

Key to this Guide

The hikes in this brochure are numbered on the map and described from north to south. The **MP** symbol indicates the milepost number on the Blue Ridge Parkway. **Trail mileage** is given next and is one-way only (double this number for a round-trip hike). The last symbol indicates the difficulty of each hike for a hiker of average ability. The first letter refers to the north-to-south direction; the second, to the south-to-north direction. For example, **E/M** indicates that this is an easy hike in the north-to-south direction, but a moderately difficult hike in the south-to-north direction.

E = easy M = moderate S = strenuous



1. **MP 355.4 Mt. Mitchell to Mt. Mitchell Road**
4.7 miles **S/S** Nice views and streams. Other hikes are available in the Mt. Mitchell area. N. access: Parking lot at end of NC 128 (3 miles from BRP). S. access: NC 128 ½ mile from BRP to intersection with MST.
2. **MP 355.4 Mt. Mitchell Road to Balsam Gap Overlook**
5.0 miles **S/S** Over Blackstock Knob. Varied trail with good views and excellent rock work in trail building. N. access: Hwy. 128 ½ mile from BRP to intersection with MST. S. access: BRP
3. **MP 359.8 Balsam Gap Overlook to Glassmine Falls Overlook**
1.4 miles **M/M** Access in both directions: BRP
4. **MP 361.2 Glassmine Falls Overlook to Greybeard Overlook**
2.5 miles **M/E** Nice views, variety of trees and shrubs. Access in both directions: BRP
5. **MP 363.4 Greybeard Overlook to Craggy Gardens Visitor Center**
2.7 miles **M/M** Rocky and wet at times. Stop at the Visitor Center for information and exhibits. Access in both directions: BRP
6. **MP 364.5 Craggy Gardens Visitor Center to Craggy Gardens Picnic Area**
0.8 mile **E/M** Popular for rhododendrons in season; combine with a picnic. N. access: BRP S. access: Craggy Gardens Picnic Area.
7. **MP 367.6 Craggy Gardens Picnic Area to Forest Service Road #63**
0.5 mile **E/M** N. access: Craggy Gardens Picnic Area. S. access: Craggy Gardens Picnic Area Road 200 yards from BRP at junction with FS Road #63.

8. **MP 367.6 Craggy Gardens Picnic Area Road to Rattlesnake Lodge Site**
5.7 miles **S/S** Good views, varied forests, and a hike over Lane Pinnacle. N. access: Craggy Gardens Picnic Area Road 200 yards from BRP at junction with FS Road #63. S. access: From Tanbark Tunnel at MP 374.4 on BRP, hike ½-mile trail to Rattlesnake Lodge site. (This trail to the Rattlesnake Lodge site and back is a nice short hike.)
9. **MP 374.4 Rattlesnake Lodge Site to Ox Creek Road**
2.2 miles **E/M** Unusually fine switchbacks. Popular hike south-to-north to historic site. N. access: From Tanbark Tunnel on BRP ½ mile to Rattlesnake Lodge site, then continue on MST. S. access: From BRP ½ mile on Ox Creek Road to parking area.
10. **MP 375.6 Ox Creek Road to Craven Gap**
1.8 miles **E/M** Nice views, wildflowers, and cacti on rock face. N. access: From BRP ½ mile on Ox Creek Road to parking area. S. access: BRP where MST crosses the Parkway at Craven Gap.
11. **MP 377.4 Craven Gap to BRP Crossing**
4.4 miles **E/M** Wildflowers and views of the Haw Creek community. N. access: BRP S. access: MST crossing of the BRP at MP 381.
12. **MP 381.0 BRP Crossing to Folk Art Center**
1.0 mile **E/E** Benches on trail. Suitable hike for small children. Be sure to visit the Folk Art Center. N. access: BRP S. access: Folk Art Center parking lot.
13. **MP 382.0 Folk Art Center to U.S. 70**
0.6 mile **E/E** Follows BRP. N. access: Folk Art Center parking lot. S. access: BRP overpass at U.S. 70.
14. **MP 382.5 U.S. 70 to BRP Visitor Center**
2.1 miles **E/E** Follows BRP. Stop in at the Visitor Center for exhibits and information. N. access: BRP overpass at U.S. 70. S. access: BRP Visitor Center at MP 384.4 via short connector trail from MST.

15. **MP 384.4 BRP Visitor Center to U.S. 25A**
4.6 miles **E/E** Follows BRP. N. access: BRP Visitor Center via short connector trail to MST. S. access: BRP overpass at U.S. 25A.
16. **MP 388.1 U.S. 25A to U.S. 25**
0.8 mile **E/E** Trail crosses BRP. N. access: Just south of the BRP overpass at U.S. 25A. S. access: Just south of the gate at the Hwy. 25 exit from the BRP.
17. **MP 388.8 U.S. 25 to I-26**
3.5 miles **E/E** Pleasant walking. Popular with hikers, joggers, and animal owners. Varied vegetation and streams. N. access: Just south of the gate at the Hwy. 25 exit from the BRP. S. access: Just north of the I-26 overpass.
18. **MP 391.8 I-26 to French Broad River**
1.9 miles **E/E** Pleasant walking. N. access: South end of I-26 overpass. S. access: Hwy. 191 ramp from BRP (park at French Broad Overlook on BRP).
19. **MP 393.8 NC 191 to Walnut Cove Overlook**
3.5 miles **S/M** Follows Bent Creek, then climbs through woods for a good workout. N. access: Hwy.191 ramp from BRP. S. access: BRP
20. **MP 396.4 Walnut Cove Overlook to Sleepy Gap Parking**
1.8 miles **M/E** Good mountain hiking. Access in both directions: BRP
21. **MP 397.3 Sleepy Gap Parking to Chestnut Cove Overlook**
0.9 mile **M/M** Good mountain hiking. Access in both directions: BRP
22. **MP 398.3 Chestnut Cove Overlook to Bent Creek Gap**
2.7 miles **M/M** Very enjoyable hiking away from BRP. Access in both directions: BRP

23. **MP 400.3 Bent Creek Gap to Beaver Dam Overlook**
1.9 miles **S/S** Challenging mountain hiking over Ferrin Knob. Remains of old fire tower. N. access: Left from BRP, then immediate right under BRP. S. access: BRP
24. **MP 401.7 Beaver Dam Overlook to Stony Bald Overlook**
1.0 mile **S/S** Rock work from old Vanderbilt horse trail. Combine with Hike 23 or 25 for an invigorating outing. Access in both directions: BRP
25. **MP 402.6 Stony Bald Overlook to Big Ridge Overlook**
1.2 miles **M/M** From one excellent overlook to another. Access in both directions: BRP
26. **MP 403.6 Big Ridge Overlook to Mills River Overlook**
1.1 miles **M/M** Rock work from the original Shut-In Trail. Access in both directions: BRP
27. **MP 404.5 Mills River Overlook to Elk Pasture Gap**
1.1 miles **E/E** Very pleasant. Rock work from the original Shut-In Trail. Access in both directions: BRP
28. **MP 405.5 Elk Pasture Gap to Mt. Pisgah Parking Lot**
2.1 miles **S/S** Difficult but distance is manageable. N. access: BRP at Hwy. 151. S. access: Mt. Pisgah parking lot.
29. **MP 407.6 Side trail to Mt. Pisgah**
0.8 mile **S/S** Outstanding views. Highly recommended. Access: Mt. Pisgah parking lot.
30. **MP 407.6 Buck Spring Gap Overlook to Pisgah Inn**
1.4 miles **E/M** Passes George Vanderbilt's lodge site at Buck Spring. Intersects with Laurel Mountain Trail and Pilot Rock Trail. N. access: Buck Spring Gap Overlook. S. access: Pisgah Inn parking lot (MP 408.6).