of Hickory Knob. Descend to an intersection of several trails and continue straight. At the 4 mile mark pass the Turkey Pen Gap trail. Continue to the highest point of the hike, passing the summit of Black Mountain on your right. The trail continues downward for a little over ¼ mile – quite steep and rocky in places- to a rock outcrop with a nice view for lunch. Retrace your steps.

**Trailhead Access:** Start at PRS

**Meet At:** PRS

**Drive:** 0

**Elevation Gain:** 2559 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#180 Black Mountain Trail-Alternate](#)

**Profile:**



**Trail Map:**



## #181: Pink Beds to Cradle of Forestry (Easy/Moderate 7.3 miles)

**Pink Beds to Cradle of Forestry: #181 (Easy/Moderate 7.3 miles).** Pink Beds Loop (orange) for 3.9 miles; then turn left on Barnett Branch (blue) for 1.9 miles to a right on the unmarked social trail that leads to the Cradle of Forestry. Stop at the locomotive for a quick snack. Proceed through the Cradle of Forestry gate, then right on US 276 for 0.3 miles back to the cars.

**Trailhead Access:** Drive 10.1 miles north on Rte. 276 to Pink Beds picnic area. Trailhead at far end of the lot.

**Meet At:** PRS

**Drive:** 10.1

**Elevation Gain:** 850 ft.

**Blaze:** Orange / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#181 Pink Beds to Cradle of Forestry](#)

**Profile:**



**Trail Map:**



## #182: DuPont Lake Imaging – Jim Branch - Hilltop (Easy/Moderate 6.8 miles)

**DuPont Lake Imaging – Jim Branch - Hilltop: #182 (Easy/Moderate 6.8 miles).** In and out hike. From the parking lot follow Lake Imaging Rd partially around the lake and turn left on Jim Branch. Turn right on Isaac Heath Tr. Cross over Lake Imaging Rd and go straight on Hilltop Trail. Follow it to Grassy Creek Falls Trail and then onto the falls. Return the way you came.

**Trailhead Access:** Leaving Fresh Market, turn right on White St and left on Kanuga Rd. At 11.4 miles turn left on DuPont Rd which becomes Staton Rd. At approx. 14 miles turn left into Lake Imaging parking lot.

**Meet At:** FM

**Drive:** 14 miles

**Elevation Gain:** 882 ft.

**Blaze:** None

**Map:** DuPont State Forest

**GPX file link:** [#182 DuPont Lake Imaging-Jim Branch-Hilltop](#)

**Profile:**



**Trail Map:**



## #183: Bearwallow to Wildcat Rock (Moderate 7 miles)

**Bearwallow to Wildcat Rock: #183 (Moderate 7 miles).** In and out hike with fabulous views. From the parking area take Bearwallow Mountain Trail to top of Bearwallow. Continue on the Wildcat Rock Trail following through rhododendrons and then around Little Bearwallow Mountain. Turn right on Wildcat Rock Outlook trail to climb to top of Wildcat Rock for great views. Return the way you came and from the top of Bearwallow you may return via the road or the trail which you took on the way in.

**Trailhead Access:** Go east on Rte. 64 into Edneyville to left on Fruitland Road. Slight left on Old Clear Creek Road for 3.3 miles. Left on Bearwallow Mountain Road 3.7. Turn right to stay on Bearwallow Mountain Road. 1.2 mi to destination.

**Meet At:** ING-HG

**Drive:** 17 miles

**Elevation Gain:** 1700 ft.

**Blaze:** White / Orange

**Map:** Conserving Carolina Upper Hickory Nut Gorge

**GPX file link:** [#183 Bearwallow to Wildcat Rock](#)

**Profile:**



**Trail Map:**



## #184: Wildcat Rock Trail Extended (Strenuous 8.6 miles)

**Wildcat Rock Trail Extended: #184 (Strenuous 8.6 miles).** From the parking area, cross Highway 74A to the trailhead kiosk, then follow the log stairs down to the apple orchard. The trail goes around the apple orchard and crosses Hickory Creek on a wooden bridge before beginning to ascend. After a climb up more than 100 stairs, at about the 1 mile mark, reach Little Bearwallow Falls. Thereafter, the trail is more rugged, narrower and steeper. At almost 2 miles there is a 0.1 mile steep spur trail on the left to the Wildcat Rock Overlook with a dramatic view of the Upper Hickory Nut Gorge. The main trail continues for another mile to the ridgeline of Little Bearwallow Mountain in a grassy meadow. Continue on Wildcat Rock Trail through the meadow and up the hill to the top of Bearwallow Mtn. Retrace your steps back to the cars.

**Trailhead Access:** East on Rte. 64 to Rte. 74A. Left on Rte. 74A to Florence Nature Preserve parking lot – approx. 3.8 mi.

**Meet At:** ING-HG

**Drive:** 16 miles

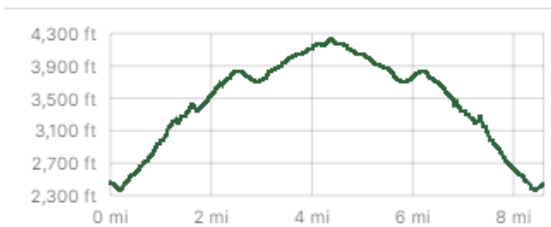
**Elevation Gain:** 2200 ft.

**Blaze:** Orange

**Map:** Hickory Nut Gorge

**GPX file link:** [#184 Wildcat Rock Trail Extended](#)

**Profile:**



**Trail Map:**



## #185: Davidson River – Joel Branch (Moderate 7.9 miles)

**Davidson River – Joel Branch: #185 (Moderate 7.9 miles).** Cross road and make left to Art Loeb Trail (white blaze), Continue straight to and continue on Estatoe trail. Turn right at covered map onto a connector trail to Art Loeb Trail (white blaze). Bear slightly left. Continue to Joel Branch FSR Rd. Take right and go to Davidson River near foot bridge, The FSR passes the Schenk job corps facilities. Be sure to stay on FSR and off Schenk job corps property. Turn left onto exercise trail and go past English chapel. Take connector trail (Orange) to swimming hole near end of campground for snack/lunch break. Head back downstream along Davidson River. Turn left before English Chapel and cross bridge and the road. Take exercise trail to west end of ranger station and cars.

**Trailhead Access:** Hike starts from PRS parking lot.

**Meet At:** PRS

**Drive:** 0

**Elevation Gain:** 860 ft.

**Blaze:** White / Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#185 Davidson River-Joel Branch](#)

**Profile:**



**Trail Map:**



## #186: Daniel Ridge – Farlow Gap (Moderate 7.2 miles)

**Daniel Ridge – Farlow Gap: #186 (Moderate 7.2 miles).** Start up along the Davidson River from parking lot. Cross bridge keeping left as you continue on trail FS 137 (Daniel Ridge Loop (red blaze)) and proceed to climb along the river. At 2 miles climb stairs. Pass by the return loop trail on the right, cross the river and proceed on Farlow Gap Trail (blue blaze) to Daniel Ridge Creek. Turn around at the creek (about 3.2 mile mark) and return the way you came but after crossing the river take the left fork of the Daniel Ridge Loop (4.5 mile mark). In another 0.5 miles a trail will be on your left. DO NOT TAKE IT! Stay right on the trail (red blaze). Descend gradually turning left at the second crossing of FR 5046 (about 5.5 miles). Go a few yards to view Tom’s Spring Falls. Turn around at the falls and continue on down FR 5046 turning left at the next intersection back to the cars.

**Trailhead Access:** Rte. 276 north 3.8 miles to the Fish Hatchery Road. Go past the Fish Hatchery to FS Rd. 475, continue on passing the Cove Creek parking area to parking at the Daniel Ridge trailhead on the right at 7.8 miles.

**Meet At:** PRS

**Drive:** 7.8 miles

**Elevation Gain:** 1693 ft.

**Blaze:** Red / Blue / Red

**Map:** Pisgah Ranger District

**GPX file link:** [#186 Daniel Ridge-Farlow Gap](#)

**Profile:**



**Trail Map:**



## #187: Pleasant Ridge Park, SC (Easy 6 miles)

**Pleasant Ridge Park, SC: #187 (Easy 6 miles).** This is a Greenville County park in SC that does not charge a fee. The JFA (Jorge F. Arango) trail is a 5.4 mile loop around Pleasant Ridge Park open to hikers and mountain bikers 7 days a week. The JFA Trail is directional and rotates monthly with hikers and bikers travelling in opposite directions. Kiosk tells which direction you should go. It has restrooms and after hiking you can enjoy your lunch at picnic tables by the creek.

**Trailhead Access:** Turn right on Hwy 225, turn right on 25 S. towards Greenville. Follow to exit Hwy11 Cleveland/Gowensville on the right. Turn left at stop sign on to SC 11. Go 1.8 miles and turn right into Pleasant Ridge Park (Large sign on right side of road).

**Meet At:** FM

**Drive:** 26 miles

**Elevation Gain:** 400 ft.

**Blaze:** Green

**Map:** Pleasant Ridge Park Map

**GPX file link:** [#187 Pleasant Ridge Park, SC](#)

**Profile:**



**Trail Map:**



## #188: DuPont Wilkie – Rock Quarry Extended (Moderate 7 miles)

**DuPont Wilkie – Rock Quarry Extended: #188 (Moderate 7 miles).** From Corn Mill Shoals Parking lot hike to right beside Cascade Lake Rd to right on Wilkie Tr. to left on Wilkie to right on Wilkie to left on Wilkie (this is at intersection of Wilkie Trail and Rock Quarry Rd) Take Wilkie until it dead ends at Rich Mtn Rd. Return on Wilkie back to the intersection with Rock Quarry Rd. Stay on Rock Quarry Rd until you see sign for Micajah Trail. Turn right on Micajah to left on Wilkie and back to parking lot

**Trailhead Access:** Leave FM to right on White St, left on Kanuga. At 11 miles left on DuPont Rd. At 16.6 miles left on Cascade Lake Rd. Corn Mills Shoals parking lot on the right.

**Meet At:** FM

**Drive:** 17 miles

**Elevation Gain:** 800 ft.

**Blaze:** Purple / Green

**Map:** DuPont State Forest

**GPX file link:** [#188 DuPont Wilkie-Rock Quarry Extended](#)

**Profile:**



**Trail Map:**



## #189: Cat Gap – Art Loeb (Strenuous 9 miles)

**Cat Gap – Art Loeb: #189 (Strenuous 9 miles).** From parking lot proceed uphill 2 miles on Cat Gap Trail following orange blazes. Do not turn right onto John Rock but make a left turn at the fork and continue 0.3 miles on Cat Gap to junction with Art Loeb. Turn left onto Art Loeb (white blaze). At 4.7 miles bear right on Art Loeb rather than left fork of North Slope connector. Continue on Art Loeb through Neil Gap crossing the Joel Branch Rd at 6.3 miles. Continue past High Knob at 7.4 miles and descend 400' to cross a wooden bridge on a tributary to the Davidson River. Continue along Davidson River passing a bend where it parallels Rte. 276. On the right is a sandy area that is a good stop for lunch. Continue on crossing Davidson River on a pedestrian bridge and back to the dropped car.

**Trailhead Access:** Leave a car at entrance to Davidson River Campground. From PRS drive 4 miles and turn left onto Fish Hatchery Rd and continue 1.5 miles to Pisgah Center for Wildlife Education.

**Meet At:** PRS

**Drive:** 5.3 miles

**Elevation Gain:** 1855 ft.

**Elevation Loss:** 2047 ft.

**Blaze:** Orange / White

**Map:** Pisgah Ranger District

**GPX file link:** [#189 Cat Gap-Art Loeb](#)

**Profile:**



**Trail Map:**



## #190: Rattlesnake Lodge (Moderate 5 miles)

**Rattlesnake Lodge: #190 (Moderate 5 miles).** In and out hike. From parking take MST north for 2 miles and arrive at the ruins of Rattlesnake Lodge. As you approach the ruins you will see the remains of the cow barn on the right. An informational sign marks the actual spot of the lodge. Continue on MST and on your left you will see a large fallen tree over a spring. Hike the blue blaze trail to the left up a steep side trail to the main reservoir. You will pass a built up coverless manhole and a piece of terra cotta pipe in the middle of the trail eventually connecting with MST. Turn right on MST which will loop back to the lodge area. Return to parking lot by hiking south on MST.

**Trailhead Access:** From Southridge Shopping Center drive 280 to 25N on the BR Parkway. Pass the Visitors Center and Folk Art Center. Continue to just past mile marker 376 and turn left on Ox Creek Rd. Go about 100 yards and you will see where the MST crosses the road. Parking is on the left side of the road. Around a sharp curve is more parking on the right.

**Meet At:** SSC

**Drive:** 20 miles

**Elevation Gain:** 1314 ft.

**Blaze:** White / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#190 Rattlesnake Lodge](#)

**Profile:**



**Trail Map:**



## #191: Raven Cliff Falls – Dismal Trail Loop (Strenuous 8.3 miles)

**Raven Cliff Falls – Dismal Trail Loop: #191 (Strenuous 8.3 miles).** From parking lot, cross the road and follow Raven Cliff Falls trail (red) toward the Overlook. At about 2 miles and before the overlook, turn left on Dismal Trail (purple) for 1.5 miles until it T's with Naturaland Trust Trail (pink). The trail down to the creek is steep and could be slippery, especially if wet. Turn right and follow the trail to bridge over Matthews Creek, then up the hill passing beneath a rock face known as "The Cathedral" (can be icy in winter) before reaching the suspension bridge over the falls. The ascent up the ravine is strenuous, requiring some scrambling. Continue over the bridge, climbing up until that trail ends on Gum Gap Trail (blue). Turn right and follow Gum Gap to the intersection with Raven Cliff Falls Trail (red). Turn left and follow it back to parking.

**Trailhead Access:** Leaving the Fresh Market turn right onto White Street and left on Kanuga Rd. Follow this road to and turning left on DuPont Rd. (which later becomes Staton Rd.) go 5.6 miles to Cascade Lake Rd. Turn left and proceed 2.5 miles to Rte. 276. Turn left and proceed 3.3 miles to Parking Lot 'B; on the left. SC park fee.

**Meet At:** FM

**Drive:** 20 miles

**Elevation Gain:** 2205 ft.

**Blaze:** Red / Purple / Pink / Blue / Red

**Map:** Mountain Bridge Wilderness

**GPX file link:** [#191 Ravencliff Falls-Dismal Trail Loop](#)

Profile:



Trail Map:



## #192: Table Rock State Park: Pinnacle Mountain – Ridge Trail (Strenuous 7.7 miles)

**Table Rock State Park: Pinnacle Mountain – Ridge Trail: #192 (Strenuous 7.7 miles)** Follow Pinnacle Mt Trail (yellow blaze) right on Table Rock trail (red blaze) to intersection with Ridge Trail (orange blaze) Left on Ridge Trail to Pinnacle Mt. Peak, continue down steep trail to lunch at Bald Knob viewpoint, follow Pinnacle Mt. Trail to intersection with Mills Creek Falls spur trail on right. Back out Mills Creek Falls spur trail to right on Pinnacle Mt. Trail to cars. Could be done in reverse order. **As an alternate (#192a) the hike can be shortened to 6.4 miles with 1750 EG by turning right after 3 miles from the start onto the Mill Creek Trail (yellow blaze).**

**Trailhead Access:** Rte. 225 S through Flat Rock to 25 south to Rte. 11 west. At 35.9 mi. (just after crossing a small lake) turn right and then right again after ½ mi. into west entrance to Table Rock State Park. Proceed 1 mile and park in the large lot near the Nature Center and the lake. SC Park fee.

**Meet At:** FM

**Drive:** 37 miles

**Elevation Gain:** 2842 ft.

**Blaze:** Yellow/Red/Orange

**Map:** Table Rock State Park

**GPX file link:** [#192 Table Rock SP: Pinnacle Mt-Ridge Trail](#)

**Profile:**



**Trail Map:**



## #193: Mt. Cammerer via Low Gap Trail (Strenuous 11.6 miles)

**Mt. Cammerer via Low Gap Trail #193 (Strenuous 11.6 miles).** This route is the shortest and most used route to the summit.. Climb 2000' on Low Gap Tr for 3 miles to the junction with the Appalachian Trail. Turn left and continue on the AT toward the Mt. Cammerer Tr. Traverse along a ridge offering views of Cosby and Toms Creek valleys. At just under 5 miles is a rugged spur trail leading to the summit of Mt. Cammerer. The spur is 0.6 mi long with some rock scrambling approaching the fire lookout which is on the edge of a rocky outcrop with stunning views of the Pigeon River Gorge.

**Trailhead Access:** Drive 67 miles on I-26E and I-40W to Tennessee. Take exit #443. Continue on Foothills Parkway (TN 339) 6.5 miles to Cosby. Turn left onto TN 321 and TN 32N and drive 3.2 miles to Cosby Park Rd. Turn right and continue 2.3 miles to large parking area at 127 Cosby Park Rd, Cosby TN for the Low Gap Trailhead. Note: Google Maps may route you to I-40 exit 447. However a warning right after a few miles will state "Turn Around, your GPS is wrong"

**Meet At:** SSC

**Drive:** 79 miles

**Elevation Gain:** 3200 ft.

**Blaze:** White

**Map:** Great Smoky Mountains

**GPX file link:** [#193 Mt. Cammerer via Low Gap Trail](#)

**Profile:**



**Trail Map:**



## #194: Bracken Preserve-Cat Gap (Strenuous 10 miles)

**Bracken Preserve-Cat Gap: #194 (Strenuous 10 miles).** Take Bracken Mtn Trail (blue) turning right at 1.4 miles onto Mackey Ridge Tr. (yellow), and continuing past the intersection with Brushy Creek 1/6 mile to intersection with Bracken Mtn Tr. Continue on Bracken Mtn 1.25 miles past intersection with Pinnacle Mtn Trail (pink). Continue on the fork ahead marked with Blue Diamonds (not the red blazed left fork). Continue on Bracken Mtn Trail 1.1 miles until lit joins FS 475C at 3.9 miles from parking lot. Follow FS 475C 2/3 mile, then turn left onto a short trail 0.2 miles to junction with Cat Gap Trail. Retrace route to return 4.75 miles to parking lot. One option to add another mile on the return is turn left on Pinnacle Mtn Trail (pink) and continue 1.3 miles to connect with Brushy Creek. Turn left for 1.9 miles, then left on Bracken Mountain Trail 0.7 miles back to parking lot.

**Trailhead Access:** From Brevard Ingles head west on N Broad St and bear right on N Caldwell St. Turn right on Probart toward Brevard Music Center. At 1.6 miles turn right on Music Camp Rd and follow it 0.3 miles to BMC entrance. Turn left on Pinnacle Rd just before entrance to BMC and follow gravel rd 0.2 miles to 8 car parking lot.

**Meet At:** ING-B

**Drive:** 4.7 miles

**Elevation Gain:** 1350 ft.

**Blaze:** Blue/Yellow/Blue diamonds

**Map:** Bracken Preserve

**GPX file link:** [#194 Bracken Preserve-Cat Gap](#)

**Profile:**



**Trail Map:**



## #195: Green River Narrows (Strenuous 6.6 miles)

**Green River Narrows: #195 (Strenuous 6.6 miles).** Access Bishop Branch Tr. through the orange gate (white blaze). Follow Bishop Branch downhill about ½ mile to a flat meadow. Turn right on Rock Hop (orange blaze) for about another ½ mile. Turn left on Pulliam Creek (white blaze) and follow it less than a mile until you see a steep trail plunging to the right towards Green River. Descend, making use of available ropes, to the Green River Narrows. Hike several hundred yards upstream to the famed Gorilla rapid (optional). Ascend the way you came down. When you reach Pulliam Creek Trail, turn right. In less than a mile, turn left on Bear Branch Trail (blue blaze) and hike 2.25 miles, ascending about 1000'. Turn left on Bishop Branch following it to a small stream crossing and the field. Continue on Bishop Branch Trail to the cars.

**Trailhead Access:** Rte. 176 south, at 2.2 miles left onto Upward Road. At 5.3 miles turn right onto Big Hungry Rd. Take it and at 10.3 miles park on the right at the Bishop Branch Trailhead parking lot.

**Meet At:** FM

**Drive:** 10.3

**Elevation Gain:** 1460 ft.

**Blaze:** White, orange, Blue

**Map:** Green River Game Lands

**GPX file link:** [#195 Green River Narrows](#)

**Profile:**



**Trail Map:**



## #196: Hemphill Bald Loop (Strenuous 14 miles)

**Hemphill Bald Loop: #196 (Strenuous 14 miles).** This loop has a little bit of everything-great views from Hemphill Bald, a challenging descent down for a quiet walk through the forest, some water crossings and a climb to finish the hike. Leaving from the right corner of the parking lot, take the Hemphill Bald Trail to the top to take in the views of Maggie Valley, Cataloochee Valley and the mountains to the north and east. After lunch continue on Hemphill Bald Trail to Double Gap (at about the 5.4 mile mark). Sharp left to remain on that trail (Cataloochee Divide Trail goes straight) until the Caldwell Fork Trail where you turn left. There are a few water crossings (Caldwell Fork Log Bridge). When Caldwell Fork meets Rough Fork Trail turn left and follow this trail back to the cars.

**Trailhead Access:** I-26 W to I-40 W. Take exit 27 (south toward Waynesville to Exit 103 (Rte. 19 S – Maggie Valley). Continue on 19 through Maggie Valley and up to the junction with BRP. Turn right onto the BRP entrance ramp just beyond the overpass (not well marked). Go south on BRP for 2.3 miles (toward Smoky Mtns) Turn right on the BRP spur road at Wolf Laurel Gap. Go approx. 6 miles to trailhead at Polls Gap on the right. **Note: spur road closes about the last Mon in Oct so fall hikes to this area need to be prior to this date.**

**Meet At:** SSC

**Drive:** 53

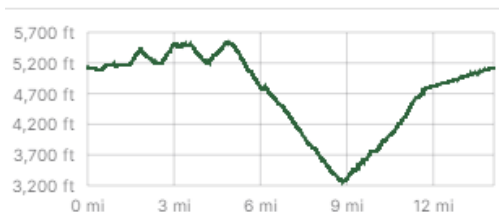
**Elevation Gain:** 2710 ft.

**Blaze:**

**Map:** Great Smoky Mountains

**GPX file link:** [#196 Hemphill Bald Loop](#)

Profile:



Trail Map



## #197: Ashmore Preserve-High Rock and Lake Wattacoo (Moderate 5.1 miles)

**Ashmore Preserve-High Rock and Lake Wattacoo #197 (Moderate 5.1 miles).** The trail starts about 200 feet up Persimmon Ridge. After 0.5 mile take the trail to the left. Ascend the hill. This is a steady 700 foot ascent. At 2.2 miles you will reach the High Rock overlook. This is a good spot to eat a snack. Return to the junction where you will turn left and hike around Lake Wattacoo. Return to the trailhead.

**Trailhead Access:** Greenville Hwy to US 25 South to SC-11 South (19.6 miles). Left on SC 11-S for 4.3 miles. Right onto US 276 W for 3.6 miles. Right on Persimmon Ridge Rd. for 0.8 miles. There is marked parking for about 8 cars. No parking pass is needed.

**Meet At:** FM

**Drive:** 28

**Elevation Gain:** 1150 ft.

**Blaze:**

**Map:**

**GPX file link:** [#197 Ashmore Preserve](#)

Profile:



Trail Map



## #198: Bad Creek-Hilliard Falls (Strenuous 11.4 miles)

**Bad Creek-Hilliard Falls: #198 (Strenuous 11.4 miles).** In and out hike. Take Foothills Trail from Duke Power Station to the Thompson River, then continue on the Foothills Trail past Bearcamp Creek. Watch for a smallish sign for Hilliard Falls on the left. Turn left onto the falls access trail and continue a short distance to the falls. Return the way you came.

**Trailhead Access:** Rte. 64 W toward Cashiers, turn south (left) at 31.5 mi. Proceed 2.5 miles to the Foothills Trail lot

**Meet At:** ING-B

**Drive:** 34

**Elevation Gain:** 2507 ft.

**Blaze:** Blue, white

**Map:** Guide to Foothills Trail

**GPX file link:** [#198 Bad Creek-Hilliard Falls](#)

Profile:



Trail Map:



## #199: Colbert Ridge (Strenuous 7.7 miles)

**Colbert Ridge: #199 (Strenuous 7.7 miles).** In and out hike. Follow the Colbert Ridge Trailhead (yellow blaze) on the right of the trailhead kiosk. This is a very challenging hike and should be done between April and October and is not recommended in late fall when leaves and acorns are abundant on the trail. The steep ascent of 3000 feet in 3 miles is not an underestimate. The trail is well marked and maintained but is loaded with rocks and boulders and is a scramble near the top of the trail. There are two overlooks half way up. The return trip, although downhill is difficult and technical with the rocks and roots.

**Trailhead Access:** Take I-26 West then US 19N towards Burnsville and Spruce Pine. Go about 21 miles and turn right onto Micaville Loop Rd and then right onto NC 80 for 8 miles. Take a right onto Colbert Creek Road and the trailhead is about ¼ mile up on the right

**Meet At:** MRCVS

**Drive:** 64

**Elevation Gain:** 2917 ft.

**Blaze:** Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#199 Colbert Ridge](#)

Profile:



Trail Map:



## #200: Grey Rock via Weed Patch Trail (Strenuous 11.6 miles)

**Grey Rock via Weed Patch Trail: #200 (Strenuous 11.6 miles).** Mostly an in and out hike. Begin on Buffalo Creek Park Loop in the direction specified for hikers the day you are hiking. Note: the opposite direction is used by mountain bikers. After about 2.5 mile, take Weed Patch trail to the left (red blaze). Continue for about 3.25 miles to Grey Rock (approximately blaze #135). Great views of the surrounding mountains and Lake Lure, especially when trees are not leafed out. Can be hot and humid in warm weather. Stop for lunch and return the same direction and complete the Buffalo Creek Loop. Some of the downhills can be steep

**Trailhead Access:** From Ingles take 64 E, turning right on US 64 E/US 74 Alt E. Go through Chimney Rock and Lake Lure and stay on the road for 10 miles. Turn left on Bills Creek Rd. then go 1.9 miles to left on Buffalo Creek Rd for about 4 miles (note Buffalo Creek Rd takes a right turn at about 2.5 miles) to the trailhead on the left at Buffalo Creek Park.

**Meet At:** ING-HG

**Drive:** 28

**Elevation Gain:** 2150 ft.

**Blaze:** Blue, Red

**Map:** Buffalo Creek Trail Guide

**GPX file link:** [#200 Grey Rock via Weedpatch Trail](#)

Profile:



Trail Map:



## #201: Raven Cliff-Dismal-Naturaland Trust Loop (Strenuous 9.5 miles)

**Raven Cliff-Dismal-Naturaland Trust Loop: #201 (Strenuous 9.5 miles).** From parking lot, cross the road and follow Raven Cliff Falls trail (red). At about 2 miles and before the overlook, turn left on Dismal Trail (purple) for 1.5 miles until it T's with Naturaland Trust Trail (pink). At the T make a left onto Naturaland Trust (pink blaze) which is a nice hike in the woods with good trail conditions until around the 4 mile mark when it becomes a very long and difficulty rocky ascent with some very narrow trails to walk on. Naturaland Trust crosses Highway 276 at around mile 7 and continues to the Frank Coggins Trail and you will slowly make your way back to the parking lot.

**Trailhead Access:** Leaving Fresh Market turn right onto White St. then left on Kanuga Rd. Follow and turn left on DuPont Rd. (which later becomes Staton Rd.) Go 5.6 miles to Cascade Lake Rd. Turn left and proceed 2.5 miles to Rte. 276. Turn left and proceed 3.3 miles to parking lot "B" on the left. SC park fee.

**Meet At:** FM

**Drive:** 20

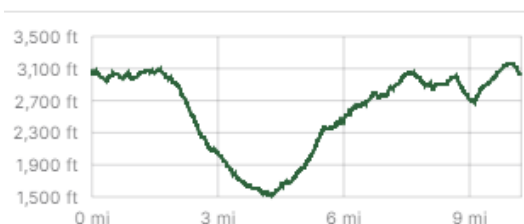
**Elevation Gain:** 2220 ft.

**Blaze:** Red, Purple, Pink, Purple, Blue, Orange

**Map:** Mountain Bridge Wilderness

**GPX file link:** [#201 Raven Cliff-Dismal-Naturaland Loop](#)

**Profile:**



**Trail Map:**



## #202: Jones Gap-Bill Kimball-Coldspring Branch (Strenuous 9 miles)

**Jones Gap-Bill Kimball-Coldspring Branch: #202 (Strenuous 9 miles).** This strenuous 9 miles hike begins at the Jones Gap State Park and continues into Caesar's Head State Park. Start on Jones Gap Trail (blue, then) take a short connector trail (orange) to Bill Kimball Trail (pink) and then a left onto Coldspring Branch Trail (orange) which then leads back to the Jones Gap Trail. Bill Kimball Trail is a very steep ascent with several water crossings. SC park fee

**Trailhead Access:** Rte. 225 south to Rte. 25S. Turn right on Gap Creek Rd. At the end of the road turn right and proceed to the Jones Gap State Park

**Meet At:** FM

**Drive:** 20.5

**Elevation Gain:** 1758 ft.

**Blaze:** Blue, Orange, pink, orange

**Map:** Mountain Bridge Wilderness

**GPX file link:** [#202 Jones Gap-Bill Kimball-Coldspring](#)

**Profile:**



**Map:**



## #203: Sassafras Mountain to Table Rock State Park (Mod/Strenuous 10.7 miles)

**Sassafras Mountain to Table Rock State Park: #203 (Mod/Strenuous 10.7 miles).** Car switch. Begin at the summit of Sassafras Mtn and follow Foothills trail which for the first 5 miles is a lovely walk in the woods with great views. At about 5.5 miles climb to Bald Knob Overlook where you can have lunch and enjoy the view. Continue down Pinnacle Trail for 4 miles to the parking lot. Two possible side trips can make it more strenuous. 1) Mills Creek Falls 2) Climb to summit of Pinnacle Mtn before you get to the Bald Knob overlook. Or to make the hike difficult begin hike from Table Rock State park and follow Pinnacle Trail or with enough people do hike as a key switch.

**Trailhead Access:** Rte. 225 S through Flat Rock to 25 south to Rte. 11 west. At 35.9 mi (just after crossing a small lake) turn right and then right again after ½ mile into west entrance to Table Rock State Park. Proceed 1 mile and park in the large lot near the Nature Center and the lake. SC park fee. Drop car here then drive to summit of Sassafras Mountain. Head SW on SC 11 S for 4.1 miles. Turn right on US 178 for 7.2 miles. Turn right onto Sassafras Mtn Road for 4.7 miles and park car. Trailhead is well marked.

**Meet At:** FM

**Drive:** 37.4 to Table Rock+16 to Sassafras Mtn

**Elevation Gain:** 2037 ft. Descent 4357 ft.

**Blaze:** Yellow, white

**Map:** Foothills Trail, Table Rock State Park

**GPX file link:** [#203 Sassafras Mtn to Table Rock St. Park](#)

**Profile:**



**Map:**



## #204: Chestnut Ridge Heritage Preserve SC (Easy/Moderate 5.7 miles)

**Chestnut Ridge Heritage Preserve SC: #204 (Easy/Moderate 5.7 miles).** In and out hike. The trail leads from the parking lot on Oak Grove Rd, up the south side of Squirrel Mtn with views of Chestnut Ridge and then descend the north side, ending at the South Pacolet River. Great spot to enjoy a snack! The trail passes through different forest habitats and logging roads and has several wooden stairs to climb. Spring wildflowers are visible on the trail.

**Trailhead Access:** From FM turn right on Hwy 225, right on 25 S. towards Greenville. Follow to exit at Hwy 11 Cleveland/Gowensville on the right. Turn right at stop sign to go north on SC 11. Go 10.3 miles, pass the Cliffs at Glassy, turn left (NE) onto Oak Grove Rd. for 1 mile. Parking area is on your left, as the preserve has frontage along Oak Grove Rd. Parking for about 10 cars, no entry fee.

**Meet At:** FM

**Drive:** 30

**Elevation Gain:** 860 ft.

**Blaze:**

**Map:** Chestnut Ridge Heritage Preserve

**GPX file link:** [#204 Chestnut Ridge Heritage Preserve SC](#)

**Profile:**



**Trail Map:**



## #205: Winding Stair Gap to Siler Bald via the AT (Strenuous 9.3 miles)

**Winding Stair Gap to Siler Bald via the AT: #205 (Strenuous 9.3 miles).** Trailhead is across Hwy 64 a few hundred yards where you will see a metal gate along with the white blaze for the AT. In and out hike should be done on a clear day in spring or fall. The hike takes you through the woods on a moderate but steady climb. Take a sharp left to begin the real grind of a climb on the last stretch of the hike to the bald with a spectacular 360 degree view. Return the way you came.

**Trailhead Access:** I-26 to I-40 W. Exit #27 23/74 to Waynesville. Merges to 23/441S. Merges to Hwy 64 to Winding Stair Gap parking on left

**Meet At:** MRCVS

**Drive:** 89

**Elevation Gain:** 1850 ft.

**Blaze:** White

**Map:** Nantahala National Forest

**GPX file link:** [#205 Winding Stair Gap to Siler Bald](#)

**Profile:**



**Map:**



## #206: Paris Mountain Loop (Strenuous 13.4 miles)

**Paris Mountain Loop: #206 (Strenuous 13.4 miles)** Trail starts at Mountain Creek (Orange) for about 1.3 miles then take the Sulfur Springs Connector Trail (black and white) for 1.4 miles. Two small water crossing around mile 2. Continue on Sulfur Springs (White) where the trail becomes a bit narrow and will take you to Brissy Ridge (Yellow). Follow Brissy Ridge for 1.5 miles to Pipsissewa (Aqua/Green) around the reservoir, a good place for lunch. Follow Northlake Trail (Blue) to the right around the lake to Kanuga (Red) where you will turn right for about 2 miles. When you get to Brissy Ridge make a right and continue on to Sulfur Springs and back to Mountain Creek which will take you to the parking lot.

**Trailhead Access:** 225 South to US 25S. Go 27.5 miles to State Park Rd (3<sup>rd</sup> traffic light in Travelers Rest). Left on State Park Rd for 8 miles (follow signs to park) to hard right turn on State Park Rd. Enter park and drive past the Park Center and park above. Trail head starts at Mountain Creek.

**Meet At:** FM

**Drive:** 40

**Elevation Gain:** 1487 ft.

**Blaze:** Orange, white, yellow, aqua, blue, red

**Map:** Paris Mtn State Park

**GPX file link:** [#206 Paris Mountain Loop](#)

**Profile:**



**Map:**



## #207: Strawberry Gap (Easy/Mod 5.2 miles)

**Strawberry Gap: #207 (Easy/Mod 5.2 miles)** In and out hike up to Blue Ridge Pastures. The first mile has most of the climbing then gentle ups and downs. About half way up is an overlook at Ferguson Peak with nice views of the Blue Ridge Mountains and at the top enjoy views of the Hickory Nut Gorge, Bearwallow Mountain and Little Pisgah. Return the way you came.

**Trailhead Access:** East on Rte. 64 to left on Rte 74A in Bat Cave. About 2 miles past the Florence Nature Preserve parking area is the parking area for Strawberry Gap trail on the left.

**Meet At:** ING-HG

**Drive:** 18

**Elevation Gain:** 1285 ft.

**Blaze:** Blue

**Map:** Upper Hickory Nut Gorge

**GPX file link:** [#207 Strawberry Gap](#)

**Profile:**



**Trail Map:**



## #208: Trombatore-Strawberry Gap Trails (Strenuous 10.3 miles)

**Trombatore-Strawberry Gap Trails: #208 (Strenuous 10.3 miles)** This hike combines #89 Trombatore Trail and #207 Strawberry Gap. Start from the Trombatore trailhead (red) on Bearwallow Mtn Road for 2.5 miles to the top of Blue Ridge Pastures. Follow the signs for Strawberry Gap trailhead (blue) and hike 2.6 miles to the parking lot on Rte. 74A. Retrace your steps up Strawberry Gap to a snack spot at Ferguson Peak for great views, then follow the trail back to Blue Ridge Pastures and continue on the Trombatore Trail back to the cars.

**Trailhead Access:** Go east on Rte. 64 into Edneyville to left on Fruitland Road. Slight left on Old Clear Creek Road for 3.3 miles. Left on Bearwallow Mountain Road 3.7. Turn right to stay on Bearwallow Mountain Road. 1.2 mi to destination. NOTE this is also parking for hiking Bearwallow Mountain.

**Meet At:** ING-HG

**Drive:** 17

**Elevation Gain:** 2416 ft.

**Blaze:** Red/Blue

**Map:** Upper Hickory Nut Gorge

**GPX file link:** [#208 Trombatore-Strawberry Gap](#)

**Profile:**



**Trail Map:**



## #209: DuPont Bridal Veil- 3 Lakes (Easy/Moderate 6.5 miles)

**DuPont Bridal Veil-3 Lakes: #209 (Easy/Moderate 6.5 miles)** From the Visitors Center Parking lot go to kiosk at end of parking lot on the left. Start on High Falls Loop Trail. Cross over to second trail left continue on High Falls Loop Trail. Turn right on Covered Bridge Trail, crossing the covered bridge. Turn right on Conservation Rd. for a short distance. Turn left on Three Lakes Trail. You will cross over Joanna Rd, then you will pass Lake Dense, then Lake Alford. You will be back on Conservation Road. Turn left for a short distance, cross the bridge and continue up to the Lake Julia Spillway. Walk along the brim of the dam, back down to Conservation Rd. turning left. Turn right on Bridal Veil Falls Rd and have a snack at the falls. Go back on Bridal Veil Falls Rd., left on Conservation Rd and right up to Lake Julia Spillway. Back to Conservation Rd, turn right on Joanna Road. Turn left on Three Lakes Trail, right on Conservation Road to the covered bridge. Turn right on Covered Bridge Trail. Left on High Falls Loop Trail and retrace your steps back to the Visitors Center.

**Trailhead Access:** Leaving FM turn right on White St and left on Kanuga Rd. At 11.3 miles turn left on Staton Road (DuPont) and go 4 miles further to DuPont Visitors Center parking lot on your left. As you make the upper loop and come to park, please park on the right side as you would be leaving the Center and close to the road and restrooms.

**Meet At:** FM

**Drive:** 15.3

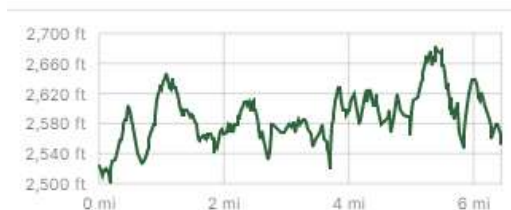
**Elevation Gain:** 385 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#209 DuPont Bridal Veil-3 Lakes](#)

**Profile:**



**Trail Map:**



## #210: Coontree-Buckwheat-Club Gap (Strenuous 9.7 miles)

**Coontree-Buckwheat-Club Gap: #210 (Strenuous 9.7 miles).** Follow Coontree Loop (blue) taking the right fork where it splits to Bennett Gap Trail (red). Left on Bennett Gap Tr to its end, crossing FR477 to find Buckwheat Knob Trail (yellow) to intersection with Club Gap Trail. Return the way you came with a few nice spots to have a snack. Great winter ridge hike.

**Trailhead Access:** Rte. 276 North 3.3 miles to Coontree Picnic and parking area on left. Trailhead is across the road

**Meet At:** PRS

**Drive:** 3.3

**Elevation Gain:** 2448 ft.

**Blaze:** Blue/Red/Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#210 Coontree-Buckwheat-Club Gap](#)

Profile:



Trail Map:



## #211: Wildcat Rock-Strawberry Gap (Strenuous 11.1 miles)

**Wildcat Rock-Strawberry Gap: #211 (Strenuous 11.1 miles).** This is a car switch. Travel to Strawberry Gap parking lot leaving a car and return to Florence Nature Preserve parking. Cross road to Wildcat Rock trailhead (orange). At about 2 miles take spur trail on left to the Wildcat Rock Overlook. Continue on Wildcat Rock Trail through meadow to the top of Bearwallow Mtn. Follow Bearwallow Mtn. Trail to the beginning of Trambatore Trail. Follow this to the top and then connect to Strawberry Gap Trail back to parking lot

**Trailhead Access:** East on 64 to Rte. 74A. Left on 74A to Strawberry Gap parking lot on left, about 5 miles

**Meet At:** ING-HG

**Drive:** 22

**Elevation Gain:** 2525 ft.

**Blaze:** Orange

**Map:** Hickory Nut Gorge

**GPX file link:** [#211 Wildcat Rock-Strawberry Gap](#)

Profile:



Trail Map:



## #212: Eagle Rock – Gray Rock (Strenuous 9.6 miles)

**Eagle Rock – Gray Rock: #212 (Strenuous 9.6 miles).** In an out hike with serious uphill climb on return. Go through the gate and follow the maintenance rd up towards Eagle Rock. Follow signs for Weed Patch Mtn Trail (Red blaze starts at #281). Trail has a number of switchbacks with some shallow water crossings. One interesting rock formation is Flapjack Rock near the halfway point. Gray Rock is located at red blaze #141. Return the way you came and for a neat rock formation close to the Eagle Rock overlook turn left for the Tunnel Trail (a side trail that ends after the tunnel). The remainder of the hike is hard and steep. You will come to the sign indicating Eagle Rock Parking, then downhill to the cars.

**Trailhead Access:** Take US-64 E/Chimney Rock Rd for 12 miles. Turn left onto US 74 for 0.2 miles. Turn right onto NC-9N for 2.2 miles then right onto Shumont Rd for about 4.3 miles (Shumont Rd is very windy). Turn left when you come to a wooden street post indicating it is a Private Rd, then go through the next gate that has the Eagle Rock sign at Old Apple Wagon Rd. Parking available for about 5-8 cars.

**Meet At:** ING-HG

**Drive:** 19

**Elevation Gain:** 2008 ft.

**Blaze:** Red

**Map:** Weedpatch Mtn Trail Map

**GPX file link:** [#212 Eagle Rock - Gray Rock](#)

**Profile:**



**Trail Map**



## #213: Carver's Gap to Overmountain Shelter (Strenuous 11.7 miles)

**Carver's Gap to Overmountain Shelter: #213 (Strenuous 11.7 miles).** Cross the road and go E on the AT with a gradual climb and seasonal views of Rhododendrons and Flame Azaleas. Proceed along the ridgeline crossing Round Bald and Jane Bald. Continue along the AT winding through the "emerald forest" until you come to the intersection where you go right to follow the Blue blaze to the Red Barn/Overmountain Shelter where you can enjoy lunch with beautiful views. Follow the Blue Trail back to the intersection and turn left to follow the AT/white blaze back the way you came. Note the trip back is a bit more difficult with some long gradual rocky climbs.

**Trailhead Access:** I-26 W to I-240 (future I-26) toward Asheville. Move to left lane as you cross French Broad river bridge and take exit 4A – north on Rte. I-26, 19/23/70 to exit 9, US 19 N to Burnsville/Spruce Pine. Follow 19 to 19E to Spruce Pine and pick up NC 226 north toward Bakersville. In Bakersville pick up NC 261 and continue to the parking lot at Carver's Gap on the NC/TN state line.

**Meet At:** MRCVS

**Drive:** 83

**Elevation Gain:** 2260 ft.

**Blaze:** White, Blue

**Map:** AT Trail Guide, Carver's Gap

**GPX file link:** [#213 Carver's Gap to Overmountain Shelter](#)

Profile:



Trail Map



## #214: Pinch In to Conley Cove: WILDERNESS (Strenuous 5.8 miles)

**Pinch In to Conley Cove: WILDERNESS: #214 (Strenuous 5.8 miles).** Car switch taking a car to the Conley Cove TH and then returning to the Pinch In TH to begin the hike. Pinch In is a very steep descent into the Linville Gorge but well worth it for the views of the Chimneys, N Carolina Wall, Sphinx and Shortoff Mountain. Then follow the Linville River going North to the Conley Cove TH. Then begin the ascent back up to the Conley Cove TH parking lot.

**Trailhead Access:** From MRCVS to 25A to I-40E. Follow I-40E to Exit 90. Follow NC 126 N to Hwy 105 N to old Hwy 105 to the Pinch In trailhead

**Meet At:** MRCVS

**Drive:** 65

**Elevation Gain:** 1500 ft.

**Blaze:**

**Map:** Pisgah National Forest: Linville Gorge

**GPX file link:** [#214 Pinch In to Conley Cove](#)

Profile:



Trail Map:



## #215: Little Hump-Big Hump (Strenuous 9 miles)

**Little Hump-Big Hump: #215 (Strenuous 9 miles).** In and out hike with views of Grandfather Mtn, Table Rock, Hawksbill Mtn. and Linville Gorge. From Roaring Creek parking area, head up Overmountain Victory Trail (road) for  $\frac{3}{4}$  mile and make a sharp left taking you to Yellow Mountain Gap and the view of the Overmountain Shelter (red barn). At this intersection stay to the right for the Appalachian Trail. Continue thru the fields and forests and bear left to continue on the AT. The Little Hump Mountain is about 2 miles up the AT and has spectacular views. Then make the long climb to Big Hump to another bald summit (5587 ft.) where you can enjoy lunch or continue down to some boulders for another gorgeous lunch spot. Return the way you came.

**Trailhead Access:** Take I-26W to I-26/240 and take Exit 4A on the left. Stay on I-26W for 28 miles to Exit 9 US 19N toward Burnsville/Spruce Pine. In 11 miles stay straight on Hwy 19E to Spruce Pine for 34 miles, turning left on Roaring Creek Rd. Follow for 4.7 miles to Yellow Mountain Gap trailhead. Note the last 2 miles are unpaved and high clearance vehicles are recommended.

**Meet At:** MRCVS

**Drive:** 84

**Elevation Gain:** 2223 ft.

**Blaze:** White

**Map:** Roan Highlands

**GPX file link:** [#215 Little Hump-Big Hump](#)

**Profile:**



**Trail Map:**



## #216: Pinnacle Mountain Fire Tower (Moderate 9.9 miles)

**Pinnacle Mountain Fire Tower: #216 (Moderate 9.9 miles)** In and out hike with magnificent views from the 40 ft. fire tower atop Buffalo Mtn at 3,520 feet elevation. There is a gradual climb to the fire tower which is a good place for snack. Return the way you came.

**Trailhead Access:** From NC 280 get on I-26 W toward Asheville. Use the left 2 lanes to take I-26W/US 74 W ramp to Asheville. Keep right at the fork to continue on I-26 W following signs for I-26 W/Asheville/I-240. Take exit 4A on left for US 19/US23/US 70W/I-26 toward Weaverville. Take exit 32 for State Hwy 173 toward Unicoi Rd. Turn left onto State Hwy 173 then turn right onto Powder Hollow Rd. Arrive at location: Jack's Natural Playground. Trailhead is to the left of playground past the restrooms.

**Meet At:** MRCVS

**Drive:** 68

**Elevation Gain:** 1645 ft.

**Blaze:** Green diamond

**Map:** Cherokee Natl Forest/Unaka Ranger District

**GPX file link:** [#216 Pinnacle Mountain Fire Tower](#)

**Profile:**



**Trail Map:**



## #217: Foothills Trail to Virginia Hawkins Falls (Strenuous 10.7 miles)

**Foothills Trail to Virginia Hawkins Falls: #217 (Strenuous 10.7 miles)** Trail begins across from the parking lot. Numerous railroad tie steps up and down make hiking poles advantageous. Around the 5 mile mark you reach Virginia Hawkins Falls which is a good spot for lunch. Continue on the trail after lunch and make a right at the overgrown rugged forest road (it is easy to miss). Climb the forest road and at the top will cross a bridge. Turn right and continue to follow the white blaze back to the parking lot about 2.5 miles.

**Trailhead Access:** Drive through Brevard on US 64. Turn left on Old Rosman Highway. Make a left turn at the traffic light and follow Rte. 178 for 8.5 miles, then make a right on Laurel Valley Road. Follow that dirt road up about ¼ mile to the parking lot.

**Meet At:** ING-B

**Drive:** 20

**Elevation Gain:** 1950 ft.

**Blaze:** White

**Map:** Sasfras Mountain

**GPX file link:** [#217 Foothills Tr to Virginia Hawkins Falls](#)

**Profile:**



**Trail Map:**



## #218: Whitewater Falls to Sloan Bridge Picnic Area (Strenuous 11 miles)

**Whitewater Falls to Sloan Bridge Picnic Area: #218 (Strenuous 11 miles)** From Whitewater Falls parking area follow the trail down to the platform to view the falls. Then head up the steps and follow the white blaze along the Foothills Trail and follow the trail to the Sloan Bridge which is well marked and about 4.7 miles from the parking lot (after viewing the falls). Picnic area is located across the road with restrooms provided and a stream flowing in the background. Follow the Foothills Trail back to Whitewater Falls parking area.

**Trailhead Access:** Take Rte. 64 west past Brevard towards Cashiers, turn south (left) at 22.1 miles onto Rte. 281. Turn left at 8.5 miles on to Whitewater Falls Lane and turn right to park the car near Whitewater Falls

**Meet At:** ING-B

**Drive:** 33.7

**Elevation Gain:** 1850 ft.

**Blaze:** White

**Map:** Nantahala National Forest

**GPX file link:** [#218 Whitewater Falls-Sloan Bridge Picnic](#)

**Profile:**



**Trail Map:**



## #219: Graybeard Trail Extended Loop (Strenuous 10 miles)

**Graybeard Trail Extended Loop: #219 (Strenuous 10 miles)** Car switch with one car dropped at Swanee Dr. and going to the Graybeard Trailhead parking less than ½ mile apart. Park across the road from the Walk Jones Wildlife Sanctuary. Take the bridge across Flat Creek and follow the creek upstream, following Graybeard Trail (blue blaze). Bare right at the intersection with Harry Bryan Trail where the trail enters the Boggs Wilderness. The trail intersects the Old Trestle Road at Pot Cove Gap. Turn left and follow the trestle switchbacks, passing Graybeard Falls along the way. After switchbacks go left up a steep incline to a shelter and turn left on Walker's Knob Trail to Walker's Knob for a great view of the entire Montreat Valley. Retrace your steps back to the shelter and continue up on Graybeard Trail to the summit of Graybeard Mt. For lunch. Return on Graybeard Trail to the intersection with West Ridge Trail (Gray blaze). Ignore the caution sign for this trail as it is very hike able. Follow this to a left turn on Big Piney Ridge Trail (orange blaze). Follow to a left on Lower Piney Trial (blue) and back to the driver's car on Swanee Dr.

**Trailhead Access:** From MRCVS take I-26 W to I-40 E to Black Mountain/Montreat exit #64 (Rte. 9) and go left into town, past Tyson's furniture and on into Montreat. Keep following Assembly Rd. past lake and continue straight on Graybeard Rd. where Assembly Rd turns right. Road ends at parking area where the trail begins.

**Meet At:** MRCVS

**Drive:** 31

**Elevation Gain:** 2352 ft.

**Blaze:** Blue, Gray, Orange, Blue

**Map:** Montreat

**GPX file link:** [#219 Graybeard Tr. Extended Loop](#)

**Profile:**



**Map:**



## #220: Trombatore-Strawberry Gap one way (Moderate 5.2 miles)

**Trombatore-Strawberry Gap one way: #220 (Moderate 5.2 miles)** Car switch combining #89 Trambatore Trail and #207 Strawberry Gap. Start from the Trombatore trailhead (red) on Bearwallow Mtn Road for 2.5 miles to the top of Blue Ridge Pastures. Follow the signs for Strawberry Gap trailhead (blue) and hike 2.6 miles to the parking lot on Rte. 74A. Potential break spots at Blue Ridge pastures or Ferguson point on the way down Strawberry Gap trail

**Trailhead Access:** East on Rte. 64 to left on Rte. 74A in Bat Cave. About 2 miles past the Florence Nature Preserve parking drop a car at Strawberry Gap parking area on the left. After dropping a car return on Rte 74A going east for about 0.9 miles and turn right onto Bearwallow Mountain Rd. The Trombatore Trailhead will be 2 miles down the road. If cars are driving directly to Trambatore TH from Ingles, go east on Rte. 64 into Edneyville to left on Fruitland Road. Slight left on Old Clear Creek Road for 3.3 miles. Left on Bearwallow Mountain Road 3.7. Turn right to stay on Bearwallow Mountain Road. 1.2 mi to destination.

**Meet At:** ING-HG

**Drive:** 20

**Elevation Gain:** 678 ft. **Descent** 1403 ft.

**Blaze:** Red/Blue

**Map:** Upper Hickory Nut Gorge

**GPX file link:** [#220 Trambatore-Strawberry Gap one way](#)

**Profile:**



**Trail Map**



## #221: Pilot Cove Slate Rock Loop (Strenuous 8.9 miles)

**Pilot Cove Slate Rock Loop: #221 (Strenuous 8.9 miles)** This hike has everything including great trails, scenery including amazing views from Slate Rock outcrop, along with some strenuous climbs, steep descents with plenty of rocks and roots in places. There are a few water crossings so poles are recommended. Start at Pilot Cove Loop trailhead. About 1/10 mile in, bear left at fork onto Pilot Cove Slate Rock trail. At about 1.1 miles, turn left onto Pilot Cove Road until 1.6 miles bear right on Pilot Connector and make your way up the climb on Pilot Rock (blue blaze) for another 3 miles (cumulative distance 4.2 miles) where you will then take Laurel Mountain Connector (orange blaze). At mile 4.5 take a right onto Laurel Mountain trail shortly after which you will come to a flat camping area which is a good lunch stop. At mile 5.7 depart Laurel Mountain trail for Slate Rock Connector. Continue down the steep trail until mile 6.5 where you will turn right onto the Pilot Cove trail until the top of the climb is reached. Then take a left onto the Pilot Cove Loop (no blazes here). Continue on Pilot Cove Loop trail to a large rock outcrop at about mile 7.5. From here follow the trail down to the cars.

**Trailhead Access:** From PRS take US 276 N for 10 miles to Forest Rd #1206/Yellow Gap Road on right. Take Yellow Gap for 5.2 miles to the Pilot Rock Trailhead on the left. There is parking for a few cars at the trailhead as well as on the opposite side of the road

**Meet At:** PRS

**Drive:** 17

**Elevation Gain:** 2340 ft.

**Blaze:** Blue/Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#221 Pilot Cove Slate Rock Loop](#)

**Profile:**



**Trail Map:**



## #222: Daniel Ridge-Shuck Ridge Creek-Sassafras Knob (Strenuous 12.7 miles)

**Daniel Ridge-Shuck Ridge Creek-Sassafras Knob: #222 (Strenuous 12.7 miles).** Start along the Davidson River from the parking lot. A quick ½ mile walk to view a 150 ft waterfall is recommended. Head back the same way and turn right to head up to Daniel Ridge Loop Trail (red). At mile 2.8 from the TH, cross the right fork of the Davidson River and proceed onto Farlow Gap (blue blaze) to Daniel Ridge Creek at mile 4.2 from the TH. The next water crossing will be at the Shuck Ridge Creek waterfall at about mile 5 from the TH. Cross the falls and then the climb begins. It is steep and rocky for about 1 mile until you reach the ridge at the intersection of the Art Loeb trail. Nice place for lunch break. Continue to follow Art Loeb trail to the south (left at intersection) and when crossing the Deep Gap forest service road stay to the right for Art Loeb up to Sassafras Knob for about another 2/3 mile or so. The return trip is steep and rocky downhill. At the intersection with the Daniel Ridge Loop trail after recrossing the right fork of the Davidson River, follow the trail along the Davidson River to the TH.

**Trailhead Access:** Rte. 276 north 3.8 miles to the Fish Hatchery Road. Go past the Fish Hatchery to FS R. 475, continue on passing the Cove Creek parking area to the Daniel Ridge trailhead on the right at 7.8 miles.

**Meet At:** PRS

**Drive:** 7.8

**Elevation Gain:** 3060 ft.

**Blaze:** Red/Blue/Red

**Map:** Pisgah Ranger District

**GPX file link:** [#222 Daniel Ridge-Shuck Ridge Creek](#)

**Profile:**



**Trail Map**



## #223: Pinnacle Peak-Blackrock (Strenuous 10.7 miles)

**Pinnacle Peak-Blackrock: #223 (Strenuous 10.7 miles)** From the parking area begin the ascent up the trail and continue onto the West Fork Trail (formerly a fire road) for about 2+ miles. Trail is rocky with loose stones. About a half mile up pass Split Rock on the right. Stay left at the East Fork junction to follow the trail up to Pinnacle Peak and follow that up a ways then make your way down the rocky narrow outcrop for panoramic views and a good place for snack/lunch. Return the way you came and at the intersection follow signs for Blackrock Mountain. Stay left and the trail will take you about 0.6 miles where you make a sharp left for a serious climb up to Blackrock (it is the second large bolder). Again magnificent views before the return trip back to the car. Follow the trail down and continue to the intersection where you can either take the East Fork Trail with very steep descents or take the West Fork Trail that you came up with is quite rocky.

**Trailhead Access:** From 280 E get on I-26 W/US-74W Follow US-74W and I-40W to US-74W/Great Smoky Mtn Expy in Haywood County. Take exit 27 from I-40 W toward 19/US-23/Clyde/Waynesville/Maggie Valley. Follow US 74W/Great Smoky Mtn Expy for about 21 miles and make a right onto Steeple Rd then turn left onto Skyland Dr, then a right onto Fisher Crk Rd in Jackson County. Parking is at the trailhead.

**Meet At:** MRCVS

**Drive:** 55

**Elevation Gain:** 3000 ft.

**Blaze:** White to Blackrock Mtn

**Map:** Pisgah Ranger District

**GPX file link:** [#223 Pinnacle Peak-Blackrock](#)

Profile:



Trail Map



## #224: Big Bald Mountain via Street Gap-AT (Strenuous 9.5 miles)

**Big Bald Mountain via Street Gap-AT: #224 (Strenuous 9.5 miles)** Follow Street Gap Trail up the road and turn right and follow the AT (white blaze) all the way to the top of the bald with 360 views of NC and TN mountains. Return the way you came. Hike is best done in late fall or early spring and a clear day is a must. Note: the hike can also be done from Sam's Gap Trailhead to add an additional 3 miles to the hike. See below for directions to the alternate trailhead.

**Trailhead Access:** I-26 W to exit 3 (US 23A/Wolf Laurel). Turn onto 23 ALT south and drive 0.7 miles turning left onto Laurel Valley Rd. Drive 0.2 miles then turn left onto NC 1502/Puncheon Fork Rd and drive 5 miles. Continue onto Street Gap Rd and drive 0.6 miles to the trail crossing. Note that Street Gap turns into a dirt road. Bear left at the 3 way fork and follow rd up or park on the side. 4 wheel drive a must. If doing hike from Sam's Gap Trailhead after turning rt onto US23ALT S go 0.1 mile and turn left onto Flag Pond Rd and parking is a few hundred ft ahead on both sides.

**Meet At:** MRCVS

**Drive:** 50

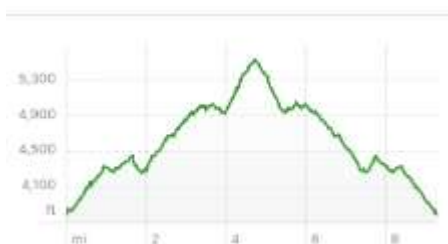
**Elevation Gain:** 2038 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#224 Big Bald Mtn via Street Gap](#)

**Profile:**



**Trail Map**



## #225: Bethel via Shelton Trail (Strenuous 9.8 miles)

**Bethel via Shelton Trail: #225 (Strenuous 9.8 miles)** From the parking lot the cold Mountain Gap Trailhead begins behind the information board on the right at the end of the road. Follow Panthertown Valley TR 474 which turns into Greenland Rd 4673. At 1.1 mile Devil's Creek trail turns off to the right. The trail will descend and pass through an open forest where you pick up the Shelton Trail which basically disappears around the 3 mile marker so it is imperative to follow a gps track as the trail was difficult to find. The trail will come to the first overlook on the Shelton Pisgah Mountain. From this point continue along the trail and you will come to a sign for Bethel Sanctuary. Make a sharp left to take the trail up along a steep narrow trail to a fabulous overlook. Return the way you came.

**Trailhead Access:** 64-W for 16 miles to Blue Ridge Rd in Lake Toxaway. Turn right on Blue Ridge Rd. Left onto Cold Mountain Rd for about 6 miles then a left onto Panthertown Rd. Follow the dirt road and turn right onto Hogback Spur A at Cold Mountain Gap where there is plenty of parking

**Meet At:** ING-B

**Drive:** 22

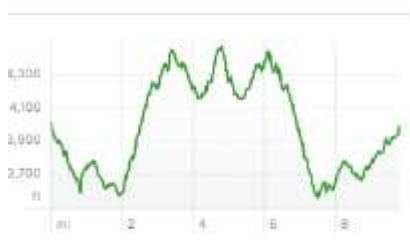
**Elevation Gain:** 1879 ft.

**Blaze:** A few pink

**Map:** Natahala/Panthertown Valley Backcountry

**GPX file link:** [#225 Bethel via Shelton Trail](#)

**Profile:**



**Trail Map:**



## #226: Fork Mountain-Black Balsam WILDERNESS (Strenuous 9.8 miles)

**Fork Mountain-Black Balsam WILDERNESS: #226 (Strenuous 9.8 miles)** This hike is a car switch. Cross the East Fork of the Pigeon River and follow the river on the Fork Mountain Trail for about 0.4 miles where you will soon start a steep climb with switchbacks of over 2 miles. At the top of the climb there will be a sharp right turn, staying on Fork Mountain Trail toward Ivestor Gap. Some sections of trail are overgrown and may be challenging to find. At mile 6.9 arrive at the intersection with the FR leading to Ivestor Gap. Turn left here and follow for about 250 ft before turning right to join the Art Loeb trail towards Tennent Mountain. Traverse Tennent Mtn and Black Balsam to arrive where the car(s) are dropped at Black Balsam-Art Loeb TH.

**Trailhead Access:** Rte. 276 N 13.4 miles to BRP S (left turn) At 22.4 miles turn right on FR 816 (Black Balsam Knob Rd). Drive 0.7 miles and drop a car (Art Loeb-Black Balsam TH). Return to BRP and turn right. In 3.1 miles turn right onto NC 215 and drive 8.3 miles, parking at the Fork Mtn TH just before the Sunburst Campground.

**Meet At:** PRS

**Drive:** 35

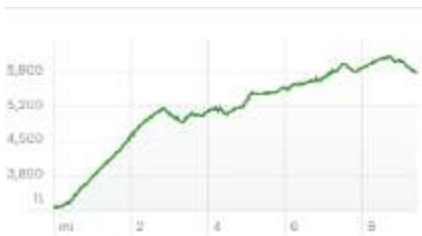
**Elevation Gain:** 3690 ft.

**Blaze:** White on Art Loeb, none in wilderness

**Map:** Pisgah Ranger District

**GPX file link:** [#226 Fork Mountain-Black Balsam](#)

**Profile:**



**Trail Map:**



## #227: Devil's Fork Gap to Shelton Graves via the AT (Strenuous 13 miles)

**Devil's Fork Gap to Shelton Graves via the AT: #227 (Strenuous 13 miles).** Cross the street and head up the AT. There are several overlooks along the way. Trail can be steep and rocky in both directions. Pass the Flint Mountain Shelter at about 2.7 miles. . At 4 mile mark begins a long climb up Cold Spring Mountain. As you go through the forest note a sign on your left for the historic gravesite (Shelton Laurel Massacre) with 4 gravestones. Continue on and have lunch at an open campsite. Head back a bit on Big Butt road (washed out and muddy) to the grave sites where you pick up the AT heading back to the car. Poles recommended.

**Trailhead Access:** Take I-26 W to exit 4A for US 19/US 23/US 70W/I-26 toward UNC Asheville/Weaverville. Follow 26 W for about 27 miles entering TN. Take exit 50 toward Flag Pond Road. Turn left onto Upper Higgins Creek Road and make a right onto Old Asheville Hwy. Drive 2 miles and make a left onto TN 352. Drive about 4 miles and parking for AT will be on your left (parking for about 8 cars). Trailhead is across the street and heads up the mountain

**Meet At:** MRCVS

**Drive:** 57 miles

**Elevation Gain:** 1900 ft.

**Blaze:** White

**Map:** Pisgah National Forest

**GPX file link:** [#227 Devil's Fork Gap to Shelton Graves](#)

**Profile:**



**Trail Map:**



## #228: Sams Gap to Devils Fork /Devils Fork to Sams Gap (Strenuous 9 miles)

**Devil's Fork to Sam's Gap (AT): #228 (Strenuous 9 miles).** This hike has it all with 4 water crossing, switchbacks, good climbs and descents and beautiful ridgeline trails through the forest. During the fall and winter months you have some gorgeous views of the mountains. Recommend poles be taken although the trail is in good shape.

**Trailhead Access:** Car switch. Drop the first car at Sam's Gap trailhead. From CVS Mills River Take I-26 W to Exit 3 Wolf Laurel (about 45 miles). Turn left and go 3 miles to the parking area near the 1-26 underpass.

Park the Second car at The Devil's Fork Trailhead. Take I-26W to exit 50.

Flag Pond Road and turn right onto the ramp to Upper Higgins Creek. Turn left on Upper Higgins Creek Road. Continue right onto Old Asheville Hwy for about 2 miles. Turn left onto TN352 W for about 3 miles and the parking lot will be on your left (as will the trailhead with wooden steps through the fence

**Meet At:** MRCVS

**Drive:** 57 miles

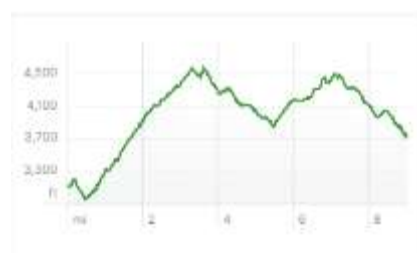
**Elevation Gain:** 2300 ft.

**Blaze:** White (AT)

**Map:** Cherokee National Forest National Forest

**GPX file link:** [#228 Devils Fork to Sam's Gap \(AT\)](#)

**Profile:**



**Trail Map:**



## #229: Sassafras Mtn to Whiteoak and Bigspring Mtn (Strenuous 7.3 miles)

**Sassafras Mtn. to Whiteoak and Bigspring Mtn: #229 (Strenuous 7.3 miles).** In and out hike following the Foothills Trail down into Sassafras Gap, passing over Whiteoak Mtn (3287 ft) and onto Bigspring Mtn (3136 ft). Parts are very strenuous. One mile is a lovely walk through the woods. Lunch can be had at top of Bigspring Mtn. Be prepared for steep climbs back up to Sassafras. Suggest poles and hike should be done in early spring and fall when weather is cooler.

**Trailhead Access:** From Ingles, drive through Brevard on US 64. At 8.3 mil turn left on Old Rosman Hwy. At 12.6 miles turn left at the traffic light and follow Rte. 178 for about 9 miles. Make a left at Sassafras Mtn road and drive about 1.3 miles to the parking lot.

**Meet At:** ING-B

**Drive:** 23 miles

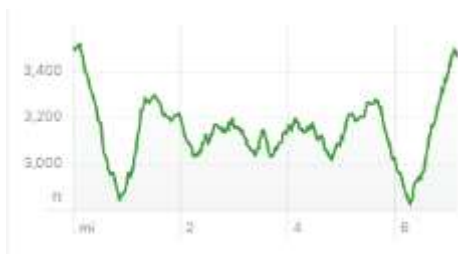
**Elevation Gain:** 1631 ft.

**Blaze:** Blue

**Map:** Headwaters State Forest

**GPX file link:** [#229 Sassafras to Bigspring Mtn](#)

Profile:



Trail Map:



## #230: FHT-Ellicott Rock-East Fork (Mod/Strenuous 9 miles)

**FHT-Ellicott Rock-East Fork: #230 (Mod/Strenuous 9 miles).** Car switch hike. With an optional spur, the hike can be up to 12.4 miles. Beautiful hike following the Foothills Trail (white blaze) along the Chattooga River. Continue onto the Foothills Chattooga Connector (Blue blaze) as it enters the Sumter Wilderness. There are several stream crossings. An option is to continue along the trail for about 2 miles in search of the Ellicott Rock where an infamous boundary dispute between NC, SC, and GA exists. Return the same way but take the East Fork Tr. back to the Fish Hatchery parking lot.

**Trailhead Access:** Take Rte. 64 west through Brevard for about 18 miles. Turn left onto Whitewater Rd. in Lake Toxaway. Take this for 9.7 miles and make a right onto State Rd 537-413 for 2.2 miles. Make a left onto SC 107S. Take this for 2.3 miles and make a right onto Fish Hatchery Rd. Drop a car at Fish Hatchery which is where the hike ends. Return to trailhead which is about 1.6 miles back from the Fish Hatchery the way you came in.

**Meet At:** ING-B

**Drive:** 35 miles

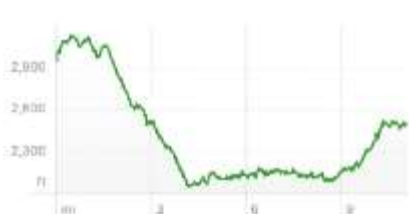
**Elevation Gain:** 915 ft.

**Blaze:** White, blue

**Map:** Ellicott Rock Wilderness

**GPX file link:** [#230 FHT-Ellicott Rock-East Fork](#)

Profile:



Trail Map



## #231: Bent Creek-Hard Times Trail (Easy 4.3 miles)

**Bent Creek-Hard Times Trail: #231 (Easy 4.3 miles).** Loop hike beginning at the Bent Creek River Park. Proceed under the bridge and across the highway to the Shut-In Trail. At 1.7 miles stay left (no sign). Enjoy views across the French Broad to the Biltmore Estate. Turn right on Hard Times Rd. Go through the Arboretum gate and cross bridge over Bent Creek. Turn right through another gate into the Arboretum lower parking lot. Proceed through the lot and along Arboretum driveway. Cross Parkway access road and turn left on the trail to return to the parking lot.

**Trailhead Access:** Rte. 280 E to 191 N (left) to the parking at Bent Creek River Park, across from the entrance to BRP and Arboretum.

**Meet At:** MRCVS

**Drive:** 8.6 miles

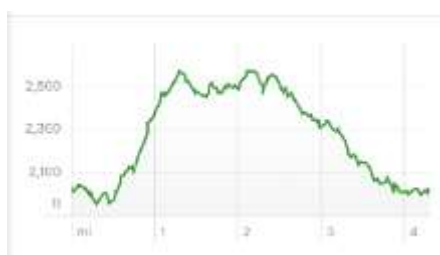
**Elevation Gain:** 640 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#231 Bent Creek-Hard Times Trail](#)

**Profile:**



**Trail Map:**



## #232: Rice Pinnacle Double Loop (Strenuous 10.2 miles)

**Rice Pinnacle Double Loop: #232 (Strenuous 10.2 miles).** This is a double loop without a lot of elevation gain. The trailhead enters the woods alongside the large kiosk at the parking area. Follow the trail which turns into the Deer Lake Lodge Trail (orange) TR #664 and FSR#491A. Follow this and continue onto Wolf Branch Trail (yellow) TR #666. Turn right onto Ledford Trail (blue) and take a right on to North Boundary Rd (unblazed) through Mease Gap and Sheep Gap. Make a sharp left and follow Ingles Field Gap Trail (blue). Follow that and take FR 479E Ledford Branch. Make a left onto Wolf Branch Trail (yellow) to complete the first loop. Take a right on to Deer Lake Lodge Trail (orange). Follow that to FR 479 (Hard Times Road) to Hard Times Connector Trail (orange) back to the parking lot.

**Trailhead Access:** From MRCVS take 280 east 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn left onto Bent Creek Ranch Rd. (first light past BRP entrance). Go 1.4 miles, turn right into the Rice Pinnacle parking lot.

**Meet At:** MRCVS

**Drive:** 11 miles

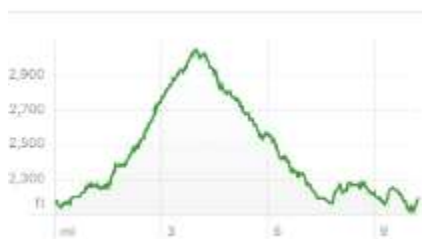
**Elevation Gain:** 1300 ft.

**Blaze:** Orange / Blue / Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#232 Rice Pinnacle Double Loop](#)

**Profile:**



**Map:**



## #233: North Carolina Arboretum Extended (Easy/Moderate 7 miles)

**North Carolina Arboretum Extended: #233 (Easy/Moderate 7 miles).** From Hard Times parking area turn left on Bent Creek Rd. After entering Arboretum via the gate, find Creekside Tr on the right. Follow Creekside Tr to intersection with Bent Creek Rd. Turn right on Rocky Cove Road and follow to Owl Ridge Rd. Continue on Owl Ridge Rd. to junction with Hard Times Rd. Follow Hard Times Rd to Old Mill Trail and go left, then a quick right on Bent Creek Rd. to Wesley Branch Tr to Natural Garden Trail. Follow to Education Center for a break. Resume on Carolina Mountain Tr. to Bent Creek Rd and return to parking area

**Trailhead Access:** From MRCVS take 280 east 1.2 miles to Rte. 191 north (left). Pass stoplight on 191 at BRP entrance. Turn left at next light. Keep left at fork. Hard Times parking lot is on the left.

**Meet At:** MRCVS

**Drive:** 15 miles

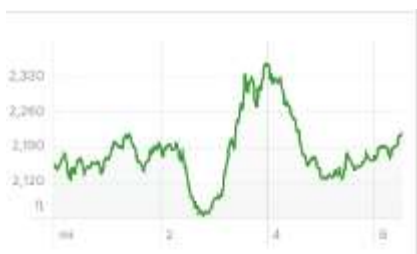
**Elevation Gain:** 650 ft.

**Blaze:** None

**Map:** Arboretum Trail Map

**GPX file link:** [#233 NC Arboretum Ext.](#)

Profile:



Trail Map



## #234: Green Knob-Mt. Hardy WILDERNESS (Strenuous 11 miles)

**Green Knob-Mt. Hardy WILDERNESS: #234 (Strenuous 11 miles).** In and out wilderness hike GPS app is recommended due to difficulty finding trails as it enters the Middle Prong Wilderness. From parking lot, follow unblazed Green Mtn Trail as it meanders through open fields. There are numerous water crossings as you make your way to the top of Green Knob. Return the same way with an option to climb to Mt. Hardy. Summit hikers can make a right from Green Mtn Trail after about 2 mile onto the Mount Hardy Trail to the summit. Return the same and follow Mt. Hardy Trail and connect to Green Knob Trail back to the cars. Good spring hike for great views. Poles recommended

**Trailhead Access:** Rte 276 N to BRP south (left) and go 11.5 miles. Turn right onto NC 215 ramp and left onto NC 215 (signs for Canton). Drive ½ mile and large parking lot is on the left but a smaller lot is a few yards down on the left where you can gain access to the trailhead. Destination will be on the left.

**Meet At:** PRS

**Drive:** 25 miles

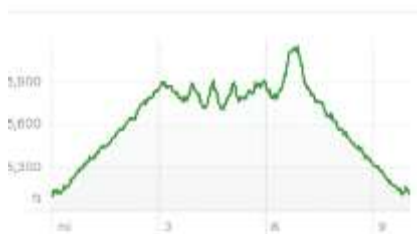
**Elevation Gain:** 1700 ft.

**Blaze:** None

**Map:** Middle Prong Wilderness

**GPX file link:** [#234 Green Knob-Mt. Hardy](#)

Profile:



Trail Map



## #235: Chimneytop to Narrow Falls via Eastatoe Gorge Trail (Strenuous 10.1 miles)

**Chimneytop to Narrow Falls via Eastatoe Gorge Trail: #235 (Strenuous 10.1 miles).** Walk up Sassafras Mountain Rd and trailhead to the Foothills trail. Chimneytop Gap access on the right. Hike about 2 miles, cross Rte. 178 and take the Horse Pasture gravel road and make a left onto the Eastatoe Gorge Spur Trail. Follow this winding trail through the woods and down to the Eastatoe Creek. Return and follow the signs for the Narrows to a lunch spot to view the falls. Return the same route with the challenging climb up Sassafras Mountain to the parking lot

**Trailhead Access:** From Ingles drive through Brevard on US 64. Drive about 8 miles and make a left to follow Rte. 178 for 8.5 miles into South Carolina. At about 9 miles turn left onto Sassafras Mountain Rd. Drive about 1.5 miles to the parking lot on the left.

**Meet At:** ING-B

**Drive:** 20 miles

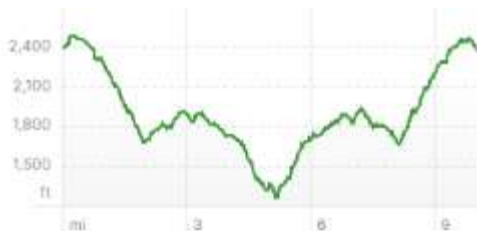
**Elevation Gain:** 1835 ft.

**Blaze:** White / Foothills Trail

**Map:** Sassafras Mountain

**GPX file link:** [#235 Chimneytop to Narrow Falls](#)

Profile:



Map:



## #236: Skinny Dip Falls-Graveyard Ridge Loop (Strenuous 9.6 miles)

**Skinny Dip Falls-Graveyard Ridge Loop: #236 (Strenuous 9.6 miles).** Take the MST and at the first intersection follow the MST to the MST connector and have lunch at Skinny Dip Falls. Return on the MST connector to the intersection and take the Graveyard Ridge Trail on the left and follow it to the Black Balsam Junction. Follow MST back to the car. Trails are rocky, eroded and can be slick. There are several manageable water crossings. Poles are recommended. Hike should be done in March for the views and when the falls are not crowded.

**Trailhead Access:** Take 276 N for 13 miles and make a left onto Blue Ridge Parkway for 8.4 miles. Make a right onto Black Balsam Knob Road to the Art Loeb and Black Balsam Trailhead. Start east on the MST towards Graveyard fields.

**Meet At:** PRS

**Drive:** 22 miles

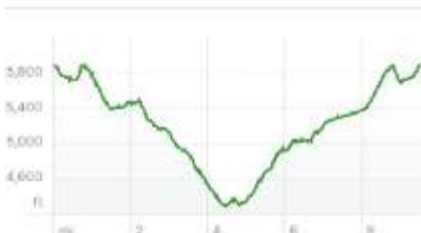
**Elevation Gain:** 1940 ft.

**Blaze:** White

**Map:** Pisgah Ranger District

**GPX file link:** [#236 Skinny Dip Falls-Graveyard Ridge Loop](#)

Profile:



Map



## #237: Big Bend Falls and Round Top Loop (Mod/Strenuous 8.5 miles)

**Big Bend Falls and Round Top Loop: #237 (Mod/Strenuous 8.5 miles).** Big Ben TH is across the road from the parking lot. Follow the trail through the forest with views of the Chattooga River. Big Bend (blue blaze) leads into the Foothills Trail (white)/Chattooga River Trail (green). Enjoy lunch on the sandy beach along the river. From the beach the Crack in the Rock Trail (no blaze) can easily be missed as it is not marked. Be sure to have the track downloaded as you will have to make a sharp left where the climb begins back to the Big Bend Trail (blue) and then on to the parking lot. Most of the water crossings have bridges and spring and fall give the best views of the river.

**Trailhead Access:** From Ingles take Rte 64 West through Brevard. Around 17.5 miles make a left onto Whitewater Rd (entering South Carolina). At 9.7 miles turn right onto State Rd S-37-413 for 2.2 miles. Turn left onto SC-107 S for about 5.5 miles and the parking area will be on the left.

**Meet At:** ING-B

**Drive:** 36 miles

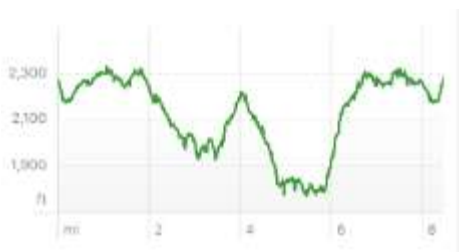
**Elevation Gain:** 1200 ft.

**Blaze:** Blue / White / White / Green

**Map:** Chattooga Wild & Scenic River

**GPX file link:** [#237 Big Bend Falls-Round Top Loop](#)

**Profile:**



**Map:**



## #238: Beaver Dam Gap to Elk Pasture Gap (Strenuous 8.6 miles)

**Beaver Dam Gap to Elk Pasture Gap: #238 (Strenuous 8.6 miles).** In and out hike. Take the shut In Trail of the MST at the Beaver Dam Gap Overlook parking lot and cross the BRP 4 times to reach Elk Pasture Gap. Return on the same trail and stop for lunch at the Mills River Valley Overlook. Trail is in good condition without water crossings and would be a good hike in the fall and early spring.

**Trailhead Access:** Turn left onto NC 280 E for 1.3 miles. Turn left onto NC 191/Old Haywood Road for 7.3 miles. Turn left onto Blue Ridge Parkway for 8.3 miles and make a right into Beaver Dam Gap Overlook parking for the trailhead.

**Meet At:** MRCVS

**Drive:** 17 miles

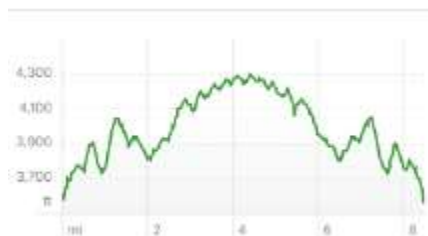
**Elevation Gain:** 1314 ft.

**Blaze:** White

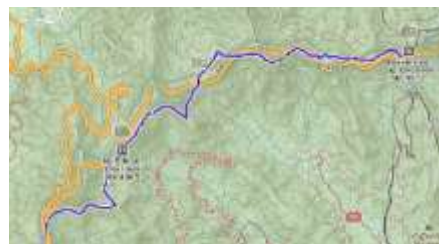
**Map:** Pisgah Ranger District

**GPX file link:** [#238 Beaver Dam Gap to Elk Pasture Gap](#)

**Profile:**



**Trail Map:**



## #239: Spivey Gap to Big Bald (Strenuous 15 miles)

**Spivey Gap to Big Bald: #239 (Strenuous 15 miles).** From the parking lot follow the AT south (same side s parking). Follow the AT for about 7.5 miles, when you will reach Big Bald. Wonderful trek through the woods and delightful lunch spot. With spectacular views. Head back on the AT for a strenuous return trip to the car.

**Trailhead Access:** From CVSMR take I-280 E and merge left onto 26 W. Take exit 43 and turn right to go south on Highway 19W. Continue for 1.1 miles and then turn left onto Spivey Mountain Rd and also to stay on 19W South. If you cross back under I-26 you have missed the turn onto Spivey Mtn Rd. Once on Spivey Mtn Rd you will continue another 7.7 miles and the parking area will be on the right. You will cross into NC from TN on your way to the parking area.

**Meet At:** MRCVS

**Drive:** 66 miles

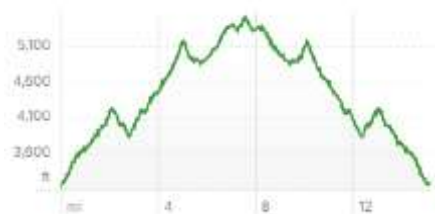
**Elevation Gain:** 3500 ft.

**Blaze:** White

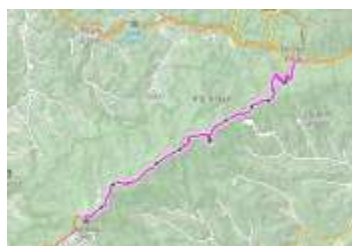
**Map:** Pisgah National Forest

**GPX file link:** [#239 Spivey Gap to Big Bald](#)

Profile:



Trail Map:



## #240: Newfound Gap to Clingman's Dome (Strenuous 8.4 miles)

**Newfound Gap to Clingman's Dome: #240 (Strenuous 8.4 miles).** Car switch. Note parking permits required for Smoky Mtn National Park. Follow the AT and at 4.5 miles come to a small opening where you can enjoy the view and have lunch. From this point on, it's a rocky descent for a good 2 miles then a challenging hike up to Clingman's Dome observation. Good hike for cooler temps Poles recommended as trail is quite rocky.

**Trailhead Access:** Take I-26 west for 8 miles. Slight left onto US 74/I-40 toward Canton/Knoxville) to exit 27 (Rte. 19) towards Waynesville/Maggie Valley. Take exit 103 for US 19 towards Maggie Valley and follow this to the Blue Ridge parkway. Take a left on BRP for 13 miles and make a right onto Rte. 441 for 16 miles to Newfound Gap. Drop off hikers and drive to Clingman's Dome parking lot to drop a car. Leaving Newfound Gap make a left onto 441S and make a right on to Clingman's Dome Rd for 7.1 miles. Park car and drive back to Newfound Gap where the hike begins.

**Meet At:** MRCVS

**Drive:** 86

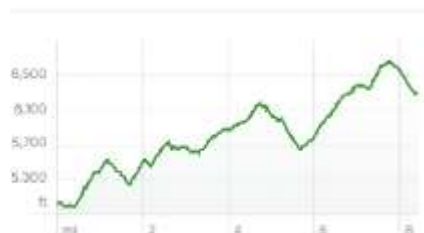
**Elevation Gain:** 2467 ft. /Loss 1193 ft.

**Blaze:** White

**Map:** Great Smoky Mtns National Park

**GPX file link:** [#240 Newfound Gap to Clingman's Dome](#)

Profile:



Trail Map:



## #241: Hot Springs to Garenflo Gap (Strenuous 12.8 miles)

**Hot Springs to Garenflo Gap: #241 (Strenuous 12.8 miles).** In and out hike on the AT. Start on the west side of Hot Springs on the AT South. Well maintained trail. Near mile 3 is the Deer Park shelter with a small graveyard to the right of the trail just before the shelter. Enjoy a snack at Garenflo Gap and return the way you came.

**Trailhead Access:** Take I-26 West from Asheville. Take exit 19A for US-25/US-70 toward Marshall (26 miles). Follow signs to Hot Springs. Going through Hot Springs, take a right onto US25/US70 Bridge St and then a left onto Serpentine Ave. to parking for the AT behind the Laughing Heart Lodge hostel.

**Meet At:** MRCVS

**Drive:** 54 miles

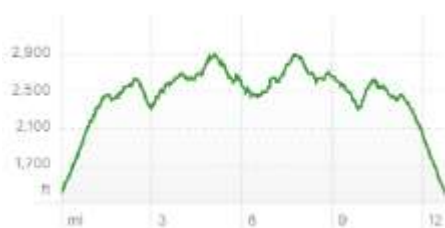
**Elevation Gain:** 2960 ft.

**Blaze:** White

**Map:** Pisgah National Forest

**GPX file link:** [#241 Hot Springs to Garenflo Gap](#)

Profile:



Trail Map:



## #242: Buck Spring – Barnett Branch (Strenuous 10.7 miles)

**Buck Spring – Barnett Branch: #242 (Strenuous 10.7 miles).** In and out hike. From the parking area take Buck Spring Trail and at a little over a mile make a sharp right turn onto Barnett Branch Trail. Follow the trail past 2 waterfalls and beautiful forest areas. The trail end at the Black Mountain intersection, which is a good place for a snack or lunch. Return the way you came and the return is a bit harder with a good climb near the end.

**Trailhead Access:** From PRS drive 11.2 mile on 276 north to the Buck Spring parking area on 276. There is room for about 3-4 cars

**Meet At:** PRS

**Drive:** 11.2 miles

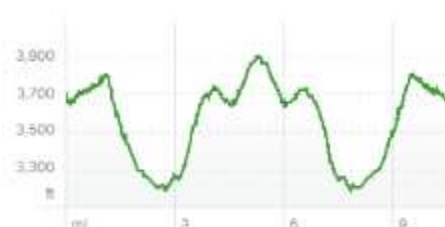
**Elevation Gain:** 16.10 ft.

**Blaze:** White / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#242 Buck Spring - Barnett Branch](#)

Profile:



Trail Map:



## #243: Bracken Preserve-Fish Hatchery via Cat Gap key switch (Moderate 7.3 miles)

**Bracken Preserve-Fish Hatchery via Cat Gap key switch: (#243 Moderate 7.3 miles).** Swap keys at meeting place. For those starting at Bracken take Bracken Mtn Trail turning right at 1.4 miles onto Mackey Ridge Tr and continue past the intersection with Brushy Creek 1/6 mile to the intersection with Bracken Mtn Tr. Continue on Bracken Mtn 1.25 miles past intersection with Pinnacle Mtn Trail. Continue on the fork ahead marked with Blue Diamonds (not the red blazed left fork). Continue on Bracken Mtn Trail 1.1 miles until it joins FS 475C at 3.9 miles from parking lot. Follow FS 475 C 2/3 miles, then turn left onto a short trail 0.2 miles to junction with Cat Gap Trail (not marked). Take a right and follow Cat Gap Loop. Trail descends steeply downhill and in 0.4 mile you will come to another intersection. Bear right onto Cat Gap Loop Trail, down along Horse Cove Creek to the Fish Hatchery parking lot.

Group starting at Fish Hatchery proceed uphill 2 miles on Cat Gap Trail following orange blazes. Do not turn right onto John Rock but make a left turn at the fork and continue 0.3 miles on Cat Gap to junction with Art Loeb. Make a left to an unmarked trail that heads down to the junction of FS 475 and make a right to follow it back to the blue blaze onto Bracken Mtn Trail. Follow the blue blaze back onto yellow blaze/Mackey Ridge Trail that will take you back to Bracken Mtn trail to the parking lot.

This hike could be done as an in and out making it 15 miles or as car switch in either direction as well.

**Trailhead Access:** From PRS one group goes to Bracken Preserve by going south on 276 and turning right at the stoplight onto 64W/US276S then and bear right on N Caldwell. Turn right on Probart. At 1.6 miles turn right on Music Camp Rd and follow it 0.3 miles to BMC entrance. Turn left on Pinnacle Rd. just before entrance to BMC and follow gravel road 0.2 miles to 8 car parking lot

Second group goes to Fish Hatchery via 276 N turn left onto Fish Hatchery Rd then left onto Fish Hatchery lane. Take the trail at end of parking lot.

**Meet At:** PRS

**Drive:** 6.5 to Bracken or 5.2 to Fish Hatchery

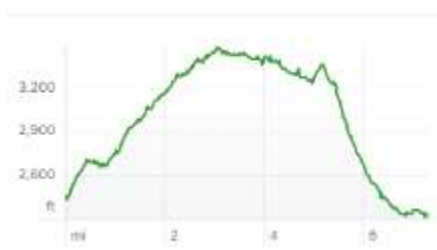
**Elevation Gain:** 1129 ft. BP to FH/1264 FH to BP

**Blaze:** Orange / White / Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#243 Bracken-Fish Hatchery](#)

**Profile:**



**Trail Map:**



## #244: Hard Times-Shut In-Pine Tree Loop (Strenuous 10.2 miles)

**Hard Times-Shut In-Pine Tree Loop: #244 (Strenuous 10.2 miles).** From parking lot follow Hard Times Trail #480 to Shut In Trail (MST white blaze) Take Shut In trail #345 to Chestnut Cove Overlook (a good climb). Head back the same way and take a left at Sleepy Gap #330 (Sleepy Gap parking area). Take a right at Explorer Loop trail #337 (yellow) intersection. Make a right at Pine Tree Connector (blue) #336 and continue right on Pine Tree Loop. Take a left on to Wesley Branch Road #481 and a right onto Homestead #333 to Lake Powhatan Rd. back to Hard Times #480 to the parking lot.

**Trailhead Access:** Rte. 280 east 1.2 miles to 191 N and at 8.8 miles turn left onto Bent Creek Ranch Rd. (first light past BRP entrance). Drive about 2 miles and make a left into Hard Times Parking lot.

**Meet At:** MRCVS

**Drive:** 11.1 miles

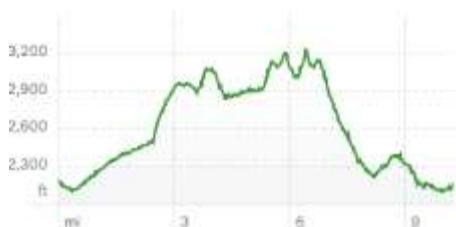
**Elevation Gain:** 1600 ft.

**Blaze:** Blue / Yellow / White

**Map:** Pisgah Ranger District

**GPX file link:** [#244 Hard Times-Shut In-Pine Tree](#)

**Profile:**



**Trail Map:**



## #245: Panthertown: Mac's Gap Loop (Mod/Strenuous 7.5 miles)

**Panthertown: Mac's Gap Loop: #245 (Mod/Strenuous 7.5 miles).** Good hike in fall/winter when leaves are off trees. Magnificent view of the rock face on the Great Wall Trail. Also you can take a short spur trail to the right off Mac's Gap trail to Halfway Falls. At least 4 good water crossings so suggest poles and consider water shoes if water levels are high.

Start on Mac's Gap Trail #482 (magenta) crossing Greenland Creek to Big Green Trail #487. Take a left on Granny Burrells Falls Trail #486 and a left onto Great Walls Trail #489. Take that back to Big Green Trail #487 to Mac's Gap Trail to cars.

**Trailhead Access:** Follow 64 for about 15 miles and turn right on route 281 Blue Ridge Road. At 0.9 miles bear left on Cold Mountain Rd and keep left to stay on this road. At 3 miles turn left on Panthertown Rd for 0.1 mile. Turn right onto Hogback Spur A. Trailhead on the left in 1.5 miles

**Meet At:** ING-B

**Drive:** 22 miles

**Elevation Gain:** 1200 ft.

**Blaze:** Magenta

**Map:** Panthertown Valley Trails Map

**GPX file link:** [#245 Panthertown: Mac's Gap Loop](#)

**Profile:**



**Trail Map:**



## #246: Tanyard Gap to Spring Mountain (Strenuous 10.8 miles)

**Tanyard Gap to Spring Mountain: #246 (Strenuous 10.8 miles).** From the parking lot follow the AT for 5.35 miles to Spring Mountain. Return the same way and have lunch at the Spring Mountain Shelter. When you cross the second maintenance road be prepared for a long hard hike back up the mountain (about a mile). Continue along the AT back to the parking lot at Tanyard Gap.

**Trailhead Access:** Take 191/280 to I-26W to I-240. Exit to Rte. 19/23/70N. At 21.9 miles exit to Rte. 25N/70W toward Marshall. At 45.5 miles turn right at the Rich Mt./Mill Gap sign and park your car at Tanyard Gap at the AT concrete footbridge.

**Meet At:** MRCVS

**Drive:** 45.5 miles

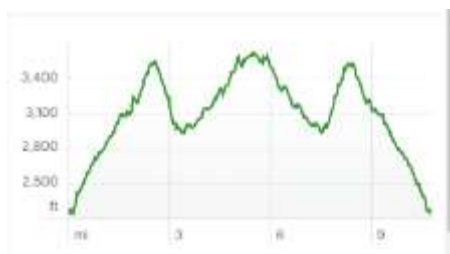
**Elevation Gain:** 2500 ft.

**Blaze:** White

**Map:** Hot Springs Topo

**GPX file link:** [#246 Tanyard Gap to Spring Mountain](#)

Profile:



Trail Map:



## #247: Gail Green's Lick (Moderate 8 miles)

**Gail Green's Lick: #247 (Moderate 8 miles).** From the trailhead, start walking 1 mile along Laurel Branch Road (FS 479 G), then take the left fork to the Green's Lick trail (Red blazes). Continue 2 miles to the junction with FS 485. Turn right and continue for another 1.1 miles to Ingles Gap where a picnic table makes a convenient place for lunch. Turn right on the Little Hickory Top trail (Yellow blazes) and continue for 1.25 miles. Take the right track to the Sidehill trail and proceed 0.8 miles. Follow FS 479 G back to the trailhead. This hike circumnavigates Little Hickory Top and will offer wonderful views in the winter.

**Trailhead Access:** From MRCVS, take Rte. 280 east for 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn onto Bent Creek Ranch Rd. (first light past BRP entrance). Go past the Arboretum entrance and continue 2 miles past the Hard Times parking lot to FS 479 G at 13.1 miles. Park along the road at FS 479 G trailhead.

**Meet At:** MRCVS

**Drive:** 13.1 miles

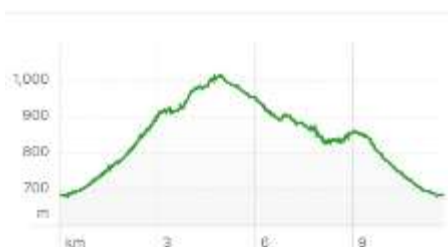
**Elevation Gain:** 1500 ft.

**Blaze:** Green Lick Trail (RED) and Little Hickory Top is a YELLOW blaze

**Map:** Pisgah Ranger District

**GPX file link:** [#247: Gail Green's Lick](#)

Profile:



Trail Map:



## #248: Soco Gap Overlook to Waterrock Overlook (Strenuous 9 miles)

**Soco Gap Overlook to WaterRock Overlook:** 248 (strenuous 9 miles). From the Soco Gap Overlook parking lot cross the road and follow the signs for the MST for the entire length of the hike. Reaching the first overlook (around 4.5 miles) you can continue to the top of Waterrock Knob, the views may be blocked by trees and overgrowth. The trail itself is very well maintained by Carolina Mountain Club and the walk through the forest is beautiful.

There is a lovely visitor center with restrooms and a parking area.

**Trailhead Access:** From the CVS Mills River parking lot follow NC-280 for 4.8 miles. Then get on I-26/US-74 W from NC-280 E for 5.3 miles, follow I-26 W/US-74 W, I-40 and US-74 W/Great Smoky Mountains Expy (40.3 miles). Then follow Blue Rdg Pkwy to Soco Gap Overlook (12.5 miles), and then turn left onto Soco Gap Overlook parking lot. The trailhead is across the street on the left.

**Meet At:** CVS Mills River

**Drive:** 58 miles

**Elevation Gain:** 1924 ft.

**Blaze:** MST White

**Map:** Smokey Mountains

**GPX file link:** [#248 Soco Gap to Waterrock Knob](#)

Profile:



Trail Map:



## #249: Coontree-Bennett Gap, Buckwheat Knob and Avery Creek loop (Strenuous 11.5 miles)

**Coontree-Bennett Gap, Buckwheat Knob and Avery Creek Loop: #249** (strenuous 11.5 miles). Follow Coontree trail (blue) taking the right fork where it splits to Bennett Gap Trail (red). Left on Bennett Gap Tr to its end, crossing FR477 to find Buckwheat Knob Trail (yellow). Follow this till you hit Avery Creek Intersection, which is a good place for a snack break and then follow the trail down a steep descent. The trail then levels out and is a nice walk through the woods and onto the forest road which takes you past the Horse Stables on your left. Turn right onto Bennet Gap and be ready for a long steady climb where it connects back to Coontree and then back to the car.

There are several water crossings, and some large rocks, poles are recommended. Watch for bikers on Bennett Gap. There are some good overlooks that are lovely during the fall and early winter/spring months.

**Trailhead Access:** From PRS take Rte. 276 North for 3.3 miles to Coontree Picnic and parking area on left. The Trailhead is across the road.

**Meet At:** PRS

**Drive:** 3.3 miles

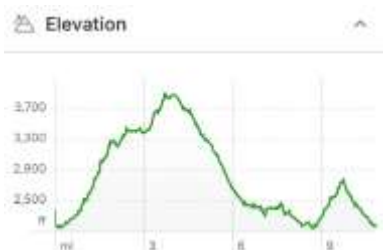
**Elevation Gain:** 2708 ft.

**Blaze:** Blue / Red / Yellow

**Map:** Pisgah Ranger Station

**GPX file link:** [#249 Coontree-Bennett, Buckwheat Knob and Avery Creek Loop](#)

Profile:



Trail Map:



## #250: MST East of Balsam Gap (Strenuous 10.6 miles)

**MST East of Balsam Gap (Strenuous 10.6 miles): #250 (strenuous 10.6 miles).** This hike is an out and back on the MST for 5.3 miles until the turnaround point. This distance puts you near the pull out on the BRP for the view of Steestachee Bald at BRP MP 438.9. Unfortunately, there is no spur trail access to this pull out and bushwhacking down to the BRP is not recommended at this location due to the cutaway cliff in the rocks made for the BPR roadway. The trail is generally well maintained but there are a few steep rocky sections with switchbacks. Several small stream crossings happen in the 2 miles from the TH, manageable by rock-hop in normal conditions.

**Trailhead Access:** Take 26 W to 40 W until exit 27 for US 74/23/19 W. Stay on US74/23 for roughly 13.7 miles until you drive under a BRP bridge. Then, make your way to Ranger Ln which requires continuing past the bridge to a U-turn in about 0.3 miles. After the U-turn, you are heading N on US 74/23. Ranger Ln will be on the right in about 0.2 miles. Make your way to parking off Ranger Ln near GPS coordinate (35.4316496,-83.0827487) or use <https://maps.google.com/?q=35.4316496,-83.0827487> .

**Meet At:** MRCVS

**Drive:** 45 miles

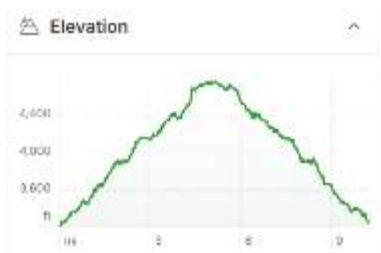
**Elevation Gain:** 1840 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#250 MST East of Balsam Gap](#)

**Profile:**



**Trail Map:**



## #251: MST Bear Pen Gap In and Out (Strenuous 9.62 miles)

**MST Bear Pen Gap In and Out: #251 (Moderate / Strenuous 9.62 miles).** From the Bear Pen Gap Overlook Parking lot follow the Bearpen Gap Trail down for about 1.25 miles and take a right to connect with the MST. Follow the MST for about 4.5 miles and you will come to a large clearing. A pretty waterfall is about 1/4 mile straight ahead (not on the MST and requires a bit of bushwhacking).

The cleared area is a good place for a snack. From this point, head back to the cars on the same MST trail. Please note there is a good climb for the last 2 miles. Please note: There are several water crossings, the trail is a bit overgrown in sections and quite narrow and rocky. The higher elevation provides for a nice cooler temperature during the hot summer months.

The spring and fall months would provide worthwhile views.

**Trailhead Access:** From PRS follow 276 for about 13 miles make a right then a left onto Blue Ridge Parkway. Drive 15 miles and take a left at the Bear Pen Gap Overlook parking area.

**Meet At:** PRS

**Drive:** 29.5 miles

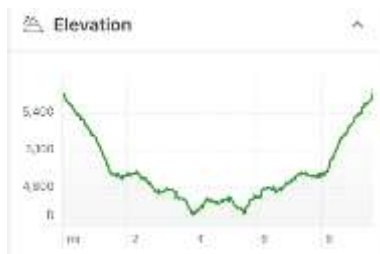
**Elevation Gain:** 1,085 ft. ascent (-1133ft)

**Blaze:** White

**Map:**

**GPX file link:** [#251 Bear Pen Gap](#)

**Profile:**



**Trail Map:**



## #252: MST Old Bald to Grassy Bald (Strenuous 11.3 miles)

**MST Old Bald to Grassy Bald: #252 (Strenuous 11.3 miles).** Park on the right side of the BRP and follow the access trail down to the MST. The trail takes a steep descent for about 1/2 mile. Follow the MST for 5.5 miles where you will head back to the car. Lunch is recommended after you turn and complete the first climb. Please note, at the 10.5-mile mark there is a steep climb back to the car. The trail is very well maintained and in the fall/spring the views are spectacular.

**Trailhead Access:** From Mills River CVS take I-26 West for 8 miles. Slight left onto US 74/I-40 toward Canton/Knoxville) to exit 27 (Rte. 19) towards Waynesville/Maggie Valley and follow for 4.1 miles to 23 South to Waynesville. Around 9.2 miles take exit for BR Parkway then bear left. Follow the Parkway for 9 miles. Park on the right off the road where you will see markers for MST trailhead.

**Meet At: Mills River CVS**

**Drive:** 54 miles

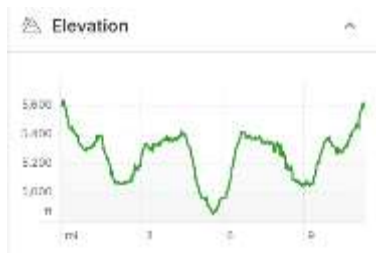
**Elevation Gain:** 1584 ft. ascent

**Blaze:** White

**Map:**

**GPX file link:** [#252 MST Old Bald to Grassy Bald](#)

**Profile:**



**Trail Map:**



## #253: Turkey Pen –Vineyard Gap in/out (Moderate 6.1 miles)

**Turkey Pen – Vinyard Gap in/out: #253 (Moderate 6.1 miles).** Take the left side trail down to South Mills River. At the river continue to the right to a connector trail on left. (approximately 0.8 miles from the parking lot) Take a left turn and follow connector trail to vineyard gap trail. (Keep left at the Y's.) Follow vineyard gap trail until it makes a sharp left turn heading downhill. Turn around and take the vineyard gap trail and connector trail back to road. Turn left at road and return to cars.

**Trailhead Access:** Take Rte. 280 west approx. 1/2 mile to FS Rd 297, Turkey Pen Road (right). Go to the lot at the end of road.

**Meet At: BBC**

**Drive:** 54 miles

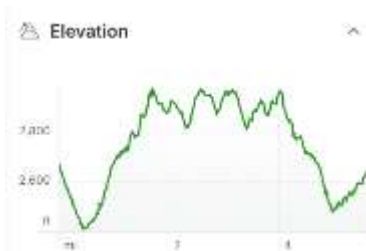
**Elevation Gain:** 1100 ft. ascent

**Blaze:**

**Map:**

**GPX file link:** [#253 Turkey Pen – Vinyard Gap](#)

**Profile:**



**Trail Map:**



## #254: Bailey Mountain Loop – Smith Farm (Moderate 5.8 miles)

**Bailey Mountain Loop – Smith Farm: #254 (Moderate 5.8 miles).** A loop hike that takes you to the summit of Bailey Mtn., in the Bailey Mountain Preserve Smith Farm located in Mars Hills. The trail is very well maintained with some steep switchbacks and stone stairs that take you to the summit where the group can snack and enjoy some views of Mars Hills University.

**Trailhead Access:** Take I-26 West and stay right to follow Interstate 240 for 4 miles. Use the left lane to take exit 4A for 19/US 23/US70 W/Interstate 26 toward UNC Asheville/Weaverville. Follow this for about 16 miles to Exit 11 toward NC-213 W/Carl Eller Road. Turn left onto Carl Eller Road then turn right on N. Main St. Make a left turn onto Bailey St. and keep left to continue on to Hickory Dr when you will make a left onto Forest St. Destination will be on the left.

**Meet At:** CVC Mills River

**Drive:** 37 miles

**Elevation Gain:** 1411 ft.

**Blaze:** Yellow / Red / Blue

**Map:** Bailey Mountain Preserve

**GPX file link:** [#254 Bailey Mountain Loop – Smith Farm](#)

Profile:



Trail Map:



## #255: Funnel Top Mountain Trail and Horse Cove Gap (Strenuous 12 miles)

**Funnel Top Mountain Trail and Horse Cove Gap: #255 (Strenuous 12 miles).** If the gate is closed at 2.5 miles on Yellow Gap, walk the road for about 1 mile until you hit Funnel Top Mountain trail which is an overgrown maintenance road/trail that takes you around Funnel Top Mountain. If the gate is closed, then 1 mile is added to the hike for a total of 12 miles otherwise it is 11 miles. Around 4 1/2 miles take a right on to Horse Cove Gap Trail (orange blaze). This is a very steep descent down for 1.5 miles leading to the intersection of Squirrel Gap Trail. A snack can be had (keep in mind you have a steep ascent back up on Horse Cove Gap Trail). At the intersection take the Funnel Top Mountain Trail back to the car. Good views would be had when leaves are off the trees, but it still is a great hike through the forest.

**Trailhead Access:** From Pisgah Ranger Station follow US 276 for 10.1 mile and turn right onto NF Road/Yellow Gap Road for about 3.5 miles. Parking is available on the side of the road or to the right of Yellow Gap. Please note if the gate is closed at 2.5 miles up Yellow Gap Road you can walk up Yellow Gap for a mile to get to the trailhead.

**Meet At:** PRS

**Drive:** 13.6 miles

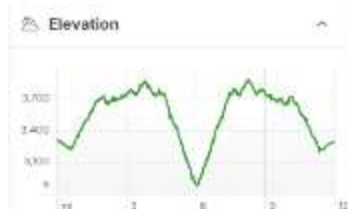
**Elevation Gain:** 1,411 ft.

**Blaze:** Orange

**Map:** Pisgah

**GPX file link:** [#255 Funnel Top Trail](#)

Profile:



Trail Map:



## #256: Bull Gap to Lane Pinnacle (Strenuous 9.54 miles)

**Bull Gap to Lane Pinnacle: #256 (Strenuous 9.54 miles).** Take the Mountains-To-Sea (MST) Trail through a pleasant, forested section for about 2 miles. There are several hills and steep rocky climbs, especially getting to the pinnacle. In the summer, the trail after the 2-mile marker is very overgrown with stinging nettle plants (painful) and wild sunflowers. It is recommended you wear long sleeves and pants. The hike should ideally be done on a clear day during the late fall, winter or early spring months.

**Trailhead Access:** From Mills River CVS take I26 W for 8.8 miles. Use right 2 lanes to turn slight right to stay on I-26 for 4.1 miles. Use the Left Lane to take exit 4A for US 19/US23/US 70 for 6 miles. Take exit 21 and turn right onto New Stock Road. Turn left onto Weaverville Road (.8 mile) Turn right onto Reems Creek Road for 4.5 miles then turn right onto OX Creek Road for 1.9 miles. Trailhead and parking is on the left (for 3-4 cars).

**Meet At:** Mills River CVS

**Drive:** 31 miles

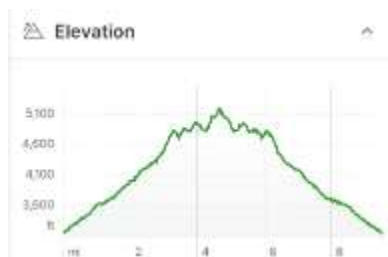
**Elevation Gain:** 2081 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#256 Bull Gap to Lane Pinnacle](#)

**Profile:**



**Trail Map:**



## #257: Buck Spring/Little Bald/Pilot Rock/YellowGap Rd/Thompson Creek Loop (Strenuous 8 miles)

**Buck Spring/Little Bald/Pilot Rock/YellowGap Rd/Thompson Creek Loop: #257 (Strenuous 8 miles).** This hike can be done clockwise (finishing with Thompson Creek Climb with well over 1000 feet of elevation over 1 mile) or counterclockwise with a 1000 elevation over 2 miles.

From the parking overlook, take the MST for about a 1/3 of a mile and then a left onto Laurel Mountain Trail (BLUE) take a right onto Laurel Mountain Connector (Yellow Blaze). Follow that to Pilot Rock Trail with some climbs and descents through the forest all the way down to Yellow Gap Road. Take a right onto Yellow gap road until you come to the Thompson Creek Trailhead on the right. There is a nice lunch spot/campground a ways up next to the creek. Continue along Thompson Creek Trail for a very long steep climb. At the intersection take the Pilot Rock trail onto the MST/Pisgah Rd TR 440 P back to the overlook parking.

**Trailhead Access:** From PRS take Rte. 276 N to BRP (right, northbound) turn right at the Buck Spring Overlook (past the Pisgah Inn entrance) MP 407.6.

**Meet At:** PRS

**Drive:** 21.6 miles

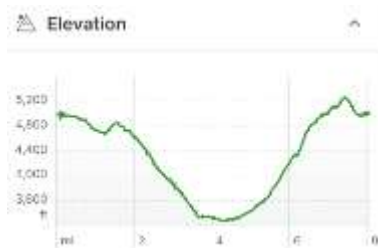
**Elevation Gain:** 2081 ft.

**Blaze:** White / Blue / Yellow / Orange

**Map:** Pisgah Ranger District

**GPX file link:** [#257 Buck Spring to Thompson Creek Loop](#)

**Profile:**



**Trail Map:**



## #258: Brushy Ridge - Bad Fork (Strenuous 7 miles)

**Brushy Ridge – Bad Fork: #258 (Strenuous 7 miles):** Start walking 0.8 miles up the Bear Branch Trail (328 Red) and turn left onto a brushy access track. Continue 0.3 miles and turn right onto FS 5001. Continue 0.3 miles to a sharp left turn onto Brushy Ridge Trail at 1.7 miles from trailhead. The trail then steepens significantly climbing 800' in 1 mile to Double Head (El 3648'). Take the left fork and continue 0.4 miles to Pine Mountain (El 3678'). Turn left and continue 1 mile to the junction with the Blue Ridge Parkway. Descend on the Bad Fork trail 1.8 miles to FS 5000, turn left and walk 0.6 miles to the trailhead. This hike follows the ridgeline to Double Head and Pine Mountain offering wonderful views left and right in the winter. This hike should not be done in a clockwise direction due to the steep section of trail that would be encountered descending from Double Head.

**Trailhead Access:** From MRCVS take Rte. 280 north 1.1 miles and turn left onto N Mills River Rd. Continue 4.9 miles and turn right onto FS 5000 just before entering the N Mills River Recreation Area. Continue 1.9 miles to the Wash Creek Horse Camp at 7.9 miles from MRCVS. Do not cross the concrete bridge that leads to the Trace Ridge Parking area.

**Meet At:** MRCVS

**Drive:** 7.9 miles

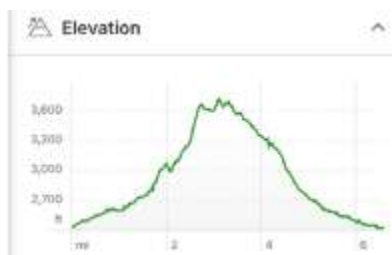
**Elevation Gain:** 1300 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#258 Brushy Ridge to Bad Fork](#)

**Profile:**



**Trail Map:**



## #259: Uncle Johnny's to the AT along the Nolichucky River (Strenuous 8 miles)

**From Uncle Johnny's to the AT along the Nolichucky River: #259 (Strenuous 8 miles):** From the parking area, follow the road up to the AT (white blaze) on the right-hand side of the road. Follow the trail with wonderful views of the Nolichucky River. (More spectacular when the leaves are down). Follow the trail through the woods with a number of switchbacks for about 4 miles where you will come to an intersection. Stop there for a snack or lunch and head back the same way. There are no water crossings but some rocky and narrow areas along with a few climbs so poles are recommended. There is some noticeable damage from Helene but the trail is well maintained. (To make the hike longer, continue to follow the AT to the No Business Knob Shelter about 2.5 miles further.

**Trailhead Access:** Follow I-26 W and US-23 N. Use the left lane to take exit 4A for I-26/US-19/US-23/US-70 W toward UNC Asheville/Weaverville to TN-36 S in Erwin. Follow TN-36 N/Temple Hill Rd and Chestoa Pike to River Rd/Unaka Springs Rd. Parking is available for a number of cars across from Uncle Johnny's Nolichucky Cabin and Hostels. (a nice place to visit after the hike.).

**Meet At:** CVS Mills River

**Drive:** 59 miles

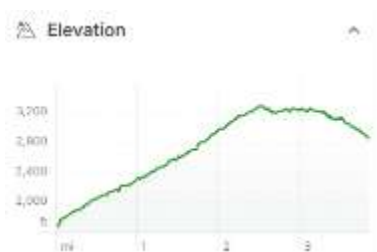
**Elevation Gain:** 2000 ft.

**Blaze:** White

**Map:**

**GPX file link:** [#259 Uncle Johnny's to the AT](#)

**Profile:**



**Trail Map:**



## #260: Montreat: Copperhead / Rattlesnake / Brushy / Lookout Mtns (Moderate 6.4 miles)

**Montreat: Copperhead / Rattlesnake / Brushy / Lookout Mtns : #260 (Moderate 6.4 miles).** From the parking lot take Lookout Trail that requires climbing a large number of stairs! Take a right onto Rattlesnake Trail to the top of Rattlesnake Mountain for a magnificent 360 view, continue on the trail to Copperhead Mountain for another terrific view. Head down onto (Old Mitchell) Toll Road. When you arrive at the "Kiosk intersection" go left on East Ridge Trail and climb up to Brushy Mountain for a snack and lovely view. Follow the East Ridge Trail where you will come to Lookout Mountain. The Lookout trail that heads down is **extremely** rocky and very **steep**. Take the trail back to the parking lot.

NOTE: THIS HIKE SHOULD BE DONE IN THE FALL WITH THE MANY 360 DEGREE VIEWS FROM THE VARIOUS MOUNTAIN TOPS. DUE TO THE ROCKY AND STEEP ASCENTS/DESCENTS POLES ARE ALSO RECOMMENDED

**Trailhead Access:** Take 26W to exit 41A to I40 East toward Hickory / Biltmore Estate. Drive 6.8 miles to exit 64, drive 12 miles through Black Mountain. Go through town and stay on Montreat Road and on to Assembly Drive. Take a right onto Lookout Road until you come to the parking area on the right. There are 2 lots that hold about 10 vehicles. A \$5 donation via Venmo is recommended.

**Meet At:** CVS Mills River

**Drive:** 37 miles

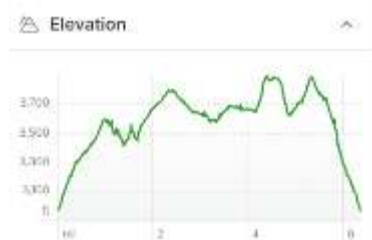
**Elevation Gain:** 1426 ft.

**Blaze:** White, Green and Yellow

**Map:**

**GPX file link:** [#260 Montreat](#)

**Profile:**



**Trail Map:**



## #261: Keowee-Toxaway (Easy 4.75 miles)

**Keowee-Toxaway: #261 (Easy 4.75 miles).** This hike is tandem lollipops. Simple description: Just keep turning left and ignore the Palmetto Trail. More detail: Follow the Natural Bridge trail (blue) past several small waterfalls to a left turn onto the Raven Rock Trail (red). After a while, go left at the Y to start the red loop past the lake. Along the way a side trail to the left marked by a tent icon leads to a point with nice lake views. Return to the red trail, continue left to walk along the lake before heading uphill and back to the Y. Double back (left) to return to the Natural Bridge Trail. Again, turn left, and almost immediately on the right see a side trail to large open creekside rock with a small waterfall, a good place for a snack. Then continue along the blue trail, which soon passes over a natural bridge. Continue the hike uphill to complete the blue loop and make the final left for a quick return to the parking lot.

NOTE: This SC State Park is no-fee area.

**Trailhead Access:** Take Greenville Hwy (NC-225) south to merge onto US-25S. Exit onto SC-11W (Foothills Parkway). In 29 miles, look for the park entrance on the right (just past the junction with SC-133). Turn right almost immediately for the parking lot and trailhead.

**Meet At: FM**

**Drive: 49 miles**

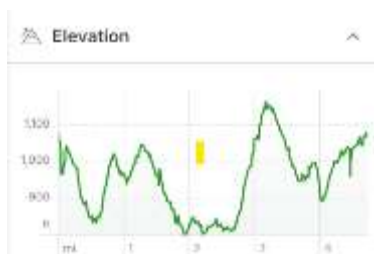
**Elevation Gain: 740 ft.**

**Blaze: Blue-Red-Blue**

**Map: Keowee-Toxaway State Park**

**GPX file link: [#261 Keowee-Toxaway](#)**

Profile:



Trail Map:



## #262: Upper Whitewater Falls Foothills Trail (Moderate 6 miles)

**Upper Whitewater Falls Foothills Trail: #262 (Moderate 6 miles).** Trail starts at the far-left corner of the Bad Creek Foothills trail parking lot. Proceed 0.7 miles to the Whitewater River, cross the bridge to Foothills trail and turn left towards the Upper Whitewater Falls. The junction is clearly marked. Follow the trail along the Whitewater River to a bridge crossing the river. This is a good lunch spot after returning from the viewing platform. Follow the trail along a steep climb and some stairs to the viewing platform. Return to the parking lot along the same route.

Note: This hike is a variation of Hike #154 Whitewater Falls which includes both Lower and Upper Falls.

**Trailhead Access:** Rte. 64 West on past Brevard towards Cashiers, turn south (left) at 22.1 miles onto Rte. 281 / Whitewater Rd. Pass the turnoff to the Upper Whitewater Falls and turn left on Bad Creek Rd and proceed to the parking at the Duke Power Company/Bad Creek Pumping Station at the Bad Creek Foothills trail parking lot at 31.2 miles and for an additional 2.5 miles to the parking lot and the trailhead.

**Meet At:** ING-B

**Drive:** 30 miles

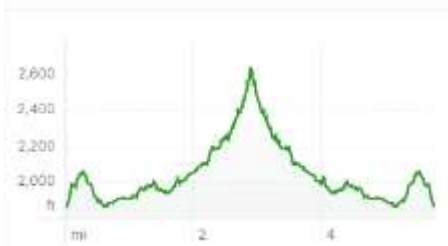
**Elevation Gain:** 1,300 ft.

**Blaze:** White

**Map:** Foothills trail

**GPX file link:** [#262 Upper Whitewater Falls](#)

Profile:



Trail Map



## #263: Bent Creek – Sleepy Gap Overlook (Strenuous 10.5 miles)

**Bent Creek – Sleepy Gap Overlook: #263 (Strenuous 10.5 miles).** This is an in and out hike. Starting at the parking area proceed under the bridge and across the highway to the MST Trail. Go through a fenced corner of the arboretum and climb steadily past the Walnut Cove Overlook (you can stop there and enjoy the views as well). Continue to follow the trail till you reach the Sleepy Gap Overlook. This is a good lunch spot. Return the same way.

**Trailhead Access:** Follow Rte. 280 E to 191 N (left) to the parking at Bent Creek River Park, across from the entrance to the BRP.

**Meet At:** MR CVS

**Drive:** 10.7 miles

**Elevation Gain:** 1,900 ft.

**Blaze:** White / Red

**Map:**

**GPX file link:** [#263 Bent Creek – Sleepy Gap Overlook](#)

Profile:



Trail Map



## #264: Buck Creek to Big Hump via the AT (Strenuous 10.38 miles)

**Buck Creek to Big Hump via the AT: #264 (Strenuous 10.38 miles).** This is an in and out hike. It starts in TN and continues on the AT into NC to Big Hump. Return the same way you came.

**Trailhead Access:** The trail can be accessed from I26W. Take exit 32, Follow Tn107E and TN173 to US 19E S in Carter County, Tn. Park on right after Bear Branch Rd.

**Meet At:** MRCVS

**Drive:** 92.9 miles

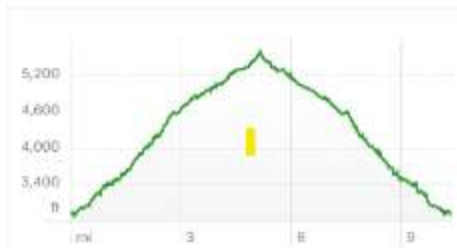
**Elevation Gain:** 2,720 ft.

**Blaze:** White

**Map:** Pisgah National Forest

**GPX file link:** [#264 Buck Creek to Big Hump](#)

Profile:



Trail Map



## #265: Spivey Gap to Uncle Johnny's Hostel via the AT (Strenuous 10.51 miles)

**Spivey Gap to Uncle Johnny's Hostel via the AT: #265 (Strenuous 10.51 miles).** Hike on the AT from Spivey Gap back to Uncle Johnny's Hostel at the Nolichucky River. Drive to hostel to be transported by their staff back to the beginning of the hike at Spivey Gap on 19W. Cost of trip \$50 per van load.

**Trailhead Access:** Take exit 43 off I 26W for right turn on 19W toward Tn352/Temple Rd. Left on Temple Rd and then right on River Rd/Unaka Springs Rd to Uncle Johnny's Hostel.

**Meet At:** MRCVS

**Drive:** 60 miles

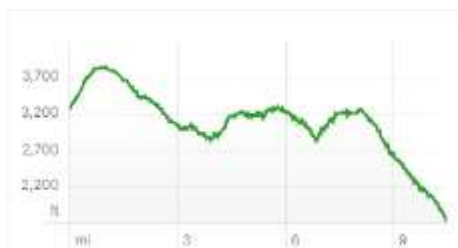
**Elevation Gain:** 1,689 ft.

**Blaze:** White

**Map:** Pisgah National Forest

**GPX file link:** [#265 Spivey Gap to Uncle Johnny's Hostel via AT](#)

Profile:



Trail Map



## #266: Green Ridge Trail to AT to Fork Ridge Trail Loop (Strenuous 14.32 miles)

**Green Ridge Trail to AT to Fork Ridge Trail Loop: #266 (Strenuous 14.32 miles).** Hike on the Green Ridge Trail up to the AT, turn left on the AT and follow the Fork Ridge Trail for a return to the parking area at the Jerry Miller Trail.

**Trailhead Access:** Take exit 50 off I 26W, Flag Pond Rd, left onto upper Higgins Creek Rd, Right onto Old Asheville Hwy, Left onto Tn 352W, left onto NC212S, sharp right onto NC212S/Big Creek Rd, slight left onto FS 2 Rd to Jerry Miller Trailhead.

Note: High clearance vehicles suggested to reach trailhead

**Meet At:** MRCVS

**Drive:** 61 miles

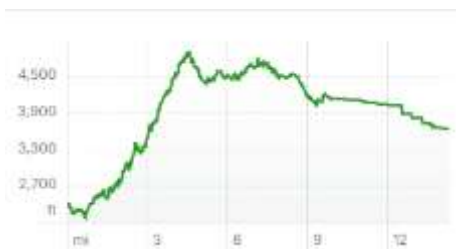
**Elevation Gain:** 3,940 ft.

**Blaze:** White on the AT

**Map:** Pisgah National Forest

**GPX file link:** [#266 Green Ridge Trail to AT to Fork Ridge Trail Loop](#)

Profile:



Trail Map



## #267: Stool Mountain Trail (Moderate / Strenuous 5.8 miles)

**Stool Mountain Trail: #267 (Moderate / Strenuous 5.8 miles).** The hike begins at the Table Rock Nature Center before splitting off from the Carrick Creek Trail after 0.4 miles. This hike is a moderate/strenuous hike, gaining over 1,500 feet in elevation as it climbs through stream valleys, boulder fields, and rock overhangs to the summit of Stool Mountain. The elevation at the summit of Stool Mountain is 2,615 feet. The trail provides unique perspectives of the main face of Table Rock Mountain as you hike. Once at the summit, spectacular views of the Table Rock Reservoir spread out before you.

**Trailhead Access:** Take Route 25 south (18.9 mile) to Route 11 west (17 miles) to the west entrance to Table Rock State Park. Go ½ mile and turn right onto West Gate Rd. Proceed 1 mile to parking lot on right.

**Meet At:** FM

**Drive:** 37.4 miles

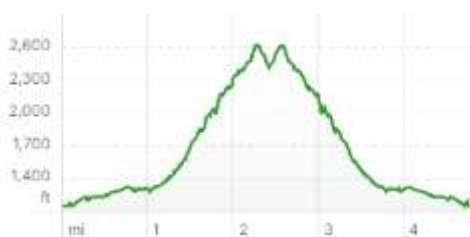
**Elevation Gain:** 1,444 ft.

**Blaze:** Blue over White

**Map:** Table Rock State Park

**GPX file link:** [#267Stool Mountain Trail](#)

Profile:



Trail Map



## #268: DuPont Mine Mountain to Fawn Lake Trail (Easy 5.95 miles)

**DuPont Mine Mountain to Fawn Lake Trail: #268 (Easy 5.95 miles).** Starting in DuPont at Fawn Lake Parking Access, hike from parking area on Fawn Lake Road and then turn left on the rerouted Mine Mountain Trail. Follow the trail then turn left onto the Laurel Ridge Trail and left again on the Shoals Trail. At the end of the Shoals Trail, turn left on Corn Mill Shoals Trail and take a snack break at the Little River, before turning back until you reach the Laurel Ridge Trail on the right. Hike back down the Laurel Ridge Trail and then turn left onto Mine Mountain and at the end head back to the parking area following Fawn Lake Road.

Trailhead Access: Leaving Fresh market, right on White St, left on Kanuga. At the 11 mile mark turn left on Dupont Rd. At 16.6 miles left on Cascade Lake Rd. Just prior to end of Cascade Lake Rd, left on Reasonover Rd and at 19.1 miles left into the Fawn Lake parking lot.

**Meet At:** FM

**Drive:** 19.1 miles

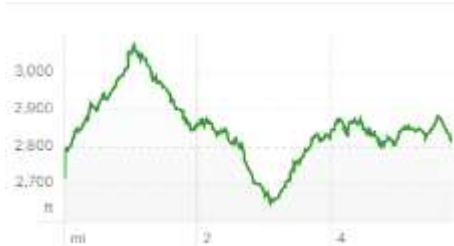
**Elevation Gain:** 653 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#268 DuPont Mine Mountain to Fawn Lake Trail](#)

**Profile:**



**Trail Map**



## #269: Panthertown Flat Creek Falls via Flat Creek Road (Moderate 6.75 miles)

**Panthertown Flat Creek Falls via Flat Creek Road: #269 (Moderate 6.75 miles).** The hike starts with an immediate 20-foot water crossing, where you can either walk across the double log or wade through in water shoes. Since you'll return this way, feel free to leave your towels and wet gear on the far bank. The trail follows two overgrown logging roads (Flat Creek Rd and right onto Flat Creek Trail). Turn right at Grassy Gap to the top of Flat Creek Falls. The trail becomes more apparent as it winds toward the upper waterfall overlook. After taking in the views from the top of Grassy Gap of the waterfall, head back down to Eyelet Ridge where Bear Creek Lake can be seen in the distance. Take a sharp right to reach the base of Flat Creek. **(this involves three additional rock-hop water crossings; and for this reason, avoid this trek after heavy rain!!!).** Here, the massive scale of the waterfall fully reveals itself. Continue over the rocks to find a perfect snack spot where both sections of the falls are visible. On the return trip, the log seating at the 2-mile mark is ideal for lunch. For the final 2 mile climb back @ (5.75 miles total) take a left on a trail that leads back to your vehicle. (or continue on the same trail to make the hike a touch longer).

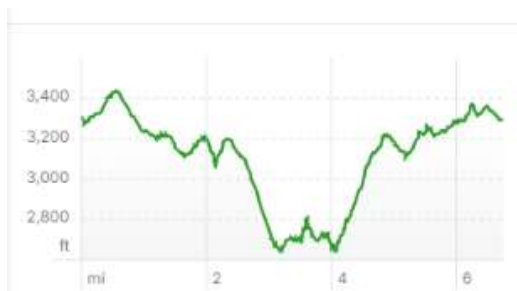
**Note:** It is recommended that this hike be done in early spring/late fall to enjoy the wildflowers and the view of the waterfalls. Poles are recommended and hikers should use the downloaded map to navigate the tricky terrain. Due to the number of water crossings apply caution when attempting the hike after heavy rainfall.

**Trailhead Access:** From Ingles (Brevard) take Rte 64 for 15 miles and take a right onto Blue Ridge Road (Hwy 281) for 8.7 miles. Turn left onto Rock Ridge Road (dirt/gravel road) for 3.7 miles where the road basically ends. Parking for 2-3 cars is available.

**Meet At:** Bevard Ingles  
**Drive:** 30 miles  
**Elevation Gain:** 1155 ft.

**Blaze:** none  
**Map:** Nantahala National Forest  
**GPX file link:** [#269 Panther Valley Flat Creek Falls](#)

Profile:



Trail Map



## #270: Jerry Miller to Baxter Cliff Trail (Strenuous 8.68 miles)

**Jerry Miller to Baxter Cliff Trail: #270 (Strenuous 8.68 miles).** Start at the parking area and head to the kiosk, where you'll pass a stone marker honoring Jerry Miller on your left. Follow the **Yellow Blaze** trail as it winds through the woods and begins a steep climb up the mountain, featuring six switchbacks. Along the way, enjoy stunning views of the Blue Ridge Mountains, a picturesque waterfall, and vibrant wildflowers if you're visiting in early spring.

When you reach the Baxter Cliff intersection, turn left onto the **Blue Blaze** trail. Prepare for a very steep descent that leads to a spectacular overlook of the cliffs and surrounding peaks. This is a perfect spot for a break, or you can head back up to the summit where logs offer a comfortable place to rest. Return to your car by following the same path back.

**Trailhead Access:** Take I-26 W to exit 4A for US 19/US 23/US 70W/I-26 toward UNC Asheville/Weaverville. Follow 26 W for about 27 miles entering TN. Take exit 50 toward Flag Pond Road. Turn left onto Upper Higgins Creek Road and make a right onto Old Asheville Hwy. Drive 2 miles and make a left onto TN 352 and NC-212 S to Forest Service 2 Rd/NFS Rd in Madison County (about 11 miles).

**Note:** High clearance vehicles are recommended with the creek crossing at the beginning of the Forest Road.

**Meet At:** MRCVS

**Drive:** 61 miles

**Elevation Gain:** 1943 ft.

**Blaze:**

**Map:**

**GPX file link:** [#270 Jerry Miller to Baxter Cliff Trail](#)

Profile:



Trail Map



## #271: Turkey Pen-Mullinex-Squirrel-Cantrell-South Fork Mills River Loop (Strenuous 12.5 miles)

**Turkey Pen-Mullinex-Squirrel-Cantrell-South Fork Mills River Loop: #271 (Strenuous 12.5 miles).** This hike is a lovely mix of trails, old forest roads, creeks and rivers. The trail condition is nice because it has been a popular MTB destination, but that activity will likely be diminished until the bridges are repaired, after Helene caused washouts. Due to those washouts, this hike has 4 crossings of the South Fork of the Mills River. The depth is roughly knee deep or less, but care should be taken if heavy rainfall has occurred in the days prior. Poles are recommended for the crossings.

Start at Turkey Pen Gap TH parking lot and head to the river. Pass the washed-out bridge and go to the first crossing. This crossing is used by horseback riders. Take the Mullinax Gap trail (yellow) on the right. This trail renames to Squirrel Gap trail (blue) once past the intersection with that trail on the right. Pass the intersection with Laurel Creek trail on the right. The trail continues on a steady climb passing Poundingstone Mt and Laurel Mt on the shoulders until reaching an intersection with Cantrell Creek trail (red) on the left. Follow Cantrell Creek down to the river, crossing Cantrell Creek by rock hop. Stay left and join South Mills River Road (white) which you will follow all the way back, crossing the river twice more. Cross the river at the horse crossing again, turn right, and head toward the parking lot.

Note: The river crossings are not necessarily at the location of the washed-out bridges.

Trailhead Access: From MRCVS take route 280 (Boylston Highway) for 6.2 miles then turn right onto Turkey Pen Road for 1.3 miles to the Turkey Pen Gap trail head / parking lot.

**Meet At:** MRCVS

**Drive:** 7.5 miles

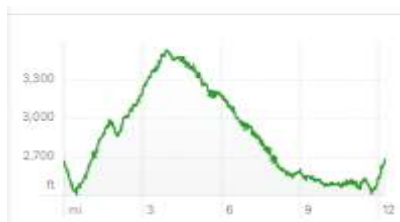
**Elevation Gain:** 1614 ft.

**Blaze:** Yellow, Blue, Red, White

**Map:** Pisgah Ranger District

**GPX file link:** [#271 Turkey Pen-South Fork Mills River Loop](#)

Profile:



Trail Map



## #520: Connemara Little Glassy Mountain (Social) (Easy 3 miles)

**Connemara Little Glassy Mountain (Social): #520 (Easy 3 miles).** From the Hikers Parking Lot, proceed to the goat barn area and cross through the orchard to your right. Take Menninger Trail Loop to your right at the T junction, directly across the intersection and bearing left at the fork to Little Glassy Mountain. Then at the intersection base turn right toward the Sandburg House passing the rocking chair on your left to the next signpost and go straight through to follow Front Lake Trail Loop to the now closed bridge across the now dry lake. Turn left passing the now dry lake on your right. Make a left at another now closed bridge up the hill passing the amphitheater on your right and the Sandburg House on your left. [Sandburg lakeside display near the Main Visitor Parking lot] Return [toward the house] to the goat barn and Hikers Parking Lot.

**Trailhead Access:** Take 225 S. to a right turn on Little River Road (just past Flat Rock Playhouse). Go past the main visitor parking lot to the hiker's parking lot on the left

**Meet At:** FM

**Drive:** 2.8 miles

**Elevation Gain:** 302 ft.

**Blaze:**

**Map:**

**GPX file link:** [#520 Connemara Little Glassy Mtn \(Social\)](#)

**Profile:**



**Trail Map:**



## #536: DuPont Thomas Cemetery Road (Social) (Easy 3.5 miles)

**DuPont Thomas Cemetery Road (Social): #536 (Easy 3.5 miles).** From Guion parking lot take Guion Farm Connector to left on Buck Forest Road, then left on Thomas Cemetery Road. Pass the cemetery. Right on Buck Forest Road to Guion Farm Connector to parking lot

**Trailhead Access:** Leave FM on White St then left on Kanuga to a left on DuPont Rd. Left on Sky Valley Rd which turns to gravel before you reach Guion Farms parking lot on right

**Meet At:** FM

**Drive:** 14.8 miles

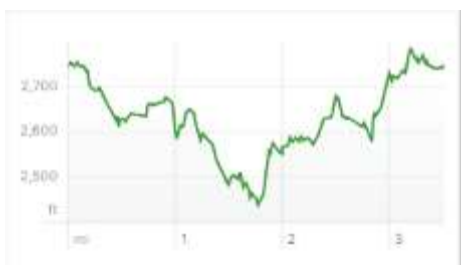
**Elevation Gain:** 315 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#536 DuPont Thomas Cemetery \(Social\)](#)

**Profile:**



**Trail Map:**



## #537: DuPont Hickory Mountain Rd-Hooker Creek Trail (Social) (Easy 3.4 miles)

**DuPont Hickory Mountain Rd-Hooker Creek Trail (Social): #537 (Easy 3.4 miles).** From Guion Farms parking lot cross Buck Forest Rd. to Hickory Mountain Rd. (HMR). Right on Boundary Trail (optional stop at the labyrinth), right on HMR. Optional snack break at pavilion tables. Left on Ridgeline Trail briefly, left on Hooker Creek Trail. Left on Buck Forest Rd. back to the parking lot.

**Trailhead Access:** Leave FM on White St. then left on Kanuga to left on DuPont Rd. Then left on Sky Valley Rd. which turns to gravel before you reach Guion Farms parking lot on the right.

**Meet At:** FM

**Drive:** 14.8 miles

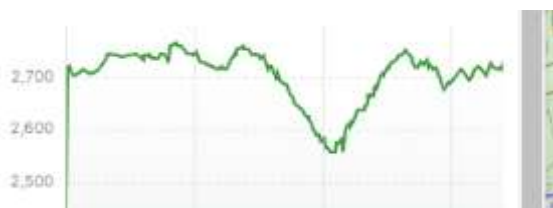
**Elevation Gain:** 250 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#537 Hickory Mtn Rd-Hooker Creek Tr](#)

Profile:



Trail Map:



## #543: Lake Powhatan Loop (Social) (Easy 4 miles)

**Lake Powhatan Loop (Social): #543 (Easy 4 miles).** From the parking lot take road from trailhead to sharp right along a walled stream. At the end of the lake (just before Lot A) take the gravel path to the left and cross bridge. Turn right on road to quick left on Pine Tree trail (blue) and stay on this trail going left at junction with Explorer Loop. Turn right on Deerfield Loop. Come to open area with stream near the right, and a lot of intersecting trails. Cross bridge onto Small Creek Trail which ends within sight of the lake. Go left to picnic tables for snack. Take Homestead Trail back to parking.

**Trailhead Access:** Rte. 280 east 1.2 miles to 191 north (turn left) and at 8.8 miles turn onto Bent Creek Ranch Rd. (first light past BRP entrance). Go past arboretum entrance and turn left at 11.1 miles into the Hard Times trailhead lot.

**Meet At:** MRCVS

**Drive:** 11.1 miles

**Elevation Gain:** 714 ft.

**Blaze:** Blue/Green/Red/Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#543 Lake Powhatan Loop \(Social\)](#)

Profile:



Trail Map:



## #544: Lake Powhatan Explorer Loop (Social) (Easy 3 miles)

**Lake Powhatan Explorer Loop (Social): #544 (Easy 3 miles).** Starting at trailhead go about 100 yards on 479H turning left onto Explorer Loop Trail Take loop clockwise, turning right on Explorer Loop connector then turn right onto 479H back to parking lot.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn onto Bent Creek Ranch Rd. (first light past BRP entrance). Slight left onto Wesley Branch Road and pass Hard Time trailhead at 11.1 miles. Right onto Bent Creek Gap Road, passing Ledford Branch trailhead on the right. In another 2.2 miles Explorer Loop Trailhead will be on the left.

**Meet At:** MRCVS

**Drive:** 13.5

**Elevation Gain:** 294 ft.

**Blaze:** Yellow

**Map:** Pisgah Ranger District

**GPX file link:** [#544 Lake Powhatan Explorer Loop \(Social\)](#)

**Profile:**



**Trail Map:**



## #601: Pink Beds Short Loop (Social) (Easy 3.25 miles)

**Pink Beds Short Loop (Social): #601 (Easy 3.25 miles).** Take left branch of Pink Beds Loop. Right on Barnett Branch Connector, then right back to Pink Beds Loop. You will encounter several stream crossings and several board walkways. Lunch at picnic area.

**Trailhead Access:** Rte. 276 north 10.1 miles to Pink Beds Picnic Area. Trailhead is at rear of parking area toward the middle

**Meet At:** PRS

**Drive:** 10.1 miles

**Elevation Gain:** 242 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#601 Pink Beds Short Loop \(Social\)](#)

**Profile:**



**Trail Map:**



## #604: DuPont Hickory Mountain (Social) (Easy 3.8 miles)

**DuPont Hickory Mountain (Social): #604 (Easy 3.8 miles).** From Guion parking lot cross Sky Valley Road to left on Farmhouse Trail. Left on Shoals Creek Trail. At Sky Valley Road cross and go right then immediate left. Continue to left on Ruffed Grouse Trail (new Name). Right on Hickory Mountain Rd. Right on Boundary Trail. Visit the Boundary Labyrinth. Right on Hickory Mountain Rd. to picnic shelter for a break. Turn around and return on Hickory Mountain Rd. to left on Boundary Trail. Left on Hickory Mountain Rd. Cross Buck Forest Rd. and continue to Guion parking lot.

**Trailhead Access:** Leave FM on White St. and turn left on Kanuga. At 11.3 miles turn left on Staton Rd (DuPont). After a mile turn left on Sky Valley Rd which turns to gravel before you reach Guion Farm parking lot on right.

**Meet At:** FM

**Drive:** 14.8 miles

**Elevation Gain:** 377 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#604 DuPont Hickory Mountain \(Social\)](#)

**Profile:**



**Trail Map:**



## #624: DuPont Wintergreen Falls (Social) (Easy 3.3 miles)

**DuPont Wintergreen Falls (Social): #624 (Easy 3.3 miles).** The trailhead is in the corner of the parking lot near Board Display. Take Tarkiln Branch Road, then left on Wintergreen Falls Trail. Climb the rocks to view falls. Return the way you came for this in-and-out hike

**Trailhead Access:** Leave FM on White St, left on Kanuga to left on DuPont Rd. Left on Sky Valley Rd which turns to gravel before you reach Guion Farms parking lot on right

**Meet At:** FM

**Drive:** 14.8 miles

**Elevation Gain:** 265 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#624 DuPont Wintergreen Falls \(Social\)](#)

**Profile:**



**Trail Map:**



## #629: DuPont Longside (Social) (Easy 3.7 miles)

**DuPont Longside (Social): #629 (Easy 3.7 miles).** In and out hike. Cross Cascade Lake Road to Corn Mill Shoals Trail. Just past the gate turn Left onto Longside Trail. Follow Longside Trail just a short distance to its intersection with Twixt Trail. Bear right staying on Longside to its intersection with Cascade Loop (about 0.8 mi). Continue straight ahead onto Pine Tree (no trail marker indicating you are on Pine Tree) and follow to Stanton Road. At one point on this stretch of trail there is a “Y”. Take the right fork for the easier route but either fork gets you to the same point after a small drop-off. At Stanton Rd turn around; retrace your route back to junction with Longside; return the way you came.

**Trailhead Access:** Leave FM on White St., left on Kanuga and at 11.0 mi. left on DuPont rd. At 16.6 mi. turn left on Cascade Lake Rd. and at 17.2 mi. Corn Mill Shoals parking is on right.

**Meet At:** FM

**Drive:** 17.2 miles

**Elevation Gain:** 400 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#629 DuPont Longside \(Social\)](#)

**Profile:**



**Trail Map:**



## #680: Andy Cove Plus (Social) (Easy 3.7 miles)

**Andy Cove Plus (Social): #680 (Easy 3.7 miles).** The Andy Cove Nature Trail begins at the overflow PRS parking lot. Proceed on the Nature Trail. As the trail starts to descend toward the main PRS parking lot, watch for the intersecting Exercise trail from the right (a backward “Y”) near the backside of an Andy Cove Trail sign on the left side of the trail. Turn right on the Exercise Trail. Continue walking to cross over Rte. 276 roadway and the Davidson River via the English Chapel bridge. After crossing the bridge, turn left to stay on the Exercise Trail toward the Davidson River Campground. At the Campground Road, go back across the Davidson River and immediately turn right proceeding through the Art Loeb Trail parking lot. Continue around the gate at the opposite end of the parking lot and onto the Art Loeb Trail (white blaze). Proceed on the Art Loeb Trail turning right at the Art Loeb Trail bridge crossing the Davidson River. Remaining on the Art Loeb Trail, turn left on the opposite side of the river and continue to the junction of the Art Loeb and Estatoe Trails. At this point, reverse your hike going back to and continuing straight ahead (do not cross back over the bridge) at the Art Loeb bridge. Take the left fork immediately after you pass the bridge on your right, onto Schenk CCC Rd which allows you to bypass a washout. Proceed back to the Davidson River Campground road. Turn right, cross the river and immediately turn left on the Exercise Trail. Proceed to the Rte. 276 road crossing and continue back to the PRS overflow parking lot.

**Trailhead Access:** Hike starts in the PRS parking lot.

**Meet At:** PRS

**Drive:** 0

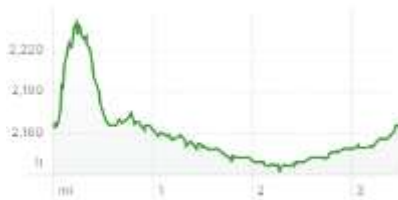
**Elevation Gain:** 112 ft.

**Blaze:**

**Map:** Pisgah Ranger District

**GPX file link:** [#680 Andy Cove Plus \(Social\)](#)

**Profile:**



**Trail Map:**



## #681: Dittmer – Watts Nature Trail (Social) (Easy 2.75 miles)

**Dittmer – Watts Nature Trail (Social): #681 (Easy 2.75 miles).** Start on Dogwood Trail. At the end of Dogwood cross an open field to the far-left side to continue up to the Mountain Vista Trail, turning left. Nice overlook at the end of Mtn Vista. Come back down and turn left onto Roller Coaster Trail (RCT). Go straight onto Raptors Ridge Trail, a loop. Once back on RCT turn left onto Rhododendron Trail until you come back out to Mountain Vista Trail the 2<sup>nd</sup> time. Turn right and cross the open field to the far left, behind the shelter onto Mountain Laurel Trail loop. Turn left onto Mulberry Trail before finishing this loop out to the parking lot.

**Trailhead Access:** Right on US 64 E/Chimney Rock Rd. At 12 miles right on Alt74 toward Lake Lure. At about 19 miles right on NC 9 and park will be on right in about .03 miles across from Ingles.

**Meet At:** ING-HG

**Drive:** 19 miles

**Elevation Gain:** 256 ft.

**Blaze:** Various, See Map

**Map:** Dittmer – Watts Nature Trail Park Map

**GPX file link:** [#681 Dittmer-Watts Nature Trail \(Social\)](#)

**Profile:**



**Trail Map:**



## #682: Highland Lake Inn (Social) (Easy 3.1 miles)

**Highland Lake Inn (Social): #682 (Easy 3.1 miles).** Cross Lily Pad Ln from the parking lot and take the gravel rd behind Season's Restaurant turning right onto the gravel path. Follow it to a T making a right onto Restful Ln going downhill past cottages toward the exit. Before the exit, turn left onto the "Lower 40" path about 0.5 miles past "Namaste" on your right to a T, which is Mountain Close Ln. Make a right to the 4 way bridge intersection with N. Highland Lake Dr and Lily Pad Ln. Turn left onto Lily Pad Ln past Lake House Academy to the arbor at Hamlet Garden on the right. Turn right onto Water Lily Dr. past cottages to the T at Rhett Dr. Make a left on Rhett Dr. to the entrance of Treska's on the right and turn right into the parking lot, following to the left past Cove Pavilion and then making a left onto Lake Shore Dr. to reunite with Rhett Dr. turning right on Rhett Dr. and then making a left at the tennis court path to arrive back at the starting point. Then turn left through the lot and making a left onto Water Lily Dr. again passing the cottages but before the Rhett T, make a right at the Sheep Barn (Goat barn is on the left). Follow the path into the open field staying to the left and passing the statue of Mary on your right. Turn right at the lake to the stone steps onto a path up to and under a wood arbor. Turn left toward Woodward House on Lily Pad Ln going back down (keep Woodward on your right) the way you came up from the 4 way intersection. Back at the 4 way intersection, turn right back up Mountain Close and make a left onto the Lower 40 path from which you had exited. Retrace the Lower 40, make a right onto Restful Ln past cottages on your right and stay on Restful to the Office, going right at the office into the parking lot.

**Trailhead Access:** Leave FM to NC 225 Greenville Highway. Turn left on N Highland Lake Rd, right on Highland Lake Dr., right on Lily Pad Lane and quick lefts into the parking lot. Park in front of tennis court.

**Meet At:** FM

**Drive:** 2.9 miles

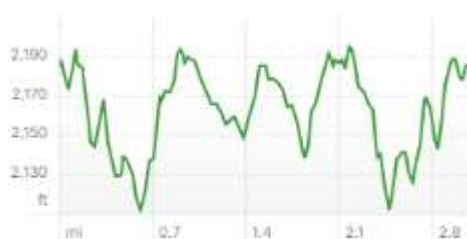
**Elevation Gain:** 253 ft.

**Blaze:** None

**Map:** Highland Lake Resort Map

**GPX file link:** [#682 Highland Lake Inn \(Social\)](#)

**Profile:**



**Trail Map:**



## #683: Rice Pinnacle (Social) (Easy 4.3 miles)

**Rice Pinnacle (Social): #683 (Easy 4.3 miles).** From parking lot take left fork onto Deer Lake Lodge Trail (orange). Turn left onto Wolf Branch trail. At "T" turn left following Wolf Branch. At gravel road "T" turn right. Turn right onto Ledford Branch trail (blue). Turn left back onto Wolf Branch Trail. At end of Wolf Branch trail turn right to complete the lollipop.

**Trailhead Access:** Rte. 280 east 1.2 miles to Rte. 191 north (left) and at 8.8 miles turn onto Bent Creek Ranch Rd. (first light past BRP entrance). Go 1.4 mile, turn right into Rice Pinnacle parking lot.

**Meet At:** MRCVS

**Drive:** 11 miles

**Elevation Gain:** 394 ft.

**Blaze:** Orange/Blue

**Map:** Pisgah Ranger District

**GPX file link:** [#683 Rice Pinnacle \(Social\)](#)

Profile:



Trail Map:



## #688: DuPont Rock Quarry - Wilkie (Social) (Easy 4 miles)

**DuPont Rock Quarry (Social): #688 (Easy 4 miles).** From parking lot cross road and take immediate left onto Longside. Veer left onto Twixt at about 0.3 miles. Cross back over road and turn right a short distance to Rock Quarry Rd where you turn left. Follow Rock Quarry to Wilke intersection and head left on Wilkie (about 1.5 mi). Follow Wilkie to intersection with Micajah where you turn left again and follow this trail back to where it dead ends with Rock Quarry. Turn right and retrace steps back along Rock Quarry, Twixt and Longside.

**Trailhead Access:** Leave FM to right on White St, left on Kanuga. At 11 miles left on DuPont Rd. At 16.6 miles left on Cascade Lake Rd. Corn Mills Shoals parking lot on the right.

**Meet At:** FM

**Drive:** 17 miles

**Elevation Gain:** 449 ft.

**Blaze:** Green / Purple / Green

**Map:** DuPont State Forest

**GPX file link:** [#688 DuPont Rock Quarry-Wilkie \(Social\)](#)

Profile:



Trail Map:



## #689: DuPont Holly Road to Hooker Falls (Social) (Easy 3.9 miles)

**DuPont Holly Road to Hooker Falls (Social): #689 (Easy 3.9 miles)** Cross Staton Rd. and head right to Holly Road Trail, then right on Hooker Falls Trail to the falls base. Optional stop at the Hooker –Moore Cemetery. This is an in and out hike.

**Trailhead Access:** Leave FM to right on White St, left on Kanuga to a left on Staton Road. Then left into Lake Imaging Access Area parking lot.

**Meet At:** FM

**Drive:** 14.5 miles

**Elevation Gain:** 330 ft.

**Blaze:** Green

**Map:** DuPont State Forest

**GPX file link:** [#689 DuPont Holly Rd to Hooker Falls](#)

Profile:



Trail Map:



## #690: Fletcher Loop (Social) (Easy 3.2 miles)

**Fletcher Loop (Social): #690 (Easy 3.2 miles).** Starting at the parking lot closest to the entrance, go across the access street to the T to join the trail. Turn right and follow the gravel trail which goes back out toward Howard Gap Rd. Follow the trail parallel to Howard Gap Rd. Follow the trail as it turns right and then follow it straight with the ball fields on your right. Take the left fork to follow the trail over the Enchantment Bridge and on the other side, take the left fork to follow the trail which eventually becomes paved as you pass the huge Mainetti factory on your right. Go to the dead end. Turn around and at the metal picnic bench, take a left turn onto a gravel trail which then swings right and back to the paved trail. Turn left to retrace your steps back to the Enchantment bridge and on the far side, take the left fork (which itself divides but comes back together) and return to the beginning of the hike, making a right into the parking lot.

**Trailhead Access:** Bill Moore Community Park is located at 85 Howard Gap Road in Fletcher. There is a large parking lot with restrooms. No carpooling for this hike

**Meet At:** Trailhead

**Drive:** N/A

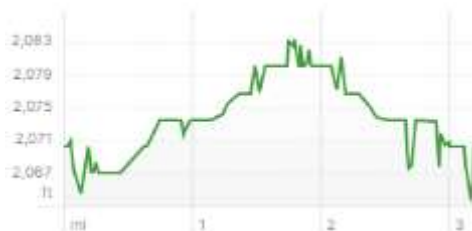
**Elevation Gain:** 22 ft.

**Blaze:** None

**Map:** Bill Moore Community Park

**GPX file link:** [#690 Fletcher Loop \(Social\)](#)

Profile:



Trail Map:



## #691: DuPont One Lake-One Waterfall (Social) (Easy 3.4 miles)

**DuPont One Lake-One Waterfall (Social): #691 (Easy 3.4 miles)** From parking lot take High Falls Loop, continuing straight/slightly left at the trail intersection (not a hard left) to stay on High Falls Loop. Turn right on Covered Bridge Trail to cross bridge, then turn right on Conservation Rd, left on Three Lakes Trail. Cross Joanna Rd and continue on Three Lakes Trail to the Lake Dense Picnic shelter. Turn back on the connector to Joanna Rd, passing by the Three Lakes Tr. Turn left on Joanna Rd, then right on Conservation Rd, to cross High Falls bridge. Turn right on Covered Bridge TR, then right on High Falls Loop to the picnic shelter/High Falls overlook. Return to Visitor Center lot on the High Falls Loop Trail ging back on the path you just took to the shelter.

**Trailhead Access:** Rt on White St. and lt on Kanuga. At 11.3 miles turn left on Staton Rd and go 4 miles to DuPont Visitors Center parking lot on your left. Make the upper loop and come down to park on the right side close to the trailhead.

**Meet At:** FM

**Drive:** 15.3 miles

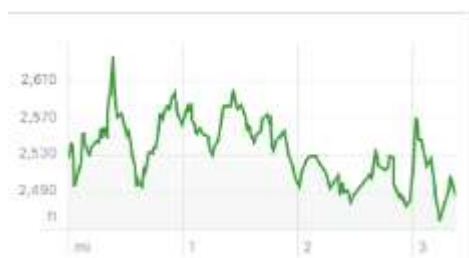
**Elevation Gain:** 210 ft.

**Blaze:**

**Map:** DuPont State Forest

**GPX file link:** [#691 DuPont One Lake-One Waterfall](#)

Profile:



Trail Map



## #692: Bell Park (Social) (Easy 2.4 miles)

**Bell Park (Social): 692 (Easy 2.4 miles)**. This hike is a double loop. Shortly after leaving the trail head the Overlook Trail takes off and is a short in and out that can be done at the beginning or end of the hike. This takes you to a wooden platform with a nice view of the Green River Gorge and a nearby waterfall. Nature Trail is a double loop which can be done in either direction or if more distance is desired either loop could be done twice. Trail is in good shape with rolling ups and downs.

**Trailhead Access:** Take Hwy 176 heading toward Saluda. At 7.2 miles, just past the bridge over the Green River Gorge is the trailhead on the left. Parking is only for 4 cars but large parking area across 176 by the old bridge.

**Meet At:** FM

**Drive:** 7.2 miles

**Elevation Gain:** 350 ft.

**Blaze:** Blue, red

**Map:** Bell Park

**GPX file link:** [Bell Park \(Social\)](#)

Profile:



Trail Map



## #693: Ecusta Trail Social Hike (Social) (Easy 6 miles)

**Ecusta Trail Social Hike (Social): #693 (Easy 6 miles).** The first 6 miles of the Ecusta Trail are now open, stretching from Hendersonville to the Horseshoe community. Once fully complete, the 19.4-mile trail will connect Hendersonville and Brevard, passing through Laurel Park, Etowah, Penrose, and Pisgah Forest along the way. For more information about parking and the Trail Map see the Ecusta Trail website: <https://www.ecustatrail.org/>. This hike is dedicated to Sharon Mendelson.

**Trailhead Access:** In Henderson County, the terminus will be at the Hendersonville Welcome Center at 201 S Main St.

**Meet At:** Hike Leader to decide

**Drive:**

**Elevation Gain:** 148 ft.

**Blaze:** N/A

**Map:** Ecusta Trail Map (<https://www.ecustatrail.org/trail-map/>)

**GPX file link:** [#693 Ecusta Trail](#)

**Profile:**



**Trail Map**



## #694: Patton Park to Berkeley Park Hike (Social) (Easy 3.9 miles)

**Patton Park to Berkeley Park (Social): #694 (Easy 3.9 miles).** The hike starts at the parking lot in front of the Patton Park pool (now being rebuilt after Helene) playground/restrooms and accessed from the Asheville Highway Rt. 25 at East Clairmont Drive. From the parking lot, proceed over the bridge and past the ball field and then the Hendersonville Maintenance garages on your right making a left across the road and rail track down to the fork with the Berkeley Park path going left. Turn left and stay on this path along Mud Creek, turning around at the overlook bench above the new Berkeley Park.

**Trailhead Access:** The start is at the parking lot opposite the Patton Park pool playground/restrooms and accessed from the Asheville Highway Rt. 25 at East Clairmont Drive.

**Meet At:** Hike Leader to decide

**Drive:** 0

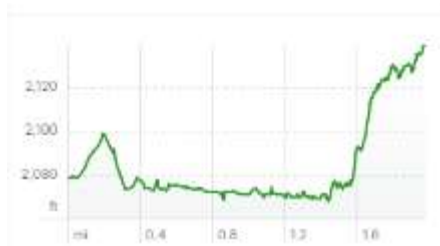
**Elevation Gain:** 115 ft.

**Blaze:** N/A

**Map:** Patton Park

**GPX file link:** [#694 Patton Park to Berkeley Park](#)

**Profile:**



**Trail Map**



## High Country Hikers Hiking Challenges

**Mountain to Sea Trail Challenge:** This challenge consists of completing a series of hikes, which, once completed the hiker will have hiked the MST from highway #215 in the west to Mount Mitchell in the east covering about 85 miles of the MST. A special recognition patch will be awarded to the hikers completing the challenge. Hikes to be completed for the challenge are as follows

#49: Walker Knob-Potato Knob	5 miles	Strenuous
#50: Walker Knob-Craggy Picnic	7.6 miles	Mod/Strenuous
#52: Rattlesnake Lodge to Folk Art Center	10 miles`	Strenuous
#53: Folk Art Center to Hwy 25	8 miles	Easy
#54: Pisgah Ridge Loop	6.5 miles	Mod/Strenuous
#55: Pisgah Ridge-Buck Spring	7.7 miles	Mod/Strenuous
#69: Pisgah Inn-Buck Spring	6.2 miles	Moderate
#89: Yellowstone Creek-Skinny Dip Loop	4.5 miles	Moderate
#119: Craggy Picnic-Rattlesnake Lodge	6 miles	Mod/Strenuous
#126: Bent Creek-Walnut Cove Overlook	7 miles	Moderate
#150: Black Balsam-Sam Knob Loop	9 miles	Mod/Strenuous
#155: French Broad Overlook-Highway 25A	6.2 miles	Easy
#158: Pisgah Inn-Beaver Dam Gap	7.9 miles	Mod/Strenuous
#159: NC 128 to Mt. Mitchell	9 miles	Mod/Strenuous
#160: Beaver Dam Gap to Walnut Cove	7.3 miles	Moderate
#162: Bearpen Gap to NC 215	9 miles	Mod/Strenuous
#171: Folk Art Center to French Broad Overlook	13.5 miles	Strenuous

(Note #171 is combo of #53 and #155 and can replace those 2 hikes for the challenge)

## Meeting Points

PRS	Pisgah Ranger Station on Rte. 276, N of Rte. 280. Meet in back lot (first right as you enter from the south).
FM	Fresh Market lot at junction of Spartanburg Hwy & Greenville Hwy in Hendersonville. Meet at end of lot opposite Stein Mart.
ING-B	Ingles in Brevard. 684 N. Broad Street. Meet on the east side of Ingles (where Kmart used to be).
MRCVS	CVS at intersection of Rte. 280 & Rte. 191S in Mills River. Meet at east end of lot near CVS drugstore.
BBC	Boylston Baptist Church on Rte. 280 between Mills River and Pisgah Forest.
ING-HG	Ingles at Rte. 64E & Howard Gap Road. Meet at northwest end of lot closest to Rte. 64/Howard Gap intersection.
SSC	Southridge Shopping Center near Asheville airport. I-26 (exit 40) & Rt. 280. Turn left on second light past Clarion Inn onto McKenna Road. First right into shopping center and park nearest McKenna Rd as possible out from World Market.

# High Country Hikers General Guidelines

## Welcome to High Country Hikers!

Since we want to ensure that each hike is a pleasant experience for all participants, your complete understanding of the following information is very important.

The club is led by a Planning Committee consisting of co-chairs who serve staggered two-year terms, Secretary, Treasurer and experienced Hiking Club members.

Each hiker is required to sign a Hike Attendance & Disclaimer Record before the start of each hike. Your signature indicates that you have read the following statement which will be on the hiking record and that you concur with the provisions. (N.B. Each hiker MUST sign the Disclaimer - the spouse MUST NOT sign for BOTH.

The hike leader will carry a comprehensive first aid kit on the hike.

In the event of an emergency, each hiker should have on his / her person information regarding who should be contacted and how to contact them. The hiker should also have on his/her person a current record of their medications and other pertinent medical information. This form is on Page 4 of this document.

- Each hiker should wear a nametag. This will help new hikers get acquainted and help experienced hikers get to know the new hikers.
- Experienced hikers will lead each hike. The leader is in charge of the hike and his/her directions are to be respected.
- The leader will assign a person, called the sweep, to bring up the rear.
- **No hiker is to get ahead of the leader or lag behind the sweep.**
- Do not start back to the cars alone under any circumstances.
- Always stay on the trail and within sight of the person ahead of you. You are expected to keep up with the group.

*PLEASE NOTE THAT YOU MUST BE IN GOOD PHYSICAL CONDITION TO PARTICIPATE IN THIS ACIVITY. MOUNTAIN HIKING IS NOT NEIGHBORHOOD OR MALL WALKING.*

## RECOMMENDATIONS:

- Wear hiking boots that are well broken in, have heavy tread and good ankle support.
- Wear nametag.
- Bring rain gear
- Wear a daypack, fanny pack or shoulder bag
- Bring a trail lunch and adequate liquids
- Bring insect repellent
- Carry medication if allergic to insect stings
- Carry medical forms and copies of medical insurance cards
- Be considerate and help fellow hikers
- If carpooling, wear bring of change of shoes and a bag to put them in.

## DO NOT:

- Bring a dog or other pet
- Smoke while on the trail

- Pick or damage anything growing
- Litter (Pack out what you pack in!)
- Drink from mountain streams

The scheduled hiking season is year-round. We schedule two hikes each Monday and Thursday (easier and harder). A more challenging hike is scheduled every Monday and easier social hikes are scheduled on two Wednesdays per month. In an effort to accommodate different levels of ability, there is an easier/shorter hike and a more challenging hike/longer hike each Monday and Thursday. The schedule is emailed to members and is also available on website at [www.highcountryhikers.org](http://www.highcountryhikers.org). Hikes are scheduled three times a year by the Scheduling Committee. Before each meeting, hikers are requested to submit, via email, the hikes they wish to lead and dates they are not available to lead. Couples submit 5 hikes and single hikers submit 3. The membership fee includes an electronic hike book that gives pertinent information about the hike. This includes: description of hike, difficulty rating (easy, moderate, and strenuous), and a graph showing elevation profile, points of interest, trailhead access and meeting location.

From time to time changes in the schedule are necessary. In the event of a hike cancellation, hikers will be notified by email no later than 7 am. on the day of the hike.

Since parking facilities are sometimes limited at the trailhead, please carpool from the assembly area. Each person should share responsibility for transportation to the trailhead – either by driving or paying a Suggested Rider Donation (SRD). Included in each hike description within the hiking schedule is a SRD for the driver based on the distance driven. Hikers who share frequently may choose not to exchange funds. However, it is recommended that hikers who are passengers offer to help with fuel costs. This following is used as the guide:

	One Way Driving Miles	Amount
	to 8 miles	No Charge
	to 8 to 20 miles	\$ 1.00
	20 to 35 miles	\$ 2.00
	35 to 50 miles	\$3.00
	50 +++miles	\$4.00

The leader will have enough rest periods and usually a lunch/snack break depending on the length of the hike. At the end of the hike, no one may leave the area until the hike leader has accounted for all hikers. **It is the hike leader’s responsibility to be certain that the engine of the last car is running before the leader leaves the area.**

Some hiking equipment is necessary, but don’t make a big investment without hiking experience. Suitable footwear is essential. Portions of the trail maybe rocky and/or wet coupled with being camouflaged by leaves. Steams are crossed by means of stepping-stones or by bridges of various constructions. Some hikers choose to use hiking sticks to help negotiate the trails. Layered clothing is recommended for hiking when weather turns cold.

We are concerned for the safety and well-being of each other. Please follow these guidelines.

Information about receiving broadcast emails from High Country Hikers

We use Google Groups as the primary means of communication for information relating to our activities. For example, if a hike is canceled the hike leader will send a message via Google Groups to everyone in the Group.

As part of the registration process, you are being added to the High Country Hikers Google Group. If you don’t receive an acknowledgement from Google Groups, please let me know. The invitation may have gone to your spam or junk mail folder. To keep this from happening, **please add [high-country-hikers@googlegroups.com](mailto:high-country-hikers@googlegroups.com) to your contacts.**

Note: we only use the email feature of the group...there are no photos or messages posted.

Once you have been added to the Group, you can send messages to ALL members of the group by addressing the message to: [high-country-hikers@googlegroups.com](mailto:high-country-hikers@googlegroups.com).

Note the following:

- Any message sent to this address goes to everyone in the group. Group messages should only be used to send information relating to the activities of the High Country Hikers. Do not use this service for jokes, etc.
- You will NOT receive a copy of the group email you send. If you want to receive the message, you need to add your email address as a cc.
- Membership to this group is by invitation only. Only members of the High Country Hikers are permitted to join.
- If you change your email address you should contact the club secretary or one of the co-chairs ([hendersonvillehikers@gmail.com](mailto:hendersonvillehikers@gmail.com)) so that your membership to Google Groups can be changed.
- Google provides the means to unsubscribe on every message. If you unsubscribe you will no longer receive any messages from this service.
- You can review older messages by going to the Google Groups and logging in with your email address and password.  
Go to:  
<https://groups.google.com/forum/#!forum/high-country-hikers>

# Hiker Medical Information Form

This should be filled out and carried in your pack.

Name	
Doctors Name and Phone Number	
List Allergies	
Daily Non-Prescription Meds	
Chronic conditions	
Current Prescriptions	
Emergency contact and Phone Number	

# Hike Leader Responsibilities *(Revised March 2025)*

## Hike Leader Responsibilities (Revised March 2025)

Newer members are encouraged to lead hikes after they have hiked with the club for several months. It is suggested that you ask a member to go on a scouting hike with you to familiarize you with the hike route. The Hike Book is a good reference but is no substitute for actually scouting the hike.

### **Before the hike:**

As hike leader, you are responsible to lead on the dates listed in the hiking schedule. If you are unable to lead your own hike, arrange for a substitute so there will be no hike cancellations due to anything but weather. Advise the club members of the name of your replacement via email.

Scout the trail before the hike date and plan rest stops, trail breaks, lunch spots, and amount of parking available. This is the time to note the landmarks and times discussed above. You may want to get help for scouting from committee members or previous leaders of your scheduled hike. New hike leaders may request a mentor who will help scout the hike and review the procedures. The mentor will also accompany the new leader on the trail to provide support and assistance as necessary.

If trail maintenance problems are discovered in the Pisgah Ranger District, notify the Pisgah Ranger Station Visitor Center at (828) 877-3265. If the problem is severe and cannot be repaired by the date of your hike, either re-route your hike or schedule a replacement hike of similar length and difficulty, leaving from the same location as the originally scheduled hike.

### **A message to high-country-hikers@googlegroups.com should be sent:**

- Several days before the hike send a group email to membership giving comments about the hike, including recommendations such as use of hiking sticks, presence of significant stream crossings or muddy trails.
- Add your email address as a BCC otherwise you will not receive the group email.
- Ask hikers to respond to you if they are planning on attending. Also ask them if they are meeting you at the Meeting Point or going directly to the trail head. They should reply only to you, DO NOT Reply All
- Send out a group email the day before the hike listing all those who have signed up. This can help hikers in carpooling.
- By 7:00 a.m. the day of the hike if cancellation of the hike is necessary

### **Verify that the following items are in the hike box:**

- Clipboard with "Attendance & Disclaimer Record" sheets
- Whistles for the leader and sweep
- First Aid Kit – check the contents using the list inside the kit
- Hike Schedules, General Guidelines
- Orange vests [to wear during hunting season]
- New Hiker Application Forms
- Recent copies of Hike Schedule and Club Member Roster
- Obtain and carry a map of the hiking area and be familiar with the counties in which it is located.

### **At the start of the hike:**

Carry a cell phone and encourage other hikers to carry them.

Ensure that at least four hikers are present, including you. If less than four hikers are present, the hike should be canceled for safety reasons. [If there is an accident one person should remain with the person who is in trouble and the other two may need to go for help or to an area where the cell phone will operate.]

Some of our hikes have features such as stream crossings that may require wading, rope crossings, rope descents, etc. All hikers should be made aware of these before the start of the hike and given an opportunity not to participate. They should be told that if

they change their mind during the hike some hikers would have to turn around with them and lead them out; for safety reasons we do not permit individuals to leave the hike.

Refuse to allow any person who is inappropriately equipped, dressed or physically unable to complete the hike to participate. Consult with a Planning Committee member or other experienced hikers if necessary. Explain that everyone will be impacted by his discomfort and, most importantly, the risk of injury is unacceptably high.

Each hiker should have the following equipment:

- Hike boots
- Adequate clothing considering the temperature variations to be encountered
- Enough water
- Lunch/Snack

Introduce yourself to any new hikers and through talking to them satisfy yourself that they are up to the level of the hike and adequately equipped. Inform the new hikers of our procedures and expectations while hiking. Per the instructions above the leader may refuse to allow any person to participate in a hike. Note that hikers wanting to join a hike are encouraged to call the hike leader prior to the hike. This phone contact is a good time to make inquiries and discuss procedures and expectations.

Introduce any new hikers to the group. During the hike suggest they talk with experienced hikers about the group and ask any questions they have. Invite them to join and if interested provide them with a new member packet. When ready to join let them know they can pay the \$10 joining fee to the hike leader. After they provide their data as explained on the Hiker Registration sheet they will receive the electronic hike book and will be added to the Google Groups for distribution of hike related information. If you receive a registration payment leave it in the hike box with identifying information for the treasurer.

Select and announce a “sweep” — preferably an experienced hiker or someone who knows the hike route. The sweep is to be provided with a whistle. If the sweep is not experienced review the whistle signals; one toot, stop and wait for everyone to catch up; 3 toots, there is an emergency. Arrange carpooling at the meeting place and announce the driver donation for that day’s hike as listed in the Hiking Schedule. Provide directions to the trailhead and describe the hike before embarking in cars. Arrange for someone to carry the first aid kit and identify hikers who carry cell phones. If one of the hikers has first aid experience, request that he/she act as nurse. The main reason for having a designated nurse, professionally trained or not, is to have only one person administering to the injured hiker.

#### **During the hike:**

Hike at a speed suitable for all hikers. If the leader is continually pulling ahead or large gaps are appearing, he should slow down. Provide more frequent rest periods during steep climbs. Assign someone to assist with hazardous crossings. Provide short pauses after hazards to assure all hikers have safely crossed and regrouped. Before resuming the hike after a pause give time for those at the end to stop and catch their breath, normally the sweep should signal to the leader that the hike may continue.

Stop at all intersections for everyone to catch up.

In the case of a medical emergency the hike leader, the designated nurse, and the person carrying the first aid kit should converge on the source of the problem. Other hikers should remove themselves from the area unless asked to participate.

If a hiker has difficulty and needs to rest, the hike leader should stop the hike and ask the nurse or someone skilled in first aid to evaluate the situation. If it is decided that the hiker cannot continue, the hike leader, with the assistance of other experienced hikers, will have to determine the shortest way back to the cars - either continue or reverse direction. At least one experienced hiker who is familiar with the trail should accompany this person back to the cars. The hike leader also has the option to have other hikers help carry the distressed person to the cars or call EMS.

Remain at the end of the trail until all hikers are accounted for and take a final head count at the end of the hike. Make certain all cars have started before departing.

#### **After the hike:**

Make notes regarding trail conditions as appropriate on the reverse side of the attendance sheet following each hike and leave it on the clipboard.

Do not leave until all the other cars leave the parking area.

The next scheduled hike leader will contact you to get the hike box.

Send an email to the person maintaining hike attendance with the final list of hikers.

If you have a new member let the database person know so that the new member can be added.

# Tutorial for Updating the Hike Book

This tutorial is intended to lead you through the process of adding/updating information in the HCH hike book. Note that depending on what version of WORD you are using, some of the screenshots may look different than what is seen on your computer.

**You will need the following information:**

Hike Name	Hike Number	Hike Difficulty/Rating	Length of Hike
Hike Description	Trailhead Access Details	Hike Profile (picture)	Trail Map (picture)
Meet Up Location	Drive Distance	Blaze Colors/Shapes	Reference Map
GPX File Link			

**Step 1: Adding the Hike**

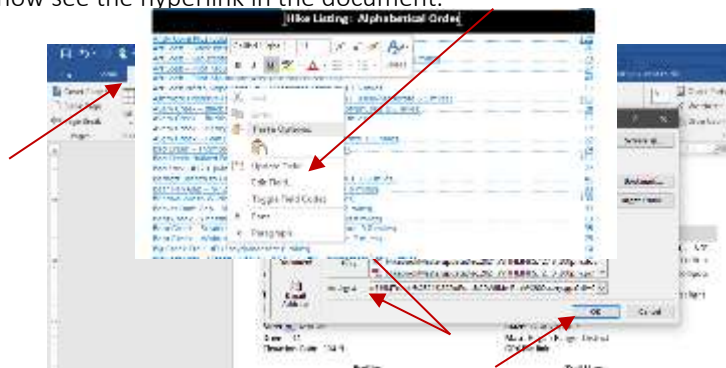
1. Open the HCH Hike book Master Copy (Word Document version).
2. Copy one of the existing hikes, making sure that when you highlight the hike to copy, you capture from the grey Hike Number/Name bar through the Trail Map. Example:



3. Paste the hike where you want it to be in the hike book. (The hikes are set up numerically.)
4. Edit the hike information to reflect the hike you wish to add following these steps:
  - a. Overwrite the hike number, name, hike rating and distance in the top grey bar
  - b. Overwrite the hike name, number, hike rating and distance in the bar immediately under the main hike title.
  - c. Overwrite the hike description.
  - d. Leave the heading "Trailhead Access", but overwrite the access details.
  - e. Leave the following headings, but update the details: "Meet At", "Drive", "Elevation Gain", "Blaze", "Map", "GPX File Link", "Profile", "Trail Map".
    - i. TO ADD THE GPX FILE LINK: You will need to have edit permissions for the dropbox folder (named HCH gps profiles) that the GPX file links are stored in. Once you are in the folder, hover over the hike for which you want to add the GPX file link; when you this you will see a box that indicates "Copy Link" – click this box and you will then see a message indicating that the link has been copied. Now return to



the HikeBook and place your cursor where the GPX File Link will be located. Once there, select the “Insert Tab” on the ribbon at the top of your screen and then select “Hyperlink”. A pop up box will appear. Make sure that “Existing File or Webpage” is selected on the left side of the pop up box. Place your cursor where it says “Text to Display”, and type in the number and name of the hike, then place your cursor where it prompts for “Address” and paste the link. Once the link is in the box, select “OK”. You will now see the hyperlink in the document.



- f. **TO UPDATE THE PROFILE AND TRAIL MAP:** Before updating the profile and trail map you will need to save a picture of each of these to your computer. The pictures of the hike profile and map are generated in the Gaia gps program. From a track either uploaded to, or recorded in, Gaia, use your computer’s Windows Snipping Tool to snip a rectangular section that includes either the profile or the map of the hike. Save the snip to your computer. Then go to the hike you wish to update, and for the profile and/or trail map, right click on the box with the image – this will bring up a menu box. Select “Change picture” and follow the prompts to add the picture you want.

*Note: The goal is to have two full hikes per page whenever possible. There may be times when some spacing or font size may need to be tweaked a bit in order to fit the hike on the page.*

## Step 2: Updating the Tables

There are three tables that will need to be updated when changes are made in the hike book:

### A. Table of Contents

- a. Go to the Table of Contents.
- b. Right click on any of the entries – a pop-up menu will appear – select “Update Field”

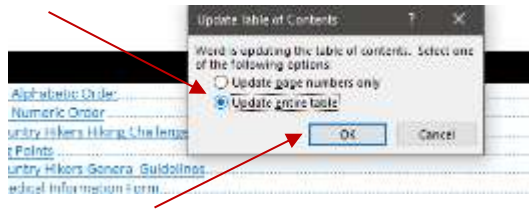


- c. Another pop-up menu will appear – select “Update entire table” and then “OK”
- d. Congratulations! The Table of Contents has now been updated.

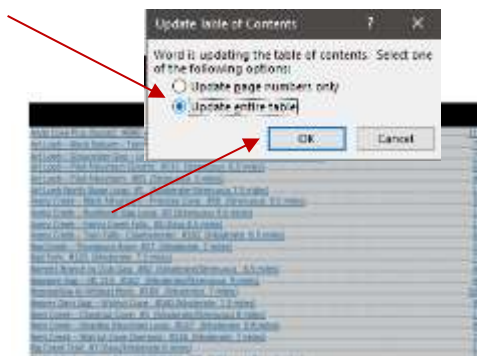
### B. Hikes in Alphabetical Order:

- a. Go to the table is that labeled: “Hikes in Alphabetical Order”.
- b. Right click on any of the entries – a pop-up menu will appear – select “Update Field”

- c. Another pop-up menu will appear – select “Update entire table” and then “OK”

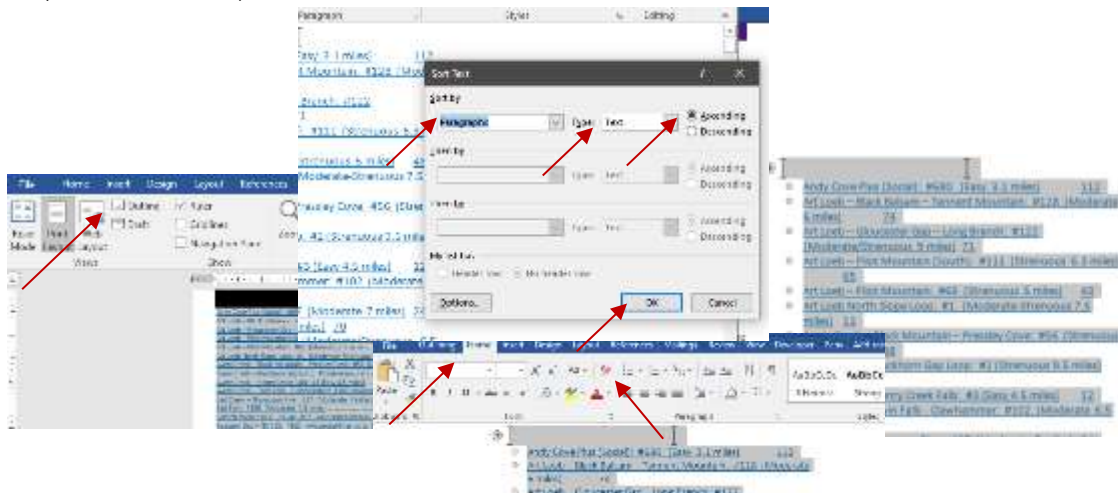


- d. Once the table has been updated, select (highlight) all the hike name/page details in this table. It is important



to check and make sure that only the hikes in the alphabetical Table of Contents have been selected, and that the numeric hikes remain unselected!

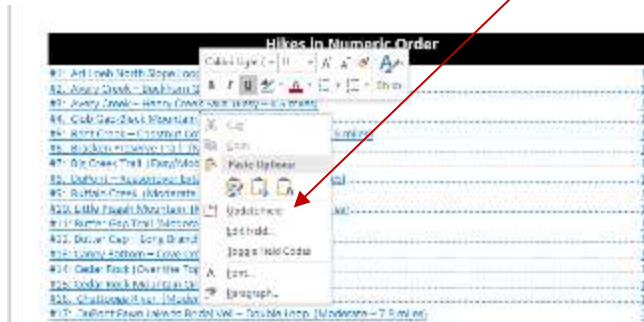
- e. On the ribbon at the top of your screen, go to “View Tab”, then select “Outline View”. When you do this, the format of the Table of Contents will look different.
- f. On the ribbon at the top of your screen, go to “Home Tab”, then select “Sort” (The Icon has AZ and an arrow)
- g. A pop-up box will appear. Make sure that it indicates “Sort: By Paragraphs”, and “Type: Text” in ascending order. Then Click OK. (If you see a message that says that word can not sort the selection, it is likely because the hikes in numerical order have also been selected. Cancel the sort, and go back and reselect ONLY the hikes in alphabetical order.)



- h. Return to the ribbon at the top of the screen, select the “Outlining” Tab, then select “Close Outline View”
- i. Congratulations! The Hikes in Alphabetical Order has now been updated.

**C. Hikes in Numerical Order:**

- a. Go to the table is that labeled: “Hikes in Numerical Order”.
- b. Right click on any of the entries – a pop-up menu will appear – select “Update Field”



- c. Another pop-up menu will appear – select “Update entire table” and then “OK”



- d. Congratulations! The Hikes in Numerical Order has now been updated.

**Step 3: Change the hike book Version Date**

Go to the front cover of the hike book and change the version date to reflect today’s date.

**Step 4: Save the document**

Use the “SAVE AS” option to save the changes in the hike book. The recommended naming format is: HikeBookMasterDoc\_ followed by the version date (i.e.: HikeBookMasterDoc\_2022.02.13)

Use the “SAVE AS” option to save the updated Word Document version as a PDF version.