



# **The Trails of the the Appalachian District**



**U.S. Department of Agriculture  
Forest Service  
Southern Region**

# Trails of the Appalachian Ranger District

The Appalachian Ranger District consists of Pisgah National Forest lands stretch westward from the Great Smoky Mountain National Park's eastern boundary to Craggy Gardens on the Blue Ridge Parkway to Roan Mountain near Tennessee. Trail elevations range from 1,900 feet at Max Patch to 6,684 feet at Mount Mitchell. The trails meander through a variety of trees, from maple, oak, and poplar to hemlock, birch and fir. Streams cover the land, and a range of wildlife exist—whitetail deer, black bear, snakes, ruffed grouse and wild turkey.

Trail users need to be prepared for changing weather conditions. Weather in the district's higher elevations is often different from weather in lower elevations. Always pack warm clothing, rain gear, food and water. To adjust to changing weather conditions, dress in layers. Be prepared for cool temperatures at night, even during the summer.

Backcountry campers should use no-trace camping methods, such as backpack stoves instead of starting fires. If a fire is desired, try to confine the fire to previously used areas. Ensure all fires are completely extinguished before leaving the campsite. Treat all water that will be used for cooking or drinking. Please pack out all trash created during a trip and help remove trash left by others.

In case unexpected circumstances occur, all hikers should leave a trip itinerary with a responsible person.

# Trails and Trail Numbers

## South Toe Area-Yancey County

Bald Knob Ridge Trail	186
Big Tom Gap Trail	191A
Black Mountain Crest Trail	179
Briar Bottom Bicycle Trail	1006
Buncombe Horse Range Trail	191
Carolina Hemlock Trail	1003
Devil's Den Nature Trail	192
Higgins Bald Ground Trail	190A
Green Knob Trail	182
Mount Mitchell Trail	190
Roaring Fork Creek Falls Trail	195
Setrock Creek Falls Trail	197

## Big Ivy Area-Buncombe County

Bear Pen Trail	176
Big Butt Trail	161
Douglas Falls Trail	162
Elk Pen Trail	166
Laurel Gap Trail	184
Perkins Trail	175
Staire Creek Trail	183
Upper Corner Rock Trail	173
Walker Creek Trail	165

## Flattop Mountain Area-Mitchell &Yancey Counties

Devil's Creek Trail	188
Lost Cove Trail	196
Shinbone Trail	187

## Roan Mountain Area-Mitchell County

Cloudland Trail	1000
Roan Mountain Garden Trail	1002

## Elk Falls Area-Avery County

Big Falls Trail	172
-----------------	-----

**Roaring Creek Area-Avery County**

Overmountain Victory Trail 308

**Hot Springs Area-Madison County**

Jack Branch Trail 299  
Laurel River Trail 310  
Lover's Leap Loop 308  
Mill Ridge Bike Trail 280  
Pump Gap Loop Trail 309  
River Ridge Loop Trail 281  
Roundtop Ridge Trail 295  
Shut-in Trail 296  
Spring Creek Nature Trail 312  
Van Cliff Loop Trail 313

**Harmon Den Area-Madison County**

Rube Rock Trail 314

**Shelton Laurel/Shelton Laurel Backcountry Area-Madison County**

Fork Ridge Trail 285  
Green Ridge Trail 287  
Hickey Fork Trail 292  
Jerry Miller Trail 286  
White Oak Trail 293

# Bald Knob Ridge Trail

South Toe Area

Trail # 186



## Trail Description

From FR 472, the trail ascends switchbacks to the ridge. It offers good views of the Black Mountains. Several primitive campsites are in the area. At Milepost 2.8, the trail meets the Blue Ridge Parkway. A carsonite trail marker denotes the trail at both ends.

## Highlights

- Passes through stands of red spruce and Fraser fir trees.

## Statistics

**Total Length:** 2.8 miles

**Total Elevation Change:** 1,510 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 472

**Ending Point:** Blue Ridge Parkway Milepost 355

**Average Hiking Time:** Three hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangle

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Map

**USGS Quad Maps:** Montreat, Old Fort

## Access

From Burnsville, go east on US 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road/FR 472. This road soon changes to gravel. Arrive at an intersection and turn right toward Black Mountain Campground. Travel about three miles past the campground. The Bald Knob Ridge trailhead, marked with a trail sign, will be on the right.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Big Tom Gap Trail

South Toe Area

Trail # 191 A



## Trail Description

This narrow trail is extremely steep and follows unsteady rock debris. No water exists on the trail.

## Highlights

- Provides good views, including Maple Camp Bald to northeast.
- Offers loop opportunities with the Buncombe Horse Range Trail, Mt. Mitchell Trail and Black Mountain Crest Trail.

## Statistics

**Total Length:** 0.4 mile

**Total Elevation Change:** 520 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Buncombe Horse Range Trail

**Ending Point:** Black Mountain Crest Trail

**Average Hiking Time:** one hour (one way)

**Amount of Use:** Moderate

**Blaze Color:** Blue

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo and Mt. Mitchell

## Access

This trail begins on the Buncombe Horse Range Trail and connects to the Black Mountain Crest Trail north of Big Tom Peak.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Black Mountain Crest Trail

South Toe Area

Trail # 179



## Characteristics

Trail portions are steep. From Bolens Creek's north end, this trail follows an old Forest Service road before becoming a foot trail. This trail is rated as most difficult and crosses several 6,000-plus-foot peaks.

## Highlights

- Portions of the trail near Bolens Creek are close to pools where fishing may be possible.
- Runs the ridge of Mount Mitchell.
- Possible camping near Deep Gap, limited water.
- Near Mount Craig. Obey advisory signs to stay on trail to preserve fragile plants.

## Statistics

**Total Length:** 12 miles

**Total Elevation Change:** 3,485 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Watershed Road (private property)

**Ending Point:** Mt. Mitchell State Park

**Average Hiking Time:** 10 hours plus (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo, Mt. Mitchell, Burnsville

## Access

From Burnsville, go east on NC 19E for half a mile and turn right on NC 197. Next, turn left onto Bolens Creek Road NC 1109 and travel to a sharp hairpin turn with Watershed Road on the left. If in a high clearance, use a four-wheel drive. Park near Forest Service gate where the trail begins. Do not block the gate. If traveling in a two-wheel drive or low clearance vehicle, drop off hikers near Watershed Road that leads to trailhead. No public parking is available, except near where the trail begins at the Forest Service gate.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Briar Bottom Bicycle Trail

South Toe Area

Trail # 1006



## Characteristics

This bicycle and wheelchair-accessible trail circles around the Briar Bottom Group Campground.

## Highlights

Runs through a hemlock stand beside South Toe River

## Statistics

**Total Length:** 0.6 mile

**Total Elevation Change:** none

**Degree of Difficulty:** Easy

**Beginning Point:** Black Mountain Campground

**Ending Point:** Black Mountain Campground

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo and Marion West

## Access

From Burnsville, go east on US 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road (FR 472.) Road quickly changes to gravel. At intersection, go right at Black Mountain Campground. Across the river from campground is trail parking with bulletin boards. Park in this lot and cross the bridge. After bridge, go left. The trail is beyond the gate beside the river.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



# Buncombe Horse Range Trail

South Toe Area

Trail # 191



## Characteristics

Besides the Appalachian Trail, this is the longest trail in the Appalachian District. Pay close attention to trail signs and blazes, because the trail crosses open fields and many intersections.

## Highlights

- Runs through stands of red spruce and Fraser fir.
- Offers views of 6,000-foot peaks.
- Camping possible near Commissary Hill and Maple Camp Bald.
- Switchbacks heavily below Maple Camp Bald.

## Statistics

**Total Length:** 18.5 miles

**Total Elevation Change:** 2,680 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 472

**Ending Point:** NC 1158 Colbert Creek Road

**Avg. Hiking Time:** 12 hours (one way)

**Amount of Use:** Heavy

**Blaze Color:** White

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo, Mt. Mitchell, Montreat

## Access

From Burnsville, go east on US 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road (FR 472). This road soon changes to gravel. Arrive at an intersection and turn right toward Black Mountain Campground. Continue past the campground over three bridges for about 2.5 miles. The trailhead is marked on the right, and a parking area is on the left side. The north end of the trail is on Colbert Creek Road, although no parking is available.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Carolina Hemlock Trail

South Toe Area

Trail # 1003



## Characteristics

The yellow-blazed trail follows the South Toe River downstream and eventually crosses NC 80. After crossing NC 80, the trail has some switchbacks and several benches for resting. The trail terminates near a restroom in the Carolina Hemlocks Recreation Area. A sign near the restroom denotes the trail. Services provided in this area include camping, restrooms, drinking water, picnicking, fishing and swimming. The area is closed from Nov. 1 to April 15.

## Highlights

- Follows steady grade, goes through cove hardwoods.

## Statistics

**Total Length:** One mile

**Total Elevation Change:** 50 feet

**Degree of Difficulty:** Easy

**Beginning Point:** Carolina Hemlocks Recreation Area

**Ending Point:** Carolina Hemlocks Recreation Area restrooms

**Average Time:** 30 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Map:** Celo

## Access

From Burnsville, go east on U.S. 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 8.6 miles to the Carolina Hemlocks Recreation Area entrance, which is on both sides of NC 80. Turn right and follow the one way road around to the right. Parking is near the swimming area on the right. The trail begins on the right with a yellow blaze on a tree just beyond these picnic tables.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Colbert Ridge Trail

South Toe Area

Trail # 178



## Characteristics

Ascends gently for the first half-mile and then climbs steeply toward the terminus at Deep Gap. The trail has switchbacks near the top.

## Highlights

- On clear days, great views of Grandfather and Roan mountains and Table Rock.
- Ends at a flat grassy area and intersects with Black Mountain Crest Trail. Used for primitive camping.

## Statistics

**Total Length:** 3.9 miles

**Total Elevation Change:** 2,925 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** NC 1158 Colbert Creek Road

**Ending Point:** Black Mountain Crest Trail at Deep Gap

**Average Hiking Time:** four miles (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo and Mt. Mitchell

## Access

From Burnsville, go east on US 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow NC 80 for 8.2 miles into Hamrick. At the gas station on the left, take a right onto Colbert Creek Road (SR 1158). If you enter Carolina Hemlock Recreation Area, you have gone too far on NC 80. Follow Colbert Creek Road for about 0.4 mile. The trailhead with a gravel pull out is on the right. The trail is marked with a brown carsonite post. Steps at the trailhead are visible from the road.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Devil's Den Nature Trail

South Toe Area

Trail # 192



## Characteristics

This short trail is located at Black Mountain Campground

## Highlights

- Passes through beautiful stands of poplar and oaks and by some magnificent boulders.

## Statistics

**Total Length:** 0.7 mile

**Total Elev. Change:** 170 feet

**Degree of Difficulty:** Easy

**Beginning Point:** Black Mountain Campground

**Ending Point:** Black Mountain Campground

**Avg. Hiking Time:** One hour (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad. Map:** Celo

## Access

From Burnsville, go east on U.S. 19 E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road/ Forest Road # 472. This road soon changes to gravel. Arrive at an intersection and turn right towards Black Mountain Campground.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Higgins Bald Ground Trail

South Toe Area

Trail # 190 A



## Characteristics

The trail branches off from the Mount Mitchell Trail.

## Highlights

- Breaks off to the left from Mt. Mitchell Trail after about 1.5 miles.
- Gently climbs to Higgins Bald where old cabin foundations exist.
- Campsites with established camp rings. Stream nearby to obtain water.
- Passes red spruces.
- Rejoins yellow-blazed Mt. Mitchell Trail after 1.3 miles.

## Statistics

**Total Length:** 1.3 miles

**Total Elevation Change:** 610 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Mt. Mitchell Trail #190

**Ending Point:** Mt. Mitchell Trail #190

**Average Hiking Time:** 45 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail maps

**USGS Quad Map:** Celo

## Access

From Burnsville, go east on U.S. 19 E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road (FR 472). The road changes to gravel. At intersection, turn right toward Black Mountain Campground. Parking for this trail is located across the river from the campground. Hikers should cross the vehicle bridge toward the campground, turn left once across the river, and access the trail on the right side of the Briar Bottom Camp road.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Green Knob Trail

South Toe Area

Trail # 182



## Characteristics

This trail follows a ridge line to the Green Knob Lookout Tower at 5,090 feet. The trail is very steep and has few switchbacks.

## Highlights

- Provides amazing views of this beautiful mountainous region
- Gets rocky and some minor scrambling required.
- After 2.8 miles, reaches Green Knob Lookout Tower on trail's right side.
- From tower, descends for 0.5 mile with switchbacks to Blue Ridge Parkway.

## Statistics

**Total Length:** 3.3 miles

**Total Elevation Change:** 2,080 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Black Mountain Campground

**Ending Point:** Blue Ridge Parkway, Milepost 350.4

**Average Hiking Time:** 4.5 hours (one way)

**Amount of Use:** Heavy

**Blaze Color:** White

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celso, Marion West

## Access

From Burnsville, go east on U.S. 19 E for about 4.3 miles. Turn right onto NC 80. After 0.6 miles, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road/ FR472. Road changes to gravel. At intersection, turn right toward Black Mountain Campground. Parking is located across the river from the campground entrance. Hikers may also access the trail from the Blue Ridge Parkway's Green Knob Overlook, where the trailhead is 100 yards north of the overlook.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Mount Mitchell Trail

South Toe Area

Trail # 190



## Characteristics

This trail climbs from Black Mountain Campground to Mount Mitchell, the highest mountain east of the Mississippi River.

## Highlights

- Enters stands of red spruce and Fraser fir, filling air with scents of Christmas above 4,500 feet.
- At mile 4.0, large grassy field available for tent camping.

## Statistics

**Total Length:** 5.7 miles

**Total Elevation Change:** 3,630 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Black Mountain Campground

**Ending Point:** Mount Mitchell State Park

**Avg. Hiking Time:** Six hours (one way)

**Amount of Use:** Heavy

**Blaze Color:** Blue

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo, Mount Mitchell

## Access

From Burnsville, go east on U.S. 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 miles, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road/ FR 472. This road turns to gravel. Arrive at intersection and turn right towards Black Mountain Campground. Trail parking is across the river from the campground entrance. Cross the vehicle bridge toward the campground, and turn left once across the river. Access the trail Briar Bottom Camp Road's right side.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Roaring Fork Creek Falls

South Toe Area

Trail # 195



## Characteristics

A short trail follows an old road bed into a cove with a waterfall.

## Highlights

- Large granite boulders at waterfall.

## Statistics

**Total Length:** 0.7 mile

**Total Elevation Change:** 110 feet

**Degree of Difficulty:** Easy

**Beginning Point:** FR 472A

**Ending Point:** Roaring Fork Creek Falls

**Average Hiking Time:** 45 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** Blue

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Map:** Celo

## Access

From Burnsville, go east on US 19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road (FR 472). Go 100 feet to stop sign. Take a right and then take the first left off this road. Follow this road to the trailhead on the right, which is FR 20. Parking is located on the left, near the Forest Service work center fence. Please don't block the gate.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



# Setrock Creek Falls Trail

South Toe Area

Trail # 197



## Characteristics

The trail is a short hike to a waterfall

## Highlights

- Good-sized clearing at base of falls.

## Statistics

**Total Length:** 0.2 mile

**Total Elevation Change:** 80 feet

**Degree of Difficulty:** Easy

**Beginning Point:** Briar Bottom Bicycle Trail

**Ending Point:** Setrock Creek Falls

**Average Hiking Time:** 15 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** White

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Celo, Marion West

## Access

From Burnsville, go east on US-19E for about 4.3 miles. Turn right onto NC 80. After 0.6 mile, turn right again to stay on NC 80. Follow this road for 11.6 miles. After passing Mt. Mitchell Golf Course, turn right onto South Toe River Road (FR 472). This road changes to gravel. Arrive at an intersection and turn right towards Black Mountain Campground. Parking for this trail is located across the river from the campground entrance. Hikers should cross the vehicle bridge to campground, turn left once across the river and access the trail on the right side of Briar Bottom Camp Road.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Bear Pen Trail

Big Ivy Area

Trail # 176



## Characteristics

This trail offers many possible loop trails and ascends steeply at times with some switchbacks.

## Highlights

- Crosses several streams including Staire Branch.
- Provides nice views of the Craggy Mountains to the southeast.

## Statistics

**Total Length:** 1.5 miles

**Total Elevation Change:** 680 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 74

**Ending Point:** Laurel Gap Trail #184

**Average Hiking Time:** 1.5 hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Orange

**Area Trail Map:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Mt. Mitchell, Montreat

## Access

From Burnsville, go east on US 19E for 0.5 mile and turn right NC 197S. Stay on NC 197 through Pensacola and Cane River Gap to Barnardsville for about 25 miles. The road is paved, changes to gravel and turns paved again. Turn left intersection of NC 197 and SR 2173 (Dillingham Road) and remain on NC 2173. SR 2173 becomes FR 74 (a gravel road). Follow this road for 5.4 miles to trailhead on left.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Big Butt Trail

Big Ivy Area

Trail # 161



## Characteristics

The trail gently climbs in a southeasterly direction to the Wilson Range and switchbacks during its elevation gain. Eventually the trail levels out to join an old four-wheel drive road, which follows the Buncombe-Yancey county lines. After two miles, the path turns back to single track. The trail then climbs to Flat Springs Knob, descends to Flat Springs Gap. The trail never actually touches Big Butt Peak, but it dips south to Little Butt Peak. The trail climbs again to Point Misery Peak Mt. Mitchell where great views are offered. Finally, the trail follows Brush Fence Ridge and enters Fraser-fir woods for a half mile before the Balsam Gap pull-off on the Blue Ridge Parkway.

## Highlights

- Primitive camping near Flat Springs Gap and Balsam Gap.

## Statistics

**Total Length:** Six miles

**Total Elevation Change:** 1,430 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** NC 197 at Cane River Gap

**Ending Point:** Blue Ridge Parkway at Balsam Gap

**Average Hiking Time:** Four hours (one way)

**Amount of Use:** Light

**Blaze Color:** White

**Area Trail Map:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Mt. Mitchell, Montreat

## Access

From Burnsville, go east on US-19E for half a mile and turn right on NC 197S. Follow this road through Pensacola. When NC 197 becomes a gravel road at Cane River Gap, the trailhead is on the left and is marked by a Forest Service gate. The trail starts just before this gate on the left. No signs mark the trailhead.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Douglas Falls Trail

Big Ivy Area

Trail # 162



## Characteristics

The trail leads to a 70-foot high waterfall.

## Highlights

- Multiple access points.

## Statistics

**Total Length:** 0.5 mile to 2.7 miles

**Total Elevation Change:** up to 1,200 feet

**Degree of Difficulty:** Easy to moderate

**Beginning Points:** FR 74 and Blue Ridge Parkway

**Ending Point:** Douglas Falls

**Average Hiking Time:** One to 1.5 hours (one way)

**Amount of Use:** Heavy

**Blaze Color:** White

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Craggy Pinnacle, Montreat

## Access

From Burnsville, go east on US 19E for 0.5 mile and turn right (south) onto NC 197. Stay on this road through Pensacola and Cane River Gap to Barnardsville (stay on NC 197 for about 25 miles). Turn left at the intersection of NC 197 and NC 2173 (Dillingham Road) Remain on NC 2173, which becomes FR 74. Follow this gravel road for 8.8 miles to the end of the road. The trailhead is straight ahead. Three access points are available from Blue Ridge Parkway between mileposts 363 and 368.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Elk Pen Trail

Big Ivy Area

Trail # 166



## Characteristics

This trail offers many possible loop trails in the area.

## Highlights

- Ascends through some of the oldest oak and poplar forests.
- This trail was created for the movie, *Last of the Mohicans*.

## Statistics

**Total Length:** 1.5 miles

**Total Elevation Change:** 740 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 74

**Ending Point:** FR 74

**Average Hiking Time:** one hour (one way)

**Amount of Use:** Moderate

**Blaze Color:** None

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Barnardsville, Mt. Mitchell

## Access

From Burnsville, take US-19E for 0.5 mile and turn right onto NC 197S. Stay on this road for 25 miles through Pensacola and Cane River Gap to Barnardsville. The road is paved, changes to gravel and is paved once again. Turn left at the intersection of NC 197 and NC 2173 (Dillingham Road) and follow this road which becomes FR 74. Follow this gravel road for 0.6 mile to a pull-off on right. The trailhead is about 15 feet ahead on the right.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Laurel Gap Trail

Big Ivy Area

Trail # 184



## Characteristics

This trail intersects with four other trails: Bear Pen (#176), Perkins Road (#175), Little Andy (#174) and Upper Corner Rock (#173), according to that order.

## Highlights

- Offers some beautiful views of Light Gap and Glassmine Ridge.
- Access point for those wishing to hike the various loop trails in the Big Ivy area.

## Statistics

**Total Length:** Seven miles

**Total Elevation Change:** 250 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 74

**Ending Point:** FR 74

**Average Hiking Time:** 3.5 hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** None

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Mt. Mitchell, Montreat

## Access

From Burnsville, go east on US 19E for 0.5 mile and turn onto NC 197S. Stay on this road through Pensacola and Cane River Gap to Barnardsville for about 25 miles. The road is paved, changes to gravel, and turns paved again. Turn left at the intersection of NC 197 and NC 2173 (Dillingham Road) and follow this road, which becomes FR 74. Follow this gravel road for 7.7 miles to the trailhead on the left. This trail is a gated Forest Service road, which prevents motor vehicle traffic.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Little Andy Trail

Big Ivy Area

Trail # 174



## Characteristics

This trail offers many possible loop trails. In sections, the trail climbs and affords very few switchbacks. The trail climbs and follows a ridge above Little Andy Creek. The trail emerges on Laurel Gap Trail about 100 feet from Upper Corner Rock Trail on the left.

## Highlights

- Passes a seemingly misplaced large granite boulder on the left.

## Statistics

**Total Length:** 0.6 mile

**Total Elevation Change:** 455 feet.

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 74

**Ending Point:** Laurel Gap Trail 184

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Moderate

**Blaze Color:** Orange

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Map:** Mount Mitchell

## Access

From Burnsville, go east on US 19E for 0.5 mile and turn right onto NC 197S. Stay on this road through Pensacola and Cane River Gap to Barnardsville (stay on NC 197 for about 25 miles). The road is paved, changes to gravel, and is paved once again. Turn left at the intersection of NC 197 and NC 2173 (Dillingham Road) and follow this road which becomes FR 74. Follow this gravel road for 2.7 miles to the trailhead on the left.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Perkins Trail

Big Ivy Area

Trail # 175



## Characteristics

This trail offers many loop options and switchbacks. Eventually, the path emerges on Laurel Gap Trail.

## Highlights

- Crosses several small streams and provides some pleasant views of Walker Ridge.

## Statistics

**Total Length:** 1.2 miles

**Total Elevation Change:** 670 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 74

**Ending Point:** Laurel Gap Trail 184

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Heavy

**Blaze Color:** Orange

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Mt. Mitchell, Montreat

## Access

From Burnsville, go east on US 19E for 0.5 mile and turn right onto NC 197S. Stay on this road through Pensacola and Cane River Gap to Barnardsville for about 25 miles. The road is paved, changes to gravel and is paved once again. Turn left at the intersection of NC 197 and SR 2173 (Dillingham Road). Follow this road, which becomes FR 74. Follow this gravel road for 4.4 miles to trailhead on the left.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



# Staire Creek Trail

Big Ivy Area

Trail # 183



## Characteristics

Many loop opportunities exist in the area. The trail ascends quite steeply in sections with some switchbacks and follows a ridge above Staire Branch. The trail emerges on FR 74, directly opposite of Bear Pen Trail.

## Highlights

- Passes by huge granite boulders scattered throughout the woods.
- Runs through woods typical in this area and provides several nice views of the surrounding mountains.

## Statistics

**Total Length:** 1.2 miles

**Total Elev. Change:** 1,010 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Walker Creek Trail 165

**Ending Point:** FR 74

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Heavy

**Blaze Color:** Orange

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Barnardsville, Mt. Mitchell, Montreat

## Access

Access this trail from Walker Creek Trail (#165). The Staire Creek Trail junction is well marked and is on the right.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Upper Corner Rock Trail

Big Ivy Area

Trail # 172



## Characteristics

This trail offers many loop opportunities. The trail ascends quite steeply in sections with very few switchbacks. At a 0.2-mile intersection, take a right and stay on the Upper Corner Rock Trail. The trail emerges on Laurel Gap Trail. The Little Andy Trail is about 100 feet to the right of this intersection.

## Highlights

- Follows a ridge above Little Andy Creek.
- Travels through woods typical in this area.

## Statistics

**Total Length:** One mile

**Total Elevation Change:** 650 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 74

**Ending Point:** Laurel Gap Trail 184

**Average Hiking Time:** 45 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** Orange

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Mt. Mitchell

## Access

From Burnsville, take US-19E for 0.5 mile and turn onto NC 197S. Stay on this road through Pensacola and Cane River Gap to Barnardsville for about 25 miles. The road is paved, changes to gravel and is paved once again. Turn left at intersection of NC 197 and NC 2173 (Dillingham Road) and follow this road which becomes FR 74. Follow this gravel road for 2.3 miles to the trailhead on the left.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Walker Creek Trail

Big Ivy Area

Trail # 165



## Characteristics

Designed as one of many possible loop opportunities, the trail steeply climbs some sections. Offering some switchbacks, the trail follows a ridge above Walker Branch.

## Highlights

- Passes huge granite boulders scattered throughout the woods.
- Travels through woods typical in this area and provides several nice views of surrounding mountains.
- Emerges onto FR 74 directly opposite of Perkins Road Trail.

## Statistics

**Total Length:** 1.8 miles

**Total Elevation Change:** 1,055 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 74

**Ending Point:** FR 74

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Heavy

**Blaze Color:** Orange

**Area Trail Maps:** South Toe River, Mount Mitchell & Big Ivy Trail Maps

**USGS Quad Maps:** Barnardsville, Mt. Mitchell, Montreat

## Access

From Burnsville, take US 19E for 0.5 mile and turn right onto NC 197. Stay on NC 197 to Barnardsville for about 25 miles. Turn left at intersection of NC 197 and NC 2173 (Dillingham Road), which becomes FR 74. Take this gravel road for 0.4 mile and turn right onto FR 231. Follow this road for 0.6 mile to a pull-off on the right. The trailhead is about 50 feet up the road on the left. Please do not drive beyond the pull-off.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Devil's Creek Trail

Flattop Mountain Area Trail # 188



## Characteristics

This trail follows SR 5506 (Bear Woods Road) for about a mile. After 0.75 mile, the road splits. Follow the road to the right. The road leads to a gated open field. Walk around this gate and stay close to the woods on the right. About 50 feet inside the gate, the trail cuts into the woods on the right. A sign marks Devil's Creek Trail where blazing begins. Follow this fairly level trail around the flanks of Flattop Mountain.

## Highlights

- Accesses the community of "Lost Cove," developed in the 1900s for establishment of Civilian Conservation Corps Railroad.
- Town now deserted, but several buildings can be accessed from trail.
- Several views of Nolichucky River Gorge with its sheer rock cliffs.
- No campsites along trail. Camping available at Spivey Gap Recreation Area on US-19W.

## Statistics

**Total Length:** 3.5 miles

**Total Elev. Change:** 460 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 278

**Ending Point:** Lost Cove Trail 196

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Light

**Blaze Color:** Yellow

**Area Trail Maps:** None

**USGS Quad Map:** Chestoa (use is highly recommended.)

## Access

From Burnsville, go six miles to US 19W, turn right and drive 25 miles toward Spivey Gap Recreation Area. Look for FR 278 (Flat Top Mountain Road) about 0.5 mile after the Appalachian Trail crosses Spivey Gap. Turn right onto FR 278 and go about one mile to Devil's Creek Gap where road SR 5506 branches to left. The AT crosses nearby. No sign marks the Devil's Creek Trail, but the trail begins at SR 5506's gate.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Lost Cove Trail

Flattop Mountain Area Trail # 196



## Characteristics

This trail follows FR 5505. This road comes out at Joe Lewis Fields. The trail then switchbacks down the northern side of Flattop Mountain and levels out.

## Highlights

- Joe Lewis, earliest settler in this area.
- Accesses community of Lost Cove, developed in 1900s for establishment of Civilian Conservation Corps Railroad.
- Lost Cove remnants: school, church, grist mill and homes.
- Several nice views of the Nolichucky River Gorge with its sheer rock cliffs.
- No campsites along trail.

## Statistics

**Total Length:** 2.5 miles

**Total Elevation Change:** 940 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 278

**Ending Point:** Near Devil's Creek Trail #188

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow

**Area Trail Maps:** None

**USGS Quad Map:** Chestoa

## Access

From Burnsville, go six miles on US 19W. Turn right and drive 18 miles on US 19W to Sioux Community. Go another mile and turn right onto SR 1415. Drive about a mile and turn left onto FR 278 (a gravel road) at Harmiller Gap. Drive 2.5 miles and pass a gate for SR 5505 on right. Go about 25 feet beyond the gate and park at the pull-off to the right. Begin the trail at the gate for timber access road 5505. No trailhead sign is present.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Shinbone Trail

Flattop Mountain Area Trail # 187



## Characteristics

This rocky trail follows an old logging road through woods full of poplar, oak and maple trees.

## Highlights

- Parallels Shinbone Creek and provides views of the Unaka Mountains and the magnificent Nolichucky Gorge.

## Statistics

**Total Length:** 8.5 miles

**Total Elevation Change:** 140 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 214

**Ending Point:** FR 214

**Average Hiking Time:** Five hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** None

**Area Trail Maps:** None

**USGS Quad Maps:** Hunt Dale, Chestoa

## Access

From Burnsville, take US 19E for 1.1 miles and take a left onto NC 197. Stay on this road for 6.6 miles and look for a sign pointing to the left saying "Green Mountain." Turn left onto NC 1338 and go 1.5 miles. Cross a one lane bridge and immediately turn right to stay on SR 1338. Follow this road for about three miles and cross the Toe River. Turn left once across the river. Proceed for about 0.3 mile and turn left to follow the river. At 1.4 miles turn right onto SR 1321. Follow SR 1321 for about five miles to Lower Poplar Community and veer left onto SR 1323. Follow SR 1323 to the NC/TN state line where there is a pull off on the right. Park here and begin hiking on FR 214 on the left or drive FR 214 to the locked gate on the left.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Cloudland Trail

Roan Mountain Area

Trail # 1000



## Characteristics

This trail follows the crest of Roan Mountain and runs through red spruce, mountain-ash, Fraser fir and Catawba rhododendron.

## Highlights

- Terminates at Roan High Bluff overlook, which provides views of Bald Mountain, Unaka Mountain, the valley of Buladean and Tennessee flatlands.
- Pass shrubs, such as sand myrtle and green alder .
- Views of Gray's lily and mountain avens.
- Restroom, picnic tables and Roan Mountain brochures are available in Roan Mountain Garden area.

## Statistics

**Total Length:** 1.2 miles

**Total Elev. Change:** 110 feet

**Degree of Difficulty:** Easy

**Beginning Point:** Roan Mountain Gardens Parking Lot # 1

**Ending Point:** Roan High Bluff

**Average Hiking Time:** 45 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** None

**USGS Quad Map:** Carvers Gap, Bakersville

## Access

From Burnsville, take US 19E to Spruce Pine. Turn left on NC 226N to Bakersville. Once in Bakersville, follow NC 226N as it changes to NC 261. Continue on this road to Carvers Gap and the state line. Look for the Roan Mountain sign and turn left onto SR 1348. The Appalachian Trail crosses here as well. Follow SR 1348 fee station. Take first right past the fee station and park in Lot #1. The Cloudland Trail starts to the left at near parking lot entrance.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Roan Mountain Garden Trail

Roan Mountain Area

Trail # 1002



## Characteristics

This trail passes through a large patch of Catawba rhododendrons. This trail consists of two loops. The upper loop is wheelchair accessible, while the lower loop has several steps.

## Highlights

- Sixteen interpretive stops on upper loop trail. Stops correspond with a trail guide that is available at parking area.
- Observation deck at upper loop.
- Mount Mitchell, Grandfather Mountain, Table Rock and Hump Mountain viewed on clear day.
- Restrooms, water and picnic tables at parking lot.

## Statistics

**Total Length:** One mile

**Total Elevation Change:** 120 feet

**Degree of Difficulty:** Easy

**Beginning Point:** Roan Mountain Gardens Parking Lot

**Ending Point:** Roan Mountain Gardens Parking Lot

**Average Hiking Time:** 30 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** None

**Area Trail Maps:** None

**USGS Quad Maps:** Carvers Gap, Bakersville

## Access

From Burnsville, take US-19E to Spruce Pine. Turn left on NC 226N and follow this to Bakersville. Once in Bakersville, continue to follow this road straight ahead as it changes to NC 261. Take this road to Carvers Gap and the state line. Look for the Roan Mountain sign and turn left onto NC 1348. The Appalachian Trail crosses here. Follow NC 1348 to fee station. After the station, turn left onto the gravel road. Continue until the first parking lot on the left. The trailhead is located next to restrooms.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



# Big Falls Trail

Elk Falls Area

Trail # 172



## Characteristics

This is a rocky trail to a popular waterfall along Elk River.

## Highlights

- Scenic spot that is highly visited.
- 65-foot-high waterfall.
- Caution extremely advised near waterfall. Fatalities have occurred at site.

## Statistics

**Total Length:** 0.5 mile

**Total Elevation Change:** 40 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Elk Park Parking Lot

**Ending Point:** Big Falls

**Average Hiking Time:** 15 minutes (one way)

**Amount of Use:** Heavy

**Blaze Color:** Yellow

**Area Trail Maps:** None

**USGS Quad. Maps:** Elk Park

## Access

From Burnsville, take US 19E for 30 miles. About 0.75 mile north Cranberry, US-19E turns left toward Elk Park and is joined by SR 194. Stay on US 19E toward Elk Park. Turn right onto Main Street (SR 1303) in Elk Park and turn right onto Elk River Road (SR1305). Elk River Road crosses Elk River twice. Immediately after the second crossing at a T-intersection, turn right toward the falls. The distance from Main Street to the parking area is about four miles.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Overmountain Victory Trail

Roaring Creek Area

Trail # 308



## Characteristics

This trail section is a portion of the Overmountain Victory Trail.

## Highlights

- Route used by frontiersmen to travel from Virginia, Tennessee and the Carolinas to Revolutionary War battle at Kings Mountain.
- Overmountain soldiers helped defeat English loyalists, led by Colonel Patrick Ferguson, at Kings Mountain. Colonel Ferguson threatened harm toward patriot frontiersmen.
- For more information on Overmountain Victory Trail, visit: [www.nps.gov/ovvi](http://www.nps.gov/ovvi)
- Trail provides views of Yellow Mountain to west and Rye Ridge to east.

## Statistics

**Total Length:** 1.5 miles

**Total Elevation Change:** 630 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Roaring Creek Road (SR 1132)

**Ending Point:** Appalachian Trail junction

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Moderate

**Blaze Color:** Blue

**Area Trail Maps:** None

**USGS Quad Maps:** Carvers Gap, White Rocks Mountain

## Access

From Burnsville, take US 19E into Avery County. Look for McCoury Rock Cemetery and church on left. Turn left after the cemetery onto Roaring Creek Road (SR1132). Follow road to where it becomes gravel and look for pull off on left. On the pull off's edge is a bronze plaque reading "Overmountain Victory Trail." Trail begins on road's right side.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Jack Branch Trail

Hot Springs Area

Trail # 299



## Characteristics

Initially take River Ridge Loop Trail, a yellow-blazed trail that begins across SR 1304 at Murray Branch Recreation Area.. Follow this trail to the intersection with Jack Branch Trail, which is blazed in blue rectangles. Jack Branch Trail follows an old road at this point and climbs steadily to the top of a ridge. The trail follows the ridge that offers good views of French Broad River and the town of Hot Springs. The trail intersects and follows gated FR 422 where the trail ends. FR 422 is seasonally open to four-wheel drive traffic and is accessed from FR 467 near Hurricane Gap.

## Highlights

- Jack Branch Trail combined with the River Ridge Trail offers panoramic views of the French Broad River.
- The trail traverses open fields and Oak-Hickory forests.

## Statistics

**Total Length:** 2.4 miles

**Total Elevation Change:** 1,320 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** River Ridge Trail

**Ending Point:** Forest Road 422

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Blue Rectangle

**Area Trail Maps:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

## Access

From Burnsville, travel west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC 213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/ US-70 Ramp, merging onto US-25/US-70. Eventually, turn left to continue on US-25/US-70 toward Hot Springs. Immediately before crossing French Broad River, turn right onto SR 1304. Turn right at first intersection and continue on SR 1304 for five miles to the Murray Branch Recreation Area. Follow the River Ridge Trail to the intersection of Jack Branch Trail.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Laurel River Trail

Hot Springs Area

Trail # 310



## Characteristics

Laurel River Trail begins on a gravel road through private property. Hikers and bikers should stay on the trail to ensure the privacy of landowners along the route. After one mile, the trail enters the national forest and continues at a fairly level grade to the French Broad River. The trail is especially scenic in early spring when there are many wildflowers blooming along the path and riverbanks. Bikers will find the Laurel River Trail an easy ride, however, some short sections of the trail are a bit rocky and care should be taken when passing through these areas.

## Highlights

- Follows Big Laurel Creek on an old railroad bed that used to carry logs to the Runion sawmill. The sawmill operated in the 1920s.
- The logging town of Runion once thrived where the Laurel River joins the French Broad River. In its heyday, Runion had a steam-powered sawmill, school, railroad, commissary and more than 1,000 people. Brick chimneys and crumbling foundations remain.

## Statistics

**Total Length:** 3.6 miles

**Total Elevation Change:** 220 feet

**Degree of Difficulty:** Easy

**Beginning Point:** U.S. 25/70

**Ending Point:** French Broad River

**Average Hiking Time:** 1.5 hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow

**Area Trail Maps:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

## Access

From Burnsville, travel west on NC-19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take the US-25 Bypass/US-70 Ramp, merging onto US-25/US-70 heading toward Hot Springs. Trail parking is located at the intersection of SR 208 and US-25/US-70. The trail begins past the gate at the south end of the parking area.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Lover's Leap Loop Trail

Hot Springs Area

Trail # 308



## Characteristics

The loop starts at Silvermine trailhead parking area. For the easiest route, walk down the access road leading to the parking area at Nantahala Outdoor Center, cross Silvermine Creek at bridge, and follow the Appalachian Trail (white blazes) along the French Broad River. After approximately a half mile, the trail climbs steeply through several switchbacks to Lover's Leap Ridge. The ridge offers rock outcrops with numerous overlooks. From here the Appalachian Trail continues north to Mill Ridge. To complete Lover's Leap Loop, take Lover's Leap Trail to the left (orange blazes). Be sure to stay to the left at the intersection with Pump Gap Trail to descend through the forest back to Silvermine trailhead parking area.

## Highlights

- Combines Lover's Leap Trail and Appalachian Trail to form a short hike along the French Broad River and steep rocky ridge.
- Follows river a short distance and climbs Lover's Leap Ridge. Panoramic views of French Broad River and town of Hot Springs.

## Statistics

**Total Length:** 1.6 miles

**Total Elevation Change:** 500 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Silvermine Trailhead

**Ending Point:** Silvermine Trailhead

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Heavy

### **Blaze Colors:**

**Lover's Leap Trail:** Orange Rectangle

**Appalachian Trail:** White Rectangle

**Area Trail Maps:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

### Access

From Burnsville, travel west on US-19 and then merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn left onto NC213/Carl Eller Road. This will lead into Marshall. Take the US-25 Bypass/ US-70 Ramp, merging onto US-25/US-70 heading toward Hot Springs. Eventually, turn left to continue on US25/US-0. Immediately before crossing the French Broad River turn left onto SR 1304. Turn left at first intersection and follow the signs to Silvermine trailhead parking area.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Mill Ridge Trail

Hot Springs Area

Trail # 280



## Characteristics

Mill Ridge Bike Trail's suggested route starts where the trail leaves FR 113 across from its intersection with the Appalachian Trail. At this point, the trail descends steeply along a wooded road. At the bottom of descent, the trail turns sharply left and enters an old clear-cut on a single-track section. At the clearing's other end, the trail enters a closed gravel road (FR 113A) and gradually ascends back to FR 113 to complete the loop.

## Highlights

- Open to hiking and mountain biking.
- Fields offer panoramic views of surrounding countryside.
- Views of Big Laurel Creek Gorge and Rich Mountain area.
- Travels through or near several wildlife habitat openings where deer, songbirds and turkey feed..

## Statistics

**Total Length:** Four miles

**Total Elevation Change:** 480 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** FR 113

**Ending Point:** Forest Road 113

**Average Hiking Time:** Two hours (round-trip)

**Average Biking Time:** One hour (round-trip)

**Amount of Use:** Moderate

**Blaze Color:** Route is signed

**Area Trail Map:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

## Access

From Burnsville, go west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take the US-25 Bypass/US-70 ramp, merging onto US-25/70 heading toward Hot Springs. Eventually, turn left to continue on US-25/US-70. At Tanyard Gap where the Appalachian Trail crosses over the highway on a concrete bridge, turn right before bridge. Take a left at intersection, cross over US-25/70, and follow FR 113 to Mill Ridge trailhead parking at end of road.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Pump Gap Loop Trail

Hot Springs Area

Trail # 309



## Characteristics

Begin this trail by taking Lover's Leap Trail from Silvermine trailhead parking area and follow to first major switchback. At this point, Pump Gap Trail goes straight and Lover's Leap Trail goes to the right. The trail follows a stream and then forks. This is beginning and ending point of the loop section. For the easier route, bear right at the fork. The trail climbs to a ridge, crosses the Appalachian Trail, and descends along a creek. The path then crosses closed FR 113A and climbs again where it merges with the AT and follows a short section of an old wooded road. The trail leaves the road on the left, descends steeply along a stream and comes to the fork where loop section began. From here, the trail continues and crosses Lover's Leap Trail, which returns to the Silvermine trailhead parking area.

## Highlights

- Accesses AT. Used as loop or as part of a loop with AT.
- Pump Gap Trail named after a water pump near the trail. Pump delivered water to Runion, which is now a ghost town.

## Statistics

**Total Length:** 4.2 miles

**Total Elevation Change:** 1,100 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Silvermine Trailhead

**Ending Point:** Silvermine Trailhead

**Average Hiking Time:** Four hours (round rip)

**Amount of Use:** Heavy

**Blaze Color:** Yellow rectangle

**Area Trail Map:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

## Access

From Burnsville go west on Highway 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/US-70 Ramp, merging onto US-25/US-70 heading to Hot Springs. Eventually, turn left to continue on US-25/US-70. Immediately before crossing the French Broad River, turn right onto SR 1304. Turn left at the first intersection and follow signs to Silvermine Trailhead.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# River Ridge Loop Trail

Hot Springs Area

Trail # 281



## Characteristics

River Ridge Loop Trail begins on SR 1304 (River Road) across from Murray Branch Recreation Area. The trail winds up through a drainage and crosses a logging road. Follow this road that forks to the right, 175 feet from the intersection. The trail then climbs gradually through a pine forest on a ridgetop that faces the French Broad River. Along the ridgecrest, the trail offers views of the river, to a switchback and intersects with an old logging road and Jack Branch Trail. Turn left and follow the old logging road back to trail's beginning. Jack Branch Trail continues to the right at intersection.

## Highlights

- Offers scenic views French Broad River year-round.
- Picnicking, fishing and vault toilets at Murray Branch Recreation Area.

## Statistics

**Total Length:** 1.3 miles

**Total Elevation Change:** 200 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Murray Branch Recreation Area

**Ending Point:** Murray Branch Recreation Area

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangle

**Area Trail Map:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

## Access

From Burnsville, travel west on NC 19E and merge onto I-26 East. Take Exit 11 to Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take the US-25 Bypass/ US-70 ramp, merging onto US-25/US-70 heading to Hot Springs. Eventually, turn left to continue on US-25/US-70. Immediately before crossing the French Broad River, turn right onto SR 1304. Turn right at first intersection and continue on SR 1304 for five miles to Murray Branch Recreation Area.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



# Roundtop Ridge Trail

Hot Springs Area

Trail # 295



## Characteristics

To easily access this trail, take the Appalachian Trail north from Tanyard Gap or head north for two miles to intersection with Roundtop Ridge Trail. From the upper end, the trail meanders down Roundtop Ridge, passes through old farm fields and alongside timber harvest areas. The trail ends at town of Hot Springs' water reservoir tank. If hikers walk down Reservoir Road for half a mile, cars can pick them up at the tank. Access the Pump Gap Trail, Lover's Leap Loop Trail and Appalachian Trail from SR 1304 near the US-25/70 Bridge at the French Broad River.

## Highlights

- Offers a walk through oak-hickory hardwood forests.
- Loop opportunity with the Appalachian Trail. Provides access from Hot Springs to Rich Mountain Fire Tower.

## Statistics

**Total Length:** 3.1 miles

**Total Elevation Change:** 1,400 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Appalachian Trail

**Ending Point:** Reservoir Road, Hot Springs

**Average Hiking Time:** Three hours (one way)

**Amount of Use:** Light

**Blaze Color:** Yellow Rectangle

**Area Trail Map:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Hot Springs

## Access

From Burnsville, go west on NC 19E and then merge onto I-26 East. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road. This leads into Marshall. Take the US-25 Bypass/ US-70 Ramp, merging onto US-25/US-70 heading to Hot Springs. Eventually, turn left to continue on US-25/US-70. Just before Tanyard Gap, where the Appalachian Trail crosses the highway on a concrete bridge, turn right. Turn right again at the next intersection and follow the paved road. At pavement's end, turn left onto FR 467 and go four miles to Hurricane Gap, where AT crosses FR 467. Park along the road and follow the AT south for 1.3 miles to Roundtop Ridge Trail on right.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Shut-In Trail

Hot Springs Area

Trail # 296



## Characteristics

The Shut-In Trail begins at Garenflo Gap where it enters the woods and begins a steady downhill grade. Most of the way, the trail follows a creek on an old wooded road. In most places, the trail accommodates side-by-side walking for two hikers. To the right, the trail traverses some boggy sections, especially in rainy weather.

## Highlights

- Shut-In Trail is a relatively easy walk along Shut-In Creek's east fork. The trail follows the creek for its entire length along an old wooded road.
- Suggested route: Walk downhill from Garenflo Gap to Upper Shut-In Road (SR 1183).

## Statistics

**Total Length:** Two miles

**Total Elevation Change:** 820 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Appalachian Trail. at Garenflo Gap

**Ending Point:** SR 1183

**Average Hiking Time:** One hour (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangle

**Area Trail Maps:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Lemon Gap

## Access

From Burnsville, go west on US 19E and merge onto I-26 East. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/ US-70 Ramp, merging onto US-25/US-70 and head toward Hot Springs. Eventually, turn left to continue on US-25/US-70. Once in Hot Springs, go south on NC 209 to Bluff community. Take SR 1173 to the right and continue to the parking area at end of road. The Appalachian Trail crosses Garenflo Gap here. The Shut-In Trail begins on the right side of the road, just below the parking lot. To reach the trail's other end, travel west from Hot Springs on US 25/70 to SR 1183 on the left. Follow SR 1183 about three miles. The trailhead is on the left just before crossing the Jones Branch Bridge.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Spring Creek Nature Trail

Hot Springs Area

Trail # 312



## Characteristics

This hiking-only trail begins and ends at Rocky Bluff Campground. Both ends are signed. Trail begins near campsite 14 and descends on an old road through a pine forest and along Spring Creek for about half a mile. Watch for rock walls where crops and pastures gave way to trees. The trail then gradually climbs back to the campground through white pines. To the right, the path passes a trail to an amphitheater, and the Van Cliff Trail is on the left.

## Highlights

- Offers pleasant hike through hardwood-pine forest and along a cascading mountain stream known for trout fishing.
- Once part of the Brook's farm, small community blacksmith shop and school. Old house foundations, rock fences and cemetery remain.
- Picnicking, restrooms, water and camping are available at Rocky Bluff Campground from May through October.

## Statistics

**Total Length:** 1.2 miles

**Total Elevation Change:** 240 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Rocky Bluff Campground

**Ending Point:** Rocky Bluff Campground

**Average Hiking Time:** One hour (round-trip)

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangle

**Area Trail Map:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Spring Creek

## Access

From Burnsville go west on NC 19E and then merge onto I-26E. Take Exit 11 to Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/US-70 ramp, merging onto US-25/US-70 heading toward Hot Springs. Eventually, turn left to continue on US-25/US-70. Once in Hot Springs, go south on SR 209 for 3.3 miles to Rocky Bluff Campground on left. Hikers should park in spaces at picnic area.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Van Cliff Loop Trail

Hot Springs Area

Trail # 313



## Characteristics

Van Cliff Loop Trail begins at Rocky Bluff Campground near Campsite 8. The trail leaves the campground on an old roadbed. At the first fork, the trail becomes a loop. The easier route follows the left fork, which crosses the creek and climbs across SR 209. After crossing the highway, the trail follows another old road to the top of the ridge. Farmland once existed along these roads. The trail follows the ridge, descends through a large hemlock stand, crosses a small stream and descends steeply along an old road. Crossing SR 209 again, the path passes boulders and follows the stream back to the fork and campground.

## Highlights

- Offers a walk along streams and ridge tops where remains of old homesteads and fields are evident.
- The vegetation changes from low, dense, vegetation along the stream, to cove hardwoods and piney ridge tops.
- Picnicking, water, restrooms, and camping are available at Rocky Bluff Campground May-October.

## Statistics

**Total Length:** 2.6 miles

**Total Elevation Change:** 600 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** Rocky Bluff Campground

**Ending Point:** Rocky Bluff Campground

**Average Hiking Time:** 2.5 hours (round-trip)

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangle

**Area Trail Maps:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Spring Creek

## Access

From Burnsville, go west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take the US-25 Bypass/US-70 ramp, merging onto US-25/US-70 heading toward Hot Springs. Eventually, turn left to continue on US-25/US-70. Once in Hot Springs, take on SR 209S for 3.3 miles to Rocky Bluff Campground. Hikers should park in spaces at picnic area.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Groundhog Creek Trail

Harmon Den Area

Trail # 315



## Characteristics

This trail follows Groundhog Creek for most of its length. Just below the Appalachian Trail shelter, the trail crosses an old road. Water is available along the trail and at the shelter. Groundhog Creek Travel the trail to its intersection with Rube Rock Trail or the Appalachian Trail. If hiking a loop, start from Rube Rock Trail.

## Highlights

- Groundhog Creek Trail Shelter is 0.2 mile from intersection of Groundhog Creek Trail and Appalachian Trail is Groundhog Creek Trail Shelter.
- Parking at trail's southern end bear US-40 is illegal. Trail should be accessed via the Appalachian Trail or Rube Rock Trail.
- Offers 9.5-mile loop: Combine with Groundhog Creek, Rube Rock and Appalachian trails.

## Statistics

**Total Length:** 2.3 miles

**Total Elevation Change:** 1,160 feet

**Degree of Difficulty:** Moderate

**Beginning Point:** Appalachian Trail

**Ending Point:** Rube Rock Trail

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Blue Rectangles

**Area Trail Maps:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Waterville

## Access

From Burnsville, travel west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn left onto SR 213/Carl Eller Road, which lead into Marshall. Take the US-25 Bypass/ US-70 Ramp, merging onto US-25/US-70 heading toward Hot Springs. Eventually, turn left to continue on US-25/US-70. Once in Hot Springs, go south on SR 209 for 7.5 miles to SR 1175. Turn right onto SR 1175 and go four miles to SR 1181. Turn right onto SR 1181 and follow it to the intersection with SR 1182. Turn left onto SR 1182 and take the next right, which is FR 148 (Cold Springs Road). Follow FR 148 to the Harmon Den Parking Area. Just past the parking area, turn right onto FR 148A. Follow FR 148A to the top of the ridge where the AT crosses the road. Access the trail by going south on the AT for 2.9 miles. FR 148 can also be accessed from I-40 via the Harmon Den exit.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Rube Rock Trail

Harmon Den Area

Trail # 314



## Characteristics

For the easiest route, take the Appalachian Trail from Brown Gap to intersection with Rube Rock Trail. The trail leaves the AT and descends to an intersection with FR 357, a gated road. Turn right and follow this road. A left turn on the road leads back to Brown Gap. The trail follows the road for half a mile, leaves the road on left and descends along Rube Rock Branch. At this point, it crosses a drain to Tom Hall Branch. At the end of this descent, the trail parallels I-40, crosses Rube Rock Branch and intersects with Groundhog Creek Trail.

## Highlights

- Appalachian District's most difficult trails due to steepness in several places.
- Intersects AT and Groundhog Creek Trail to form a 9.5 mile loop.

## Statistics

**Total Length:** 4.5 miles

**Total Elevation Change:** 1,980 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** AT, south of Brown Gap

**Ending Point:** Groundhog Creek Trail

**Average: Hiking Time:** Four hours

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangle

**Area Trail Map:** Harmon Den/Hot Springs Trail Map

**USGS Quad Map:** Waterville

## Access

From Burnsville, travel west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/ US-70 ramp, which merges onto US-25/US-70, heading toward Hot Springs. Eventually, turn left to continue on US-25/US-70. Once in Hot Springs, go south on State Road 209 for 7.5 miles to SR 1175. Turn onto SR 1175 and go four miles to SR 1181. Turn right onto SR 1181 and follow to the intersection of SR 1182. Turn left onto SR 1182 and take the next right, which is FR 148 (Cold Springs Road). Follow FR 148 to the Harmon Den Parking Area. Just past parking area, turn right onto FR 148A and follow FR 148A to the ridge top where AT crosses the road. Access the trail by going south on the AT for 0.6 mile. FR 148 can also be accessed from I-40 via the Harmon Den exit.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Fork Ridge Trail

Shelton Laurel Backcountry Area Trail # 285



## Characteristics

Fork Ridge Trail begins at the trailhead parking area near the end of FR 111. At this point, the trail steadily climbs through upland hardwood forests and rhododendron thickets. After the initial ascent, the trail mostly follows ridge tops offering views of Big Creek drainage. Best viewing times are early spring, late fall and winter.

## Highlights

- Can combine with AT and Green Ridge Trail or Jerry Miller Trail to form a loop.
- Jerry Cabin Shelter is located 0.2 mile north at trail's intersection with AT. Water available near shelter. No water on Fork Ridge Trail.
- Steep in some sections, steadily climbs from FR 111 to AT.

## Statistics

**Total Length:** Two miles

**Total Elevation Change:** 2,040 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 111

**Ending Point:** Appalachian Trail

**Average Hiking Time:** Three hours (one way)

**Amount of Use:** Light

**Blaze Color:** Yellow Rectangle

**Area Trail Maps:** None

**USGS Quad Map:** Greystone

## Access

From Burnsville travel west on Highway 19E and then merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Rd. This will lead into Marshall. Take the US-25 Bypass/US-70 Ramp, merging onto US-25/US-70 heading toward Hot Springs. When US-25/US-70 turns left towards Hot Springs, continue straight on State Road 208. Go 3.5 miles to State Road 212. Turn right onto SR 212 and go 11 miles to SR 1312. Turn left onto SR 1312. Travel 1.3 miles then take the left fork to FR 111, where you will ford a small stream. Follow this road for one mile. The trail leaves from the parking area on the left side of the road.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Green Ridge Trail

Shelton Laurel Backcountry Area Trail # 287



## Characteristics

Green Ridge Trail begins at gate on FR 3509 and follows gravel road for one mile. At this point, the trail leaves the gravel road and follows an old wooded road into a cove. The path then steadily climbs Green Ridge and crosses Dry Creek headwaters. The trail eventually reaches Green Ridge Mountain's crest, which it follows to its terminus with the Appalachian Trail.

## Highlights

- Can combine with Appalachian Trail, Fork Ridge Trail or Jerry Miller Trail to form a loop.
- Jerry Cabin Shelter located 0.2 mile north of intersection with Appalachian and Fork Ridge trails.

## Statistics

**Total Length:** 3.6 miles

**Total Elevation Change:** 2,040 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 3509

**Ending Point:** Appalachian Trail

**Average Hiking Time:** Four hours (one way)

**Amount of Use:** Light

**Blaze Color:** Yellow Rectangles

**Area Trail Maps:** None

**USGS Quad Maps:** Greystone & Flag Pond

## Access

From Burnsville, travel west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn left onto NC-213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/ US-70 ramp, merging onto US-25/US-70 and head toward Hot Springs. When US-25/US-70 turns left toward Hot Springs, continue straight on SR 208. Go 3.5 miles to SR 212. Turn right onto SR 212 and go 11 miles to SR 1312. Turn left onto SR 1312. Go 1.3 miles to fork. Follow the right fork. The trail begins just past the gate. Parking is available on FR 111's left fork.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



# Hickey Fork Trail

Shelton Laurel Backcountry Area Trail # 292



## Characteristics

Hickey Fork Trail begins on the left side of FR 465. The trail crosses Hickey Fork Creek on a wooden bridge and ascends the ridge adjacent to Hickey Fork Creek. Crossing the ridge into Hickey Fork Creek west prong drainage, the trail ends at Pounding Mill Trail.

## Highlights

- Provides views of waterfalls and cascades in higher elevations.
- At intersection with Pounding Mill Trail at Seng Gap, provides access to Appalachian Trail.

## Statistics

**Total Length:** 2.3 miles

**Total Elevation Change:** 1,120 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 465

**Ending Point:** Pounding Mill Trail

**Average Hiking Time:** Two hours (one way)

**Amount of Use:** Moderate

**Blaze Color:** Yellow Rectangles

**Area Trail Maps:** None

**USGS Quad Maps:** White Rock & Greystone

## Access

From Burnsville travel west on NC19E and then merge onto I-26 East. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take the US-25 Bypass/ US-70 Ramp, merging onto US-25/US-70 heading toward Hot Springs. When US-25/US-70 turns left toward Hot Springs, continue straight on SR 208. Go for 3.5 miles to SR 212. Turn right onto SR 212 and go seven miles to SR 1310. Turn left onto SR 1310, which becomes FR 465, and go 1.2 miles to trailhead parking area on right. The trail leaves the road's left side approximately 100 yards north of the parking area.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Jerry Miller Trail

Shelton Laurel Backcountry Area Trail # 286



## Characteristics

Formerly known as Whiteoak Flats Trail, the Jerry Miller Trail leaves FR 111 from trailhead parking on the road's left side. Crossing Big Creek and climbing a narrow ridge, the trail gradually drops to an old logging road along Whiteoak Flats branch. Passing a 100-foot-high waterfall, the trail runs into the Whiteoak Flats wildlife opening. The trail then follows the old road for three miles and becomes a foot trail that climbs through heavy brush. The trail then connects with the Appalachian Trail at Bear Wallow Gap. This last section of trail is not well-marked or worn from use. No markers or directional signs are located at the Appalachian Trail intersection.

## Highlights

- Especially scenic in late spring when the rhododendron and mountain laurel are in bloom.
- Scenic waterfall viewed in the lower section below Whiteoak Flats.

## Statistics

**Total Length:** 4.5 miles

**Total Elevation Change:** 2,524 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 111

**Ending Point:** AT at Camp Creek Bald

**Average Hiking Time:** Five hours

**Amount of Use:** Light

**Blaze Color:** Yellow Rectangle

**Area Trail Maps:** None

**USGS Quad Map:** Greystone (Trail # 290)

## Access

From Burnsville travel west on NC 19E and merges onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads to Marshall. Take the US-25 Bypass/ US-70 ramp, merging onto US-25/US-70 heading toward Hot Springs. When US-25/US-70 turns left towards Hot Springs, continue straight on SR 208. Go for 3.5 miles to SR 212. Turn right on SR 212 and go about 11 miles to SR 1312. Turn left and go about one mile to ford through Dry Creek then another 0.25 mile to Jerry Miller Trail parking area on left side of FR 111. Note: SR 1312 turns into FR 111 at the National Forest Boundary.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146

# Whiteoak Trail

Shelton Laurel Backcountry Area Trail # 293



## Characteristics

Whiteoak Trail begins on the left side of FR 4655 and climbs an old logging road for 0.5 mile where it meets FR 465A. This gated road leads back to the parking area. From this point, the trail continues to climb and intersects an old road. An uphill road crosses the west prong of Hickey Fork, which intersects Pounding Mill Trail. 0.8 mile north of Seng Gap.

## Highlights

- Offers walk through upland hardwood forests with winter views of Baxter Cliffs.
- Provides access to Pounding Mill Trail. Offers loop opportunities with Pounding Mill and Hickey Fork trails and FR 465.

## Statistics

**Total Length:** 2.3 miles

**Total Elevation Change:** 1,640 feet

**Degree of Difficulty:** Difficult

**Beginning Point:** FR 465

**Ending Point:** Pounding Mill Trail

**Average Hiking Time:** Three hours (one way)

**Amount of Use:** Light

**Blaze Color:** Blue Rectangle

**Area Trail Maps:** None

**USGS Quad Map:** Greystone

## Access

From Burnsville, travel west on NC 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take the US-25 Bypass/US-70 Ramp, merging onto US-25/US-70 heading toward Hot Springs. When US-25/US-70 turns left toward Hot Springs, continue straight on SR 208. Go for 3.5 miles to SR 212. Turn right onto SR 212 and go seven miles to SR 1310. Turn left onto SR 1310, which becomes FR 465. Go 1.2 miles to a gate where parking is available. Hike the road for about 1.2 miles to an old road that forks left up the East Prong of Hickey Fork. The trail begins there.



## Pisgah National Forest

Appalachian Ranger District, P.O. Box 128, Burnsville, NC 28714, (828) 682-6146



**Pisgah National Forest  
Appalachian Ranger District  
PO Box 128  
Burnsville, NC 28714  
(828) 682-6146**

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

Revised: July 2009