

Some Frequently-Scheduled Hiking Routes (Updated on December 1, 2015)

Below is a list of hiking routes frequently included in the outings schedules of the Piedmont Hiking and Outing Club. The routes are listed by their locations.

The distances and total elevation gains are only estimates. Hike leaders are responsible for any information on distances, elevation gains, or difficulty ratings included in outing descriptions.

The list intentionally does not include walking routes in the Piedmont Triad area.

Individuals who have led and continue to lead other strenuous or moderate hikes for which the routes are not included in the list are welcome to submit the information needed for their addition to the list. For any such hiking route, the properly-ordered names of the trails hiked should be provided, along with informed estimates of distances and total elevation gains. If a route is an out-and-back or involves a shuttle, car dropoff, or key exchange, that information needs to be included in the label for the hiking route.

Ashe County

Mountains-to-Sea Trail from Jeffress Park to Jumpinoff Rock, with diversion to The Lump, as a car dropoff	13 miles, 2300 feet
Mountains-to-Sea Trail from Jumpinoff Rock to Jeffress Park, with diversion to The Lump, as a car dropoff	13 miles, 2700 feet

Black Mountains

Colbert Ridge/Crest/Big Tom Gap/Buncombe Horse Range trails	14 miles, 4600 feet
Commissary/Camp Alice/Buncombe Horse Range/Big Tom Gap/ Crest/Old Mitchell trails	10 miles, 1900 feet
Crest trail from Mount Mitchell to Celo Knob and back	14 miles, 4400 feet
Mount Mitchell trail from Black Mountain Campground to Mount Mitchell and back	13 miles, 3900 feet
Woody Ridge/Crest/Colbert Ridge trails as a shuttle	9 miles, 3700 feet

Blowing Rock area

Boone Fork trail in Julian Price Memorial Park	6 miles, 900 feet
Carriage trails from Bass Lake parking area to Flat Top and back in Moses Cone Memorial Park	11 miles, 900 feet

Crowders Mountain State Park

Crowders/Backside/Rocktop trails between visitor center and Crowders Mountain	5 miles, 900 feet
Pinnacle/Turnback trails between visitor center and Kings Pinnacle	4 miles, 900 feet

Doughton Park

Grassy Gap/Basin Creek trails to Caudill Cabin and back	10 miles, 1800 feet
Bluff Mountain trail northbound as a car dropoff	8 miles, 900 feet
Bluff Mountain trail southbound as a car dropoff	8 miles, 700 feet
Grassy Gap/Bluff Ridge/Bluff Mountain/Cedar Ridge trails	13 miles, 3200 feet
Grassy Gap/Bluff Ridge/Bluff Mountain/Flat Rock Ridge trails	13 miles, 3300 feet

Flat Rock Ridge/Bluff Mountain/Cedar Ridge trails or reverse 17 miles, 3500 feet
Flat Rock Ridge/Bluff Mountain/Grassy Gap trails 13 miles, 2300 feet

Elk Knob State Park

Backcountry trail to zone camp and back 4 miles, 1100 feet
Summit trail and back 4 miles, 1000 feet

Eno River State Park

Buckquarter Creek/Holden Mill trails 4 miles, 200 feet
Cox Mountain/Fanny's Ford trails 4 miles, 200 feet

Grandfather Mountain State Park

Tanawha/Daniel Boone Scout/Cragway/Nuwati trails from Boone
Fork parking area 8 miles, 2200 feet
Storyteller Rock extension on Nuwati trail 1 mile, 400 feet
Tanawha/Daniel Boone Scout/Grandfather trails to Swinging Bridge
and back from Boone Fork parking area 12 miles, 4400 feet
Profile/Grandfather trails to Swinging Bridge and back 10 miles, 4000 feet
Tanawha trail as a shuttle from Beacon Heights to Julian Price Park 14 miles, 1800 feet
Tanawha trail as a shuttle from Julian Price Park to Beacon Heights 14 miles, 2600 feet

Grayson Highlands

Appalachian trail from VA 601 to Elk Garden as a shuttle 6 miles, 1800 feet
Appalachian trail from Elk Garden to Brier Ridge and back 6 miles, 1200 feet
Rhododendron/Appalachian/Pine Mountain/Wilburn Ridge trails from
Massie Gap 12 miles, 2000 feet
Rhododendron/Appalachian/Seed Orchard Road/Wilson/Stampers Branch/
Twin Pinnacles/Big Pinnacle trails from Massie Gap 8 miles, 2100 feet
Mount Rogers/Lewis Fork Spur/Lewis Fork/Cliffside/Pine Mountain/
Appalachian/Mount Rogers trails from VA 603 12 miles, 2700 feet
Virginia Creeper/Appalachian/Taylor's Valley trails from Taylor's
Valley, Virginia 10 miles, 1600 feet

Hanging Rock State Park

Hanging Rock/Wolf Rock/Cook's Wall/Magnolia Springs/Moore's
Wall Loop trails from the visitor center 9 miles, 2000 feet
Indian Creek trail and back 8 miles, 1000 feet

Linville Gorge

Pine Gap/Linville Gorge/Conley Cove trails as shuttle 9 miles, 2200 feet
Babel Tower/Linville Gorge/Conley Cove trails as shuttle 9 miles, 2500 feet
NC 126 Connector/Mountains-to-Sea trails to Shortoff Mountain
and back 11 miles, 2500 feet

Montreat area

Big Piney Ridge/West Ridge/Graybeard trails from Montreat 9 miles, 2900 feet

Heartbreak Ridge/Old Mitchell Toll Road/Pinnacle Summit trails and back from Graphite	14 miles, 4100 feet
Morrow Mountain State Park Sugarloaf Mountain/Hattaway Mountain/Morrow Mountain trails from horse trailer parking	10 miles, 1700 feet
Mount Mitchell (see Black Mountains)	
Mount Rogers (see Grayson Highlands)	
Pilot Mountain State Park Grassy Ridge/Mountain/Ledge Spring/Jomeokee/Grindstone trails	9 miles, 1800 feet
Roan Highlands Appalachian trail from Carvers Gap to US 19E as a key exchange	15 miles, 2600 feet
Appalachian trail from US 19E to Carvers Gap as a key exchange	15 miles, 5300 feet
Appalachian trail from US 19E to Walnut Mountain Road as a key exchange	11 miles, 3100 feet
Appalachian trail from Walnut Mountain Road to US 19E as a key exchange	11 miles, 2400 feet
Roanoke area Andy Layne/Appalachian trails via Tinker Cliffs and McAfee Knob to VA 311 as a key exchange	13 miles, 3600 feet
Appalachian/Andy Layne trails via McAfee Knob and Tinker Cliffs to VA 779 as a key exchange	13 miles, 2700 feet
Appalachian trail to Dragon's Tooth from VA 311 as a shuttle	11 miles, 2900 feet
Apple Orchard Falls/Appalachian to Guillotine Rock and back/Cornelius Creek trails	11 miles, 3300 feet
Rock Castle Gorge Rock Castle Gorge trail	11 miles, 2700 feet
Rock Castle Gorge/Black Ridge/Picnic Loop trails from Rocky Knob Campground and back	7 miles, 1300 feet
Shining Rock area Flat Laurel Creek/Sam Knob/Sam Knob Summit/US Forest Service road 816/ Mountains-to-Sea trails from Flat Laurel Creek parking	10 miles, 1500 feet
South Mountains State Park Chestnut Knob/Sawtooth/Horseridge/Possum/Shinny/Upper Falls/ High Shoals Falls trails	12 miles, 2600 feet
Headquarters/Shinny/Possum/Horseridge/Lower CCC/Fox/ Raven Rock/River trails	13 miles, 3100 feet
Headquarters/Shinny/Possum/Horseridge/Lower CCC/Fox/	

Jacob Branch/Upper Falls trails	11 miles, 2400 feet
Headquarters/Upper Falls/Jacob Branch/Fox/Raven Rock/ River trails	10 miles, 3000 feet
Headquarters/Upper Falls/Lower CCC/Horseridge/Upper CCC/ Little River trails	12 miles/ 2600 feet
River/Raven Rock/Benn Knob/Lower CCC/Horseridge/Upper CCC/ Little River trails	17 miles/ 3600 feet
Stone Mountain State Park	
Stone Mountain/Cedar Rock/Wolf Rock from lower parking	7 miles, 1600 feet
Widow's Creek/Scott Ridge/Mountains-to-Sea trails	11 miles, 2800 feet
Widow's Creek/Scott Ridge/Mountains-to-Sea/Cedar Ridge (Doughton Park) trails to Longbottom Road parking area as a shuttle	15 miles, 3600 feet
Uwharrie Mountains	
Uwharrie/Dutchman's Creek trails from Yates Place camp	10 miles, 1100 feet