

BRP milepost mileages at the trail access points with parking

Mile	Hike	Access Points (with parking)
355.4	1	Mt. Mitchell (3 miles on N.C. 128)
355.4	2	N.C. 128 (Mt. Mitchell Road), ½ mile
359.8	3	Balsam Gap
361.2	4	Glassmine Falls Overlook
363.4	5	Greybeard Overlook
364.5	6	Access at Craggy Gardens Visitor Ctr.
367.6	7	Access fm Craggy Gardens Picnic Area
367.6	8	Access from Bee Tree Gap Road
374.4	9	Access at Tanbark Ridge Tunnel
375.6	10	Access at Ox Creek Road
377.4	11	Craven Gap. MST crosses BRP
381.0	12	Roadside; MST crosses BRP
382.0	13	Folk Art Center parking lot
382.5	14	Folk Art Center parking lot
384.7	15	Roadside; U.S. 74A
388.1	16	Roadside; U.S. 25A
388.8	17	Roadside, U.S. 25
391.8	18	North end of I-26 overpass
393.8	19	Overlook at French Broad River (Access is on Hwy. 191 ramp)
396.4	20	Walnut Cove Overlook
397.3	21	Sleepy Gap Overlook
398.3	22	Chestnut Cove Overlook
400.3	23	Bent Creek Gap
401.7	24	Beaver Dam Overlook
402.6	25	Stony Bald Overlook
403.6	26	Big Ridge Overlook
404.5	27	Mills River Overlook
405.5	28	Elk Pasture Gap
407.6	29	Mt. Pisgah Parking
407.6	30	Mt. Pisgah Parking
408.6		Mt. Pisgah Inn

History of the Mountains-to-Sea Trail (MST)

The MST Trail was conceived in the 1970s; and when it is completed, it will extend over 930 miles from Clingmans Dome in the North Carolina Mountains to Jockey Ridge on the coast. Currently, over 470 miles of the trail have been constructed. Most of the work has been done on the western and eastern ends of the trail, with some shorter stretches in the middle of the state. It is not possible to hike the entire MST Trail at this time.

The MST Trail is being constructed primarily by volunteers and is being built on federal, state, and locally owned public lands. A 20-mile wide corridor has been designed as a parameter for where the trail is to be located. The MST Trail is now being incorporated into a statewide trails system that will serve a wide range of trail users. The 130 miles of the MST Trail between the Black Mountain Campground (N) and Balsam Gap (S) are completed and maintained by the Carolina Mountain Club.

This brochure is produced jointly by the Carolina Mountain Club and the FRIENDS of the Blue Ridge Parkway

Hike Descriptions (Hiking north to south)

Hike 1. **Mt. Mitchell (highest point in eastern U.S.) to Mt. Mitchell Road.** 4.7 miles. (S/S). Views and streams. Other hikes are available in the Mt. Mitchell area. Hike guides are available at the Park Headquarters. N. access: Parking lot at terminus of N.C. 128 (3 miles from BRP). S. access: N.C. 128 one-half mile to intersection of MST and N.C. 128 from BRP.

Hike 2. **Mt. Mitchell Road to Balsam Gap.** 5 miles. (S/S). Over Blackstock Knob. Varied trail, good mountain views and of the BRP and unusually fine examples of rock work in trail building. MP 355.4 to 359.8. A suggested shorter hike is to hike south one and one-half miles from Mt. Mitchell Road and return. N. access: Hwy. 128 one-half mile to intersection of MST. S. access: Intersection of MST and BRP at MP 359.8.

Hike 3. **Balsam Gap to Glassmine Falls Overlook.** 1.4 miles. (M/M). From MP 359.8 to 361.2. Access in both directions is from BRP.

Hike 4. **Glassmine Falls Overlook to Greybeard Overlook.** 2.5 miles. (M/E). Views and interesting variety of trees and shrubs. MP 361.2 to 363.4. A recommended shorter hike is to hike north one mile from MP 363.4 and return. Access in both directions from BRP.

Hike 5. **Greybeard Overlook to Craggy Gardens Visitors Center.** 2.7 miles. (M/M). Rocky and at times wet. MP 363.4 to 364.5. Access in both directions is from BRP.

Hike 6. **Craggy Gardens Visitors Center to Craggy Gardens Picnic area.** 0.8 mile. (E/M). Popular for rhododendrons in season. Combine with picnic. From MP 364.5 to 367.6. N. access: BRP. S. access: 0.5 mile on Bee Tree Road.

Hike 7. **Craggy Gardens picnic area to Bee Tree Gap Road.** 0.5 mile along Bee Tree Gap Road. N. access: 0.5 miles on Bee Tree Gap Road. S. access: 200 yards from BRP at junction of FS Road #63. (E/M). MP 367.6.

Hike 8. **Bee Tree Gap Road to Rattlesnake Lodge.** 5.7 miles. Views, varied forests, and hike over Lane Pinnacle. (S/S). From MP 367.6 to 374.4. N. access: 200 yards from BRP on Bee Tree Gap Road at junction of FS Road #63. S. access to Rattlesnake Lodge is one-half mile trail from Tanbark Tunnel on BRP. Suggested short hike: one-half mile from Tanbark Tunnel in to Rattlesnake Lodge and return.

Hike 9. **Rattlesnake Lodge to Ox Creek Road.** 2.2 miles. Unusually fine switchbacks. Popular hike south to north to historic site. (E/M). From MP 374.4 to 375.6. N. access: one-half mile on trail from Tanbark Tunnel on BRP. S. access: one-half mile on Ox Creek

Road from BRP to parking area.

Hike 10. **Ox Creek Road to Craven Gap.** 1.8 miles. Views, wildflowers, and cacti on rock face. (E/M). MST crosses the BRP at Craven Gap. MP 375.6 to 377.4. N. access: one-half mile on Ox Creek Road to parking area. S. access: BRP.

Hike 11. **Craven Gap to BRP crossing.** 4.4 miles. Trail crosses BRP. Views, wildflowers, and views of the Haw Creek community. (E/M). From MP 377.4 to 381.0. Both accesses: BRP.

Hike 12. **Crossing of BRP to Folk Art Center.** 1 mile. Benches on trail. Suitable hike for small children. (E/E). From MP 381.0 to 382.0. N. access: BRP. S. access: parking lot at Folk Art Center.

Hike 13. **Folk Art Center to U.S. 70.** .6 mile. (E/E). MP 382.0 to 382.5. N. access: parking lot at Folk Art Center. S. Access: BRP at overpass.

Hike 14. **U.S. 70 to U.S. 74A.** 2.6 miles. (E/E). Trail crosses BRP on south side of overpass. MP 382.5 to 384.7. N. access: BRP at overpass. S. access: on BRP at 74A overpass. Alternate access: BRP Headquarters parking lot at MP 384.2 via connector trail.

Hike 15. **U.S. 74A to U.S. 25A.** 4.1 miles. (E/E). Some views and easily accessible. Popular trail close to town. MP 384.7 to 388.1. N. access: on BRP at southern end of 74A overpass. S. access: on BRP just north of 25A overpass.

Hike 16. **U.S. 25A to U.S. 25.** .8 mile. (E/E). Trail crosses BRP. MP 388.1 to 388.8. N. access: on BRP just south of the 25A overpass. S. access: just south of the gate at the Hwy. 25 exit from the BRP.

Hike 17. **U.S. 25 to Overpass at I-26.** (E/E). 3.5 miles. Pleasant walking. Popular with hikers, joggers and animal owners. Varied vegetation and streams. MP 388.8 to 391.8. N. access: just south of the gate at the Hwy. 25 exit from the BRP. S. access: just north of the I-26 overpass.

Hike 18. **Overpass at I-26 to French Broad River.** (E/E). 1.9 miles. Pleasant walking. Some variety. MP 391.8 to 393.8. N. access: on BRP at south end of I-26 overpass. S. access: on Hwy. 191 ramp from BRP. Parking is on BRP at French Broad Overlook.

Hike 19. **N.C. 191 to Walnut Cove Overlook.** 3.5 miles. (S/M). MP 393.8 to 396.4. Follows Bent Creek then climbs through woods for good workout. Easy N. access from N.C. 191 ramp off BRP.

Hike 20. **Walnut Cove Overlook to Sleepy Gap Parking.** Good mountain hiking. 1.8 miles. (M/E). MP 396.4 to 397.3. Access in both directions: from the BRP.

Hike 21. **Sleepy Gap Parking to Chestnut Cove**

How to get the most out of this brochure

This brochure has been prepared to help you choose day hikes on the Mountains-to-Sea Trail in the Asheville area between Mt. Mitchell and Mt. Pisgah Inn. Most of the trail is close to the Blue Ridge Parkway (BRP) and is marked with a three-inch white round blaze. Hike numbers are arbitrarily chosen for purposes of facilitating the use of this brochure. All hike descriptions are given in the north to south direction. The difficulty of the hike is based on the mountain club's estimate for a hiker of average ability. The first letter in parentheses refers to the north to south direction and the second to the south to north direction (E = easy; M = moderate; S = strenuous). Thus, (E/M) signifies that the section is an easy hike in the north to south direction and moderately difficult when hiked south to north. Milepost mileage for the BRP is given to help in locating trail access points, and the BRP mileage will often differ slightly from the MST Trail mileage.

Only access points with parking permitted are included in this brochure. Trail miles are given for each section and are one way only (double that when planning a round-trip hike). The material is intentionally limited, and persons are referred to the excellent publication, *Trail Profiles: The Mountains to Sea Trail*, by Walt Weber, and to the Carolina Mountain Club website for BRP hikes: www.carolinamtclub.com/choosebrpw.htm for detailed information, maps, and profiles of these sections.

The MST Trails covered by this brochure are maintained by the Carolina Mountain Club (CMC). This brochure is part of the educational/promotional mission of the Club. It is designed to inform the public about Western North Carolina and to encourage people to hike its wonderful trails. Good hiking!

Overlook. 0.9 mile. (M/M). MP 397.3 to 398.3. Combine with Section 20 or 22 for longer hike. Access in both directions: from the BRP.

Hike 22. **Chestnut Cove Overlook to Bent Creek Gap.** Very enjoyable hiking away from BRP. 2.7 miles. (M/M). MP 398.3 to 400.3. Access in both directions: from the BRP.

Hike 23. **Bent Creek Gap to Beaver Dam Overlook.** Good challenging mountain hiking. 1.9 miles. (S/S). MP 400.3 to 401.7. Over Ferrin Knob. Remains of old fire tower. N. access is left from BRP and then immediate right under BRP. S. access from BRP.

Hike 24. **Beaver Dam Overlook to Stony Bald Overlook.** 1 mile. (S/S). Combine with Hikes 23 or 25 for an invigorating outing. Rock work from old Vanderbilt Horse Trail. MP 401.7 to 402.6. Access in both directions: from the BRP.

Hike 25. **Stony Bald Overlook to Big Ridge Overlook.** 1.2 miles. (M/M). MP 402.6 to 403.6. Access in both directions: from the BRP.

Hike 26. **Big Ridge Overlook to Mills River Overlook.** From one excellent overlook to another. 1.1 miles. (M/M). MP 403.6 to 404.5. Rock work from the original Shut-In Trail can be seen. Access in both directions: from the BRP.

Hike 27. **Mills River Overlook to Elk Pasture Gap.** 1.1 miles. Very pleasant. (E/E). MP 404.5 to 405.5. Rock work from the original Shut-In Trail can be seen. Access in both directions is from the BRP.

Hike 28. **Elk Pasture Gap to Mt. Pisgah Parking.** 2.1 miles. (S/S). MP 405.5 to 407.6. Difficult but distance is manageable. N. access from BRP at Hwy. 151. S. access: Mt. Pisgah Parking lot.

Hike 29. **Recommended side trail to Mt. Pisgah,** 1.5 miles. (S/S). MP 407.6. Access: Mt. Pisgah parking lot. Outstanding views.

Hike 30. **Buck Spring Gap to Pisgah Inn.** 1.4 miles. (E/M). MP 407.6 to 408.6. Pass Buck Springs Vanderbilt Lodge site. Also intersection with Laurel Mountain Trail and Pilot Rock Trail. N. access: Buck Spring Gap Overlook Parking. S. access: Pisgah Inn Parking area.

See the CMC website on cover for maps and other information.

Brochure printed by FRIENDS of the Blue Ridge Parkway. To Adopt-A-Trail or be a Parkway Volunteer visit www.BlueRidgeFriends.org or call 800-228-7275. FRIENDS is a membership organization committed to preserving and protecting the Blue Ridge Parkway for future generations.

30 Hikes

on the Asheville, NC sections of the Mountains-to-Sea Trail along the Blue Ridge Parkway



For more information about these hikes:

www.carolinamtclub.com/choosebrpw.htm

www.BlueRidgeFriends.org
