

Walk Instructions for AT through North Carolina

APPALACHIAN TRAIL THROUGH NORTH CAROLINA

Long Distance YRE – 2019/Y2324, rated 4D

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THE BASICS – HOW TO HIKE THE AT IN NORTH CAROLINA:

This event has a minimum of 4K distance and may be done over multiple days. The entire trail in NC is 95.7 miles. However, the Trail runs along the Tennessee/North Carolina border for 224.7 additional miles. You must register and pay for IVV credit separately for each section walked.

Since the AT is a long-established national trail with many available guidebooks and maps, detailed walk directions will not be provided. **You may walk the trail from any start point, for any length (with the exception of the above mentioned minimum 4K), and it will qualify for the IVV Event Stamp and the new Special Program – The Appalachian Trail (one stamp per state).** You may walk as an out-and-back or walk as a “shuttle hike” where, using two vehicles, one left at either end of the hike so you walk the hike end to end.

For specific instructions on how to best walk the AT in NC with reasonable day hikes, *Exploring the APPALACHIAN TRAIL Hikes in the Southern Appalachians – Georgia North Carolina Tennessee* by Doris Gove is highly recommended. It can be purchased on Amazon or at most North Carolina bookstores. The book breaks the length of the NC trail into day hikes (hike #8 starts in GA and ends in North Carolina). Driving directions are provided to the start and end of each day hike, with both north and south directions. Details on what to expect on each hike is also provided. Due to copyright issues, the book’s information cannot be reproduced.

The day hikes in the book are accomplished by parking a vehicle at either end (i.e. *shuttle hikes*). If you want to walk a shorter route, you may park a vehicle at one end and walk out and back along the trail as far as you desire. Other vehicle parking opportunities may be available at the mid-point along the way in order to shorten the distance for the day. Check maps or additional books for this information.

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CURRENT SUGGESTED DAY HIKES IN NORTH CAROLINA ON THE APPROACH TRAIL:

HOT SPRINGS – DOWNTOWN HOT SPRINGS WITH HIKE ON THE AT:

Hot Springs has been designated as an Appalachian Trail Community. The Trail is literally intertwined with the town. Hot Springs is the southernmost town through which the AT overlaps its streets. As such, services for thru- and section-hikers are abundant, but with a variety of cabins, campgrounds, and small hotels, it is also an amazing place for vacationers just looking to spend a few hours on the Trail. Hot Springs claim to fame is in its name. Hot Springs has long been known for its natural, healing mineral springs. This quaint mountain town of about 650 people is one of only two places in the east where you can take a dip in real hot springs. But, with the town bordered by the Appalachian Trail, the French Broad River, and Pisgah National Forest, there are plenty of adventures to be had before hitting the spa for some relaxation. Visitors to Hot Springs can go whitewater rafting on the French Broad, fly-fishing in Spring Creek, or swimming in the Laurel River. Hot Springs is also steeped in mountain culture, and visitors will find traditional crafts, music, and farms. **** There are nine locations in Hot Springs that have an AT Passport stamp. See the list at www.atpassport.com/stamp-locations .

HOT SPRINGS 10KM – AT©

WARNING: THESE INSTRUCTIONS AND MAP CAN ONLY BE USED UPON EXECUTING A SIGNED AND DATED AMERICAN VOLKSSPORT ASSOCIATION (AVA) WAIVER

In case of emergency, call Forest Service Center 828-622-3202 or Hut Springs Police 828-622-3214 or Madison County Sheriff 828-649-2721. For questions on instructions, call 828-628-4343

Directions to Start Point – take I-26 north out of Asheville, NC to Exit 19A (US25). Go approx. 22 miles, being careful to stay on US25 into Hot Springs (Bridge St) to Start Point on left. Parking is free

Start Point is Bluff Mountain Outfitter – 152 Bridge Street, Hot Springs, NC

NOTE: Points of Interest (POI) are in italics and correspond to numbers on map.

*** Portion of the AT**

1. Facing S/P, **Right** on sidewalk through town to Walnut Street.

2. **Left** on Walnut (passing Hill Street) as it becomes Spring Street and curves left to Hill Street.

POI #6 As you turn left on Walnut, the first house on left is the Washburn Cottage (c.1924) which housed senior girls from Dorland-Bell College (now Warren Wilson College in Swanannoa).

3. **Left** on Hill Street to Walnut Street.

POI #7 Midway up Hill Street note second chain link fence on right. The house behind it is the McCormick Cottage (c.1910), one of the two houses remodeled by Mrs. Cyrus McCormick, wife of the reaper inventor, for girls' dormitories. Other was razed in 1924.

4. **Right** on Walnut to Bridge Street.

5. **Left** on Bridge (becomes Lance) to Henderson, passing "Balladry", Raleigh Lane, and Duckett House Inn.

POI #8 "Balladry" (c.1875) was home of ballad singers Jane Gentry and Maude Long. Ghost in residence.

POI #9 The Duckett House (c.1900) was built for Newton (Mayor and Postmaster) and Fanny

Lance, who owned and operated the first hydroelectric plant in Hot Springs.

6. *Carefully cross Lance onto Henderson and then almost immediately, **right** on S. Serpentine Ave.

7. *Shortly after passing Forest Service Road, **left** to pass through breezeway between brown wooden buildings and over small bridge to paved loop.

8 ***Left** on paved loop, passing in front on Laughing Heart lodge and continue to US25/70.

POI #10 The Lodge, formerly The Jesuit Residence (c. 1902), is now an upscale inn. It still maintains a hostel for AT thru-hikers.

9. **Carefully cross** US 25/70 and continue on Serpentine passing school on left to Meadow Lane (stop sign).

10. Cross Meadow Lane and continue on Serpentine.

11. As Serpentine curves right, **left** on gravel road (Mountain Magnolia sign on left) to bridge.

POI #1 Old Red Bridge (c.1910) replaced a swinging bridge and was one of few WNC bridges to survive the 1916 flood. Bridge has been restored as a footbridge.

12. **Right** across bridge to Andrews Street (no sign).

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13. Continue on Andrews to Bridge Street.
14. ***Left** on Bridge to entrance to Hot Springs Spa.
15. **Left** on Spa road, follow it around back to entrance. Restrooms at Hot Springs Convenience Store.

POI #2 Hot Springs Spa has been in operation since 1778. Former site of Mountain Park Hotel built in 1884. O'Henry spent honeymoon here. German POWs interned here in WWI. Burned in 1920 and replacement burned in 1970.

16. ***Left** on Bridge, passing entrance to campground and passing over French Broad River, to road (left only) at end of bridge just before Paint Rock Historical Marker.
17. **Left** on road (Caution – narrow road and no sidewalks – watch for oncoming traffic) to intersection.

POI #3 At intersection on right, Sears "kit" home built 1912. On left, home of Capt. John Sanders (c.1903), who operated a blacksmith shop and ferry. Still occupied by Sanders family.

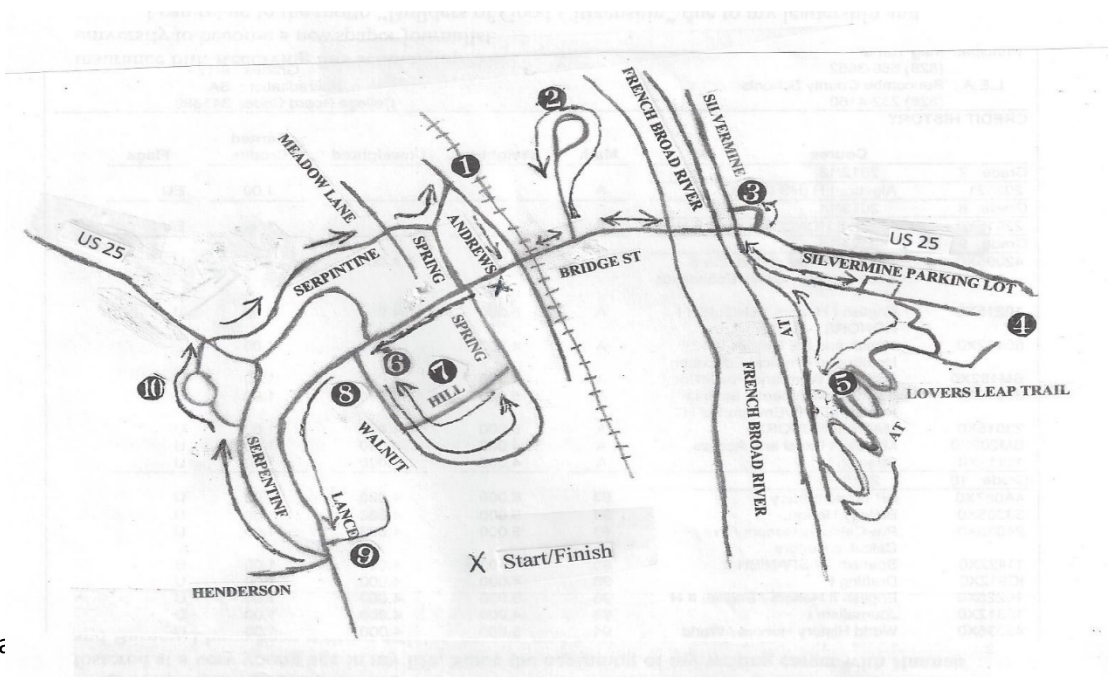
18. ***Left** on Silvermine Road at the Buncombe Turnpike marker, passing under bridge and passing sign for Appalachian Trail, to Silvermine Parking Lot.

POI #4 People panned silver in the creek you cross twice. An abandoned silver mine is nearby, thus the name for the road and campground.

19. From left of kiosk, take trail going right uphill (marker – Lovers Leap Trail)
20. At "T", go **right** up stairs and continue up trail
21. At next intersection, **left** up the trail.
22. *At next intersection, stay right and continue on Appalachian Trail South (white blazes)
23. *Follow Appalachian Trail (white blazes) down to river (**watch out for loose rocks**).

POI #5 Lover's Leap and other scenic overlooks are on the left as you wend down switch backs to the river. Lover's Leap view is a short distance to left as trail goes right down hill

24. ***Right** at river and continue on Appalachian Trail to Silvermine Road.
25. ***Left** at Silvermine Road toward bridge.
26. *At base of bridge, take steps right and up to highway (US25).
27. ***Left** on highway crossing bridge to S/P.



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The following two hikes are from *Exploring the APPALACHIAN TRAIL Georgia North Carolina Tennessee* and may be added to the above hike or done separately. Each time you hike on the AT, you must register on the online walk box.

Hike #27: Lemon Gap to Hot Springs

14 miles

Shorter Option: Garenflo Gap to Hot Springs

6.6 miles

Parking is available at Lemon Gap, Garenflo Gap and Hot Springs

Hike #28: Hot Springs to Tanyard Gap

5.3 miles

Parking is available at Hot Springs and Tanyard Gap

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HKING GUIDELINES:

- 1) The AT is marked frequently with white blazes (white vertical rectangle stripes painted on trees or rocks). While hiking, make sure you see blazes frequently to make sure you are still on course. Two blazes on one tree indicate a turn (slight or hard turn) to the left or right.
- 2) The Appalachian Trail through NC is rated from 3 to 6. Elevation is from 1,725 to 5498 feet. There may be mud, ice or snow, depending on season and weather. Hiking boots and one or two hiking poles are strongly suggested.
- 3) Hike with a friend. It is not recommended to do this walk alone.
- 4) Check the weather forecast and sunset times before heading out. May of the days hikes may take 4 to 6 hours or more. Be sure you have plenty of time to safely complete the hike during daylight hours.
- 5) Practice safe wilderness procedures. Carry a portable rain slicker, a map or trail book, food and plenty of water, a small first aid kit, sunscreen, bug spray, and a phone in case of emergency.
- 6) Let a friend or family member know where you are hiking and let them know when you are safely off the trail.
- 7) IN CASE OF EMERGENCIES, DIAL 911. You may also contact the POC, Dennis Michele at 828-628-4343, cell phone.**
- 8) These walk directions and maps may only be used in conjunction with a signed AVA America's Walking Club athletic waiver. All other users are prohibited.**

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AFTER COMPLETING THE WALK:

Please remember to log back into the OLSB system to *finish/complete* your online registration after finishing the walk.

NOTE: The OLSB system does not deduct any walking fee from a Walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable Special Programs that the walker is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the Walker's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a Walker's Event Bank when he/she submits the walk completion info as a paying for credit Walker.

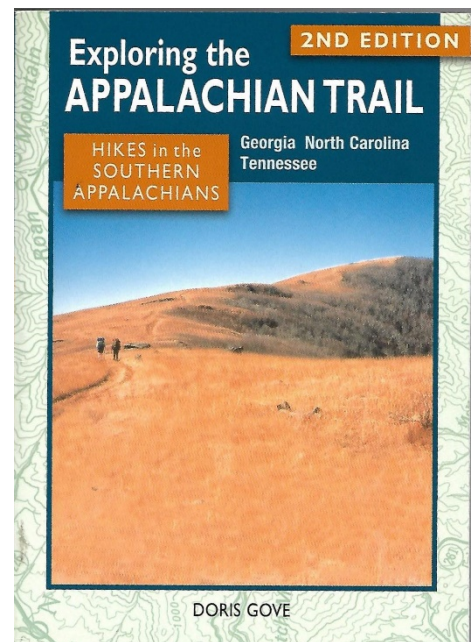
SPECIAL PROGRAMS:

The Appalachian Trail – one stamp per state for this 14 State Special Program.

RESOURCES FOR DETAILED HIKE DIRECTIONS:

- 1) ***Exploring the APPALACHIAN TRAIL – HIKES in the SOUTHERN APPALACHIANS – Georgia, North Carolina, Tennessee by Doris Gove.***

This book breaks down the AT hikes in Georgia into reasonable length day hikes and provides directions to each start and end location. This book was the reference used for setting up this program. Recommendations on how to shuttle hike (one vehicle at each end) with 2 or more hikers. There is plenty of information to create your own out and back with the information provided in the book.



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- 2) The Appalachian Trail Conservancy - <http://www.appalachiantrail.org/home/explore-the-trail/explore-by-state/North-Carolina> . Lots of information and good advice regarding hiking the AT in North Carolina.
- 3) The official AT Trail Store online is a great place to order books and maps and support the organization, too. They have a map set that includes all of Georgia. It is not necessary to have these to hike if you have a guidebook like the one above, but they are interesting and probably a good safety net to have them along.

SUPPLEMENT: ABOUT THE APPALACHIAN TRAIL copied from Wikipedia

The **Appalachian National Scenic Trail**, generally known as the **Appalachian Trail** or simply the **A.T.**, is a marked hiking trail in the Eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine. The trail is about 2,200 miles (3,500 km)^[a] long, though the exact length changes over time as parts are modified or rerouted. The [Appalachian Trail Conservancy](#) claims that the Appalachian Trail is the longest hiking-only trail in the world. More than 2 million people are said to do at least one day-hike on the trail each year.

The idea of the Appalachian Trail came about in 1921. The trail itself was completed in 1937 after more than a decade of work, although improvements and changes continue. It is maintained by 31 trail clubs and multiple partnerships, and managed by the National Park Service, United States Forest Service, and the nonprofit Appalachian Trail Conservancy. The majority of the trail is in forest or wild lands, although some portions traverse towns, roads and farms. It passes through 14 states: **Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.**

Thru-hikers attempt to hike the trail in its entirety in a single season — more than 2,700 people thru-hiked the trail in 2014 — and some hike from one end to the other, then turn around and thru-hike the trail the other way, known as a "yo-yo". Many books, memoirs, websites, and fan organizations are dedicated to these pursuits.

An extension known as the International Appalachian Trail continues northeast, crossing Maine and cutting through Canada to Newfoundland, with sections continuing in Greenland, through Europe, and into Morocco. Other separate extensions continue the southern end of the Appalachian range in Alabama and continue south into Florida, creating what is known as the Eastern Continental Trail.

The Appalachian Trail, the Continental Divide Trail, and the Pacific Crest Trail form what is known as the Triple Crown of Hiking in the United States.