



SELF-GUIDED HIKES

CARTER FALLS POWER HOUSE LOOP

1 MILE EASY/MODERATE 36.288925, -80.880323

Starting at the Carter Falls Parking Lot on Pleasant Ridge Road, enter the trail on the left side of the fence beside of the "Power House Trail sign". This loop trail is one mile long with beautiful views along Elkin Creek including Carter Falls and Lower Carter Falls.

GRASSY CREEK VINEYARD TO CARTER FALLS (OUT AND BACK)

4.2 MILES MODERATE 36.294278, -80.861831

Follow the "Trail" sign at Grassy Creek Vineyard. When you come to the intersection with the Mountains-to-Sea Trail, take a right. You will cross Martin-Byrd Road and rejoin the trail across the road. You will once again cross Martin-Byrd Road after walking through the Enchanted Forest. The trail goes behind the Byrd Branch Campground store and then up the hill to the Carter Falls Parking Lot. Enjoy the Carter Falls Powerhouse Loop and then return to Grassy Creek Vineyard.

SKULL CAMP TO CARTER FALLS (OUT AND BACK)

5 MILES MODERATE 36.284378, -80.852561

From Skull Camp Brewery cross North Bridge Street. The Skull Camp Spur Trail is located to the right of T-C Sports and Rehab. Follow this trail 0.4 mile. Turn right on the Mountains-to-Sea Trail at the end of Skull Camp Spur. At Brookfall Dairy Road take a left crossing the bridge. The trail will enter the woods on the right. At the intersection with the Grassy Creek Vineyard trail, stay left toward Byrd-Branch Campground. You will cross Martin-Byrd Road and rejoin the trail across the road. You will once again cross Martin-Byrd Road after walking through the Enchanted Forest. The trail goes behind the Byrd Branch Campground store and then up the hill to the Carter Falls Parking Lot. Enjoy the Carter Falls Powerhouse Loop and then return to Skull Camp Brewery.

ISAACS TRAILHEAD TO CARTER FALLS (OUT AND BACK)

6 MILES MODERATE 36.281116, -80.867878

From Isaacs Trailhead, cross Carter Mill Road and follow the footpath. At intersection with Skull Camp Spur, continue on the Mountains-to-Sea Trail by staying straight. At Brookfall Dairy Road take a left crossing the bridge. The trail will enter the woods on the right. At the intersection with the Grassy Creek Vineyard trail, stay left toward Byrd-Branch Campground. You will cross Martin-Byrd Road and rejoin the trail across the road. You will once again cross Martin-Byrd Road after walking through the Enchanted Forest. The trail goes behind the Byrd Branch Campground store and then up the hill to the Carter Falls Parking Lot. Enjoy the Carter Falls Powerhouse Loop and then return to Isaacs Trailhead

ELKIN OVERMOUNTAIN VICTORY TRAIL (OUT AND BACK)

4 MILES **EASY** **36.252795, -80.861441**

From the Overmountain Victory Trail parking area on Hwy-268 above the Elkin Recreation Center walk down the hill following the drive to the Rec Center. Walk to the right side of the Rec Center connecting to the park's track. Follow either side of the track hiking downstream (left) parallel to Elkin Creek. Stay straight toward a small playground area. Cross the bridge on Elk Spur Street to the right and then cross the street to connect to the gravel dust trail. Follow OVT marks in the road crossing West Main Street. Follow the OVT until you reach a No Trespassing sign. Total distance from parking area at 268 to turnaround point is 2 miles.

ELKIN & ALLEGHANY RAIL TRAIL (OUT AND BACK)

3 MILES **EASY** **36.251947, -80.861409**

Starting at the Elkin Recreation Center, follow the E&A Rail Trail to the right. After crossing two large bridges and ascending a hill, there will be a restroom to the right. Stay left here remaining on the gravel dust trail. You will cross the Joe Hicks bridge and arrive at a fence signifying the current end of the trail.

CAROLINA HERITAGE VINEYARD

1 MILE **EASY** **36.278224, -80.765272**

From the Carolina Heritage Vineyard, follow the Mountains-to-Sea Trail until it intersects once more with Hwy 268. Retrace steps back to the vineyard.

WELLS KNOB HIKE

5 MILES **DIFFICULT** **36.339638, -80.947016**

Park at the Wells Knob Parking area next to the dumpster on Wits End Road. Hike up the hill until you see the Elkin/Stone Mountain sign to the right. Follow the Mountains-to-Sea Trail until you reach Wells Knob Road. Turn back and follow the trail back to the parking area.

STONE MOUNTAIN COUNTRY STORE TO TRAPHILL RIDGE ROAD

4 MILES **MODERATE** **36.357327, -81.024893**

Park at the Stone Mountain Country Store (preferably a parking spot toward the dumpster). Cross the gate and follow the trail to the intersection with the Mountains-to-Sea Trail. Stay straight at this intersection. Follow the trail across 3 creek crossings until you reach Traphill Ridge Road. Turn back and return uphill to your vehicle.

COMBS ROCK (OUT AND BACK FROM COUNTRY STORE)

3 MILES **MODERATE** **36.357327, -81.024893**

Park at the Stone Mountain Country Store (preferably a parking spot toward the dumpster). Cross the gate and follow the trail to the intersection with the Mountains-to-Sea Trail. At the intersection, turn left. Once you arrive at Mosswood/John P Frank, cross and road walk to the right up John P Frank Parkway. The Mountains-to-Sea Trail will turn left entering Stone Mountain State Park (you will see a gate and sign). Follow the trail until you reach a barrier in the trail. This is the intersection with the Stone Mountain Horse Trail. Turn left on the Horse Trail. In less than half a mile you will arrive at Combs Rock with beautiful views of Stone Mountain and Cedar Rock in the distance.

STONE MOUNTAIN LOOP TRAIL

4.5 MILES **DIFFICULT** **UPPER PARKING 36.383969, -81.026996 · LOWER PARKING 36.397888, -81.051474**

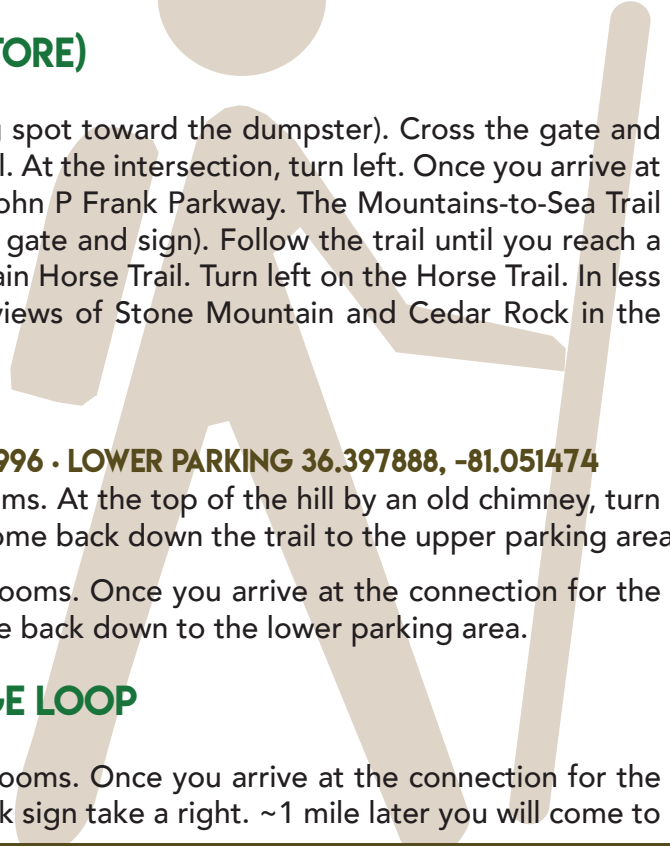
From Upper Parking Lot - Take the trail to the left of the restrooms. At the top of the hill by an old chimney, turn left or right on the loop trail. Once you return to the chimney, come back down the trail to the upper parking area.

From Lower Parking Lot - Take the trail to the right of the restrooms. Once you arrive at the connection for the Loop Trail, take a right or left. Once you return to this sign, come back down to the lower parking area.

STONE MOUNTAIN WOLF ROCK-BLACKJACK RIDGE LOOP

3 MILES **MODERATE** **36.397888, -81.051474**

From Lower Parking Lot - Take the trail to the right of the restrooms. Once you arrive at the connection for the Loop Trail, take a right. At the next trail intersection at Wolf Rock sign take a right. ~1 mile later you will come to



Wolf Rock (a sign will direct you to the right). Return to the trail and continue right on this loop hike. You will pass a small old chicken house on your right. Shortly after you will come to the intersection with Black Jack Ridge. Stay straight. At the end of this trail you will take a right on Cedar Rock Trail. At the next intersection you will take a left on the Stone Mountain Loop Trail returning to the lower parking lot.

STONE MOUNTAIN BACKPACK LOT TO DEVILS GARDEN (OUT AND BACK)

12 MILES DIFFICULT 36.394667, -81.068813

From the Stone Mountain backpacking lot, take the Mountains-to-Sea Trail northwest. A little more than a mile up, the trail to Devils Garden will turn left. Take the steep ascent up the mountain. You will leave Stone Mountain State Park (a sign to the right will identify this mark). A bit later the trail will turn left and continue climbing (look for the wooden directional sign). The MST will turn right at the top of the climb and descend down to the Devils Garden Overlook on the Blue Ridge Parkway. Turn around and retrace your steps down the mountain.

DOUGHTON PARK LOOP

17 MILES DIFFICULT 36.390408, -81.162092

Park at the Doughton Park parking area beside of the Basin Creek Bridge on Longbottom Road. Cross the road and take the Grassy Gap Fire Road briefly. Turn right on the Cedar Ridge Trail and start the 2,000'+ climb over 4.3 miles to the Mountains-to-Sea Trail. Turn left on the Mountains-to-Sea Trail (also called the Bluff Mtn Trail) and follow it for the next 7 miles. You will follow the white dots on the pavement at the RV campground before crossing the road to the continuation of the trail on the other side. You will cross the road a couple of more times along the trail and walk through the parking lot of the Bluff Coffee Shop and Doughton Park Visitor Center. The trail will cross the road and re-enter the woods before coming out at the beautifully picturesque views of the rolling balds at Doughton Park. Continue to follow the signs and white circular blazes for a few more miles. You will eventually come to the intersection of the Flat Rock Ridge Trail just below the Basin Cove Overlook. Turn left and follow this trail 5 miles down the mountain. This trail ends beside of the bridge in which you're parked.

Feel free to hike this trail in reverse ascending Flat Rock Ridge, going east on the MST, and then hiking down Cedar Ridge. Both hikes are challenging and amazing.

DOUGHTON PARK VISITOR CENTER TO ALLIGATOR BACK (OUT AND BACK)

2-3 MILES EASY/MODERATE 36.433536, -81.178234

From the Doughton Park Visitor Center, follow the Mountains-to-Sea Trail west. The trail will cross the road and enter the woods before coming out at the beautifully picturesque views of the rolling balds at Doughton Park. Follow the trail over these hills and across a parking area for picnics. Rejoin the trail on the other side of the parking area. Once at the top of the hill stay right on the Mountains-to-Sea Trail. You will arrive at a rock outcrop with views of the peaks of the High Country. Return the same direction you came and enjoy the beautiful views once more.

DOUGHTON PARK FODDER STACK

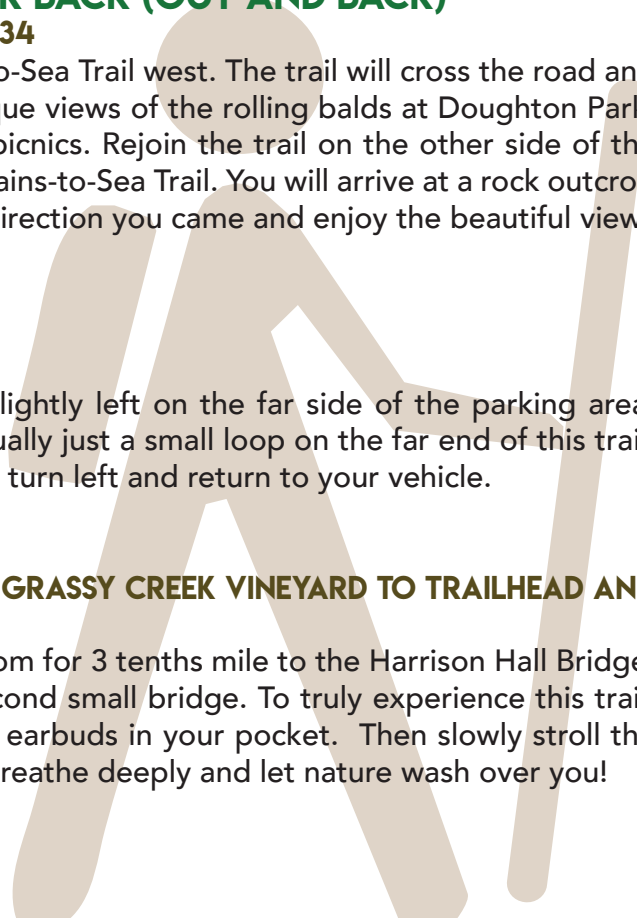
2-3 MILES MODERATE 36.430312, -81.175156

Park at Wildcat Rock Overlook. Take the trail that descends slightly left on the far side of the parking area. Continue straight. You will see a trail to the right but this is actually just a small loop on the far end of this trail. Continue straight. Once you come back out at this intersection, turn left and return to your vehicle.

FOREST BATHING TRAIL

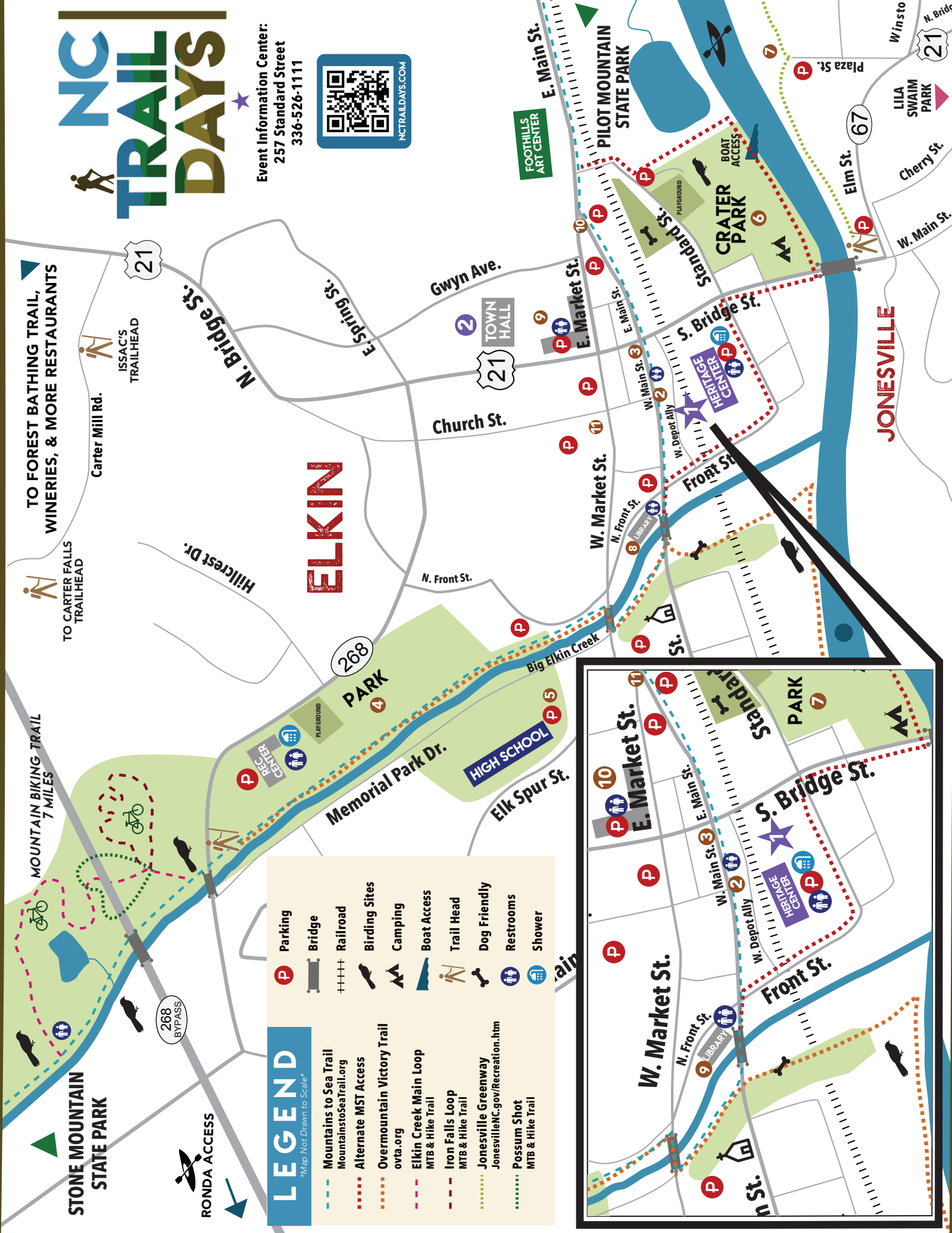
1/2 MILE OUT AND 1/2 MILE BACK (PLUS 3 TENTHS MILE FROM GRASSY CREEK VINEYARD TO TRAILHEAD AND BACK) 1.6 MILES TOTAL MODERATE 36.293, 80.846

Follow the "trail" signs at the Grassy Creek Vineyard tasting room for 3 tenths mile to the Harrison Hall Bridge. The Forest Bathing Trail starts immediately after crossing a second small bridge. To truly experience this trail, disconnect from technology. Turn off your phone and put your earbuds in your pocket. Then slowly stroll the narrow path and listen, see, feel, touch and smell. Stop often. Breathe deeply and let nature wash over you!



NC TRAIL DAYS

Event Information Center:
257 Standard Street
336-526-1111



LEGEND

Map Not Drawn to Scale

- Mountains to Sea Trail
MountaintoSeaTrail.org
- Alternate MST Access
- Overmountain Victory Trail
ovta.org
- Elkin Creek Main Loop
MTB & Hike Trail
- Iron Falls Loop
MTB & Hike Trail
- Jonesville Greenway
JonesvilleNC.gov/Recreation.htm
- Possum Shot
MTB & Hike Trail
- Parking
- Bridge
- Railroad
- Birding Sites
- Camping
- Boat Access
- Trail Head
- Dog Friendly
- Restrooms
- Shower

