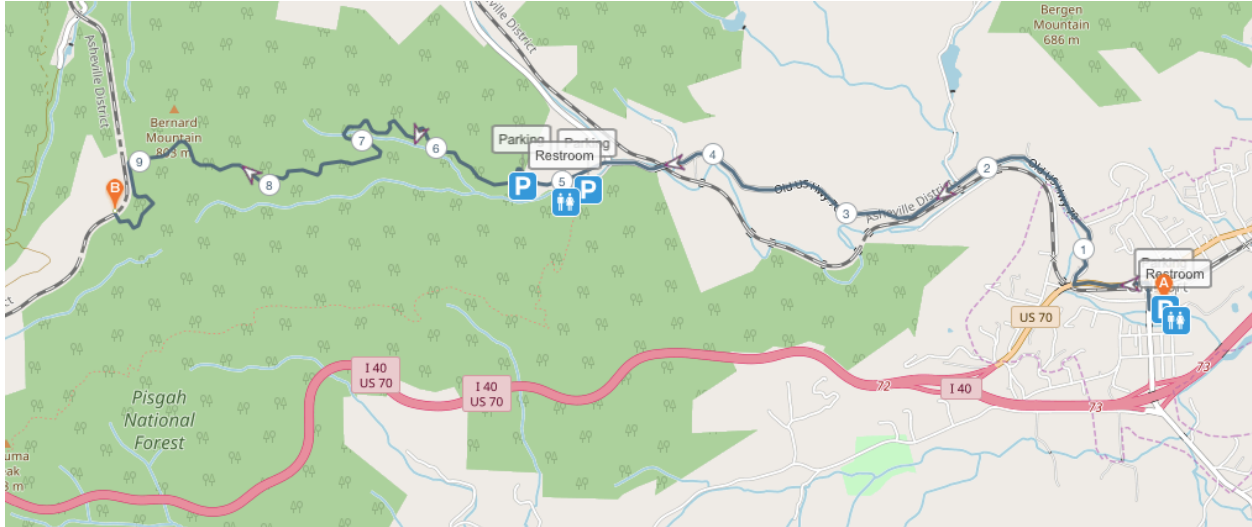


## FORT TO FLAG OLD FORT, NORTH CAROLINA



**Driving directions:** **For the 5/10K:** from Interstate 40, exit at Exit 72 (no opportunity exists to turn immediately from the off ramp). Turn left on to Old Highway 70, traveling 2.4 miles to the Mill Creek Road intersection. The Old Fort Picnic Area will be on your left.

**For the 20K:** travel on Interstate 40, exiting at Exit 73. Travel north and then turn right on to Water Street, the Mountain Gateway Museum will be on your right at 24 Water Street, Old Fort.

**Parking:** You may park at the Old Fort Picnic Area for the 5/10K; you may park at the Mountain Gateway Museum for the 20K.

**Restrooms:** Restrooms are available **seasonally** at the Old Fort Picnic area and at the Mountain Gateway Museum (Tuesday-Saturday 9-5; Sunday 2-5).

**Water:** Water is available from Swannanoa Creek at the Old Fort Picnic area. **If you intend to use water from Swannanoa Creek, carry a water filter.**

**Emergency Contact:** Call 911 for all emergencies.

**Hiking Store:** Take a Hike Mountain Outfitters, 100 Sutton Avenue, Black Mountain, NC 28711. Open Monday-Saturday 10-6, Sunday 12-4.

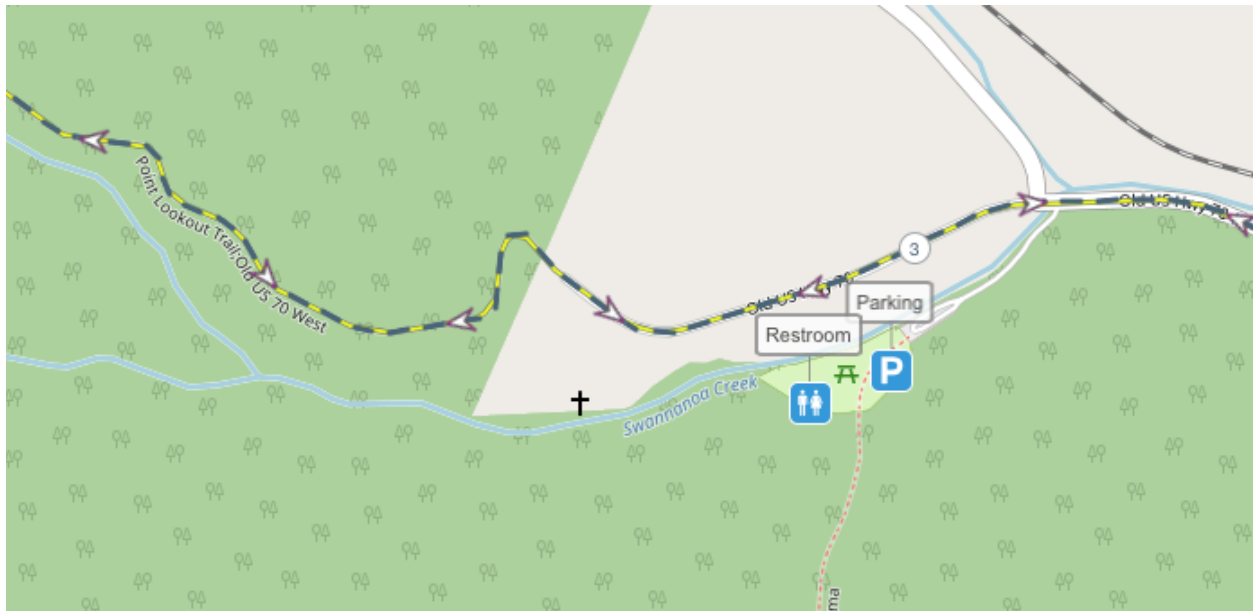
**Map:** Trails Illustrated 779: Linville Gorge/Mount Mitchell, \$11.95

**Questions?:** Feel free to reach out to Nicole Shumate at (515) 822-5285 by text or phone call; emails are also welcome at [nicoleshumate@paws-effect.org](mailto:nicoleshumate@paws-effect.org).

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These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

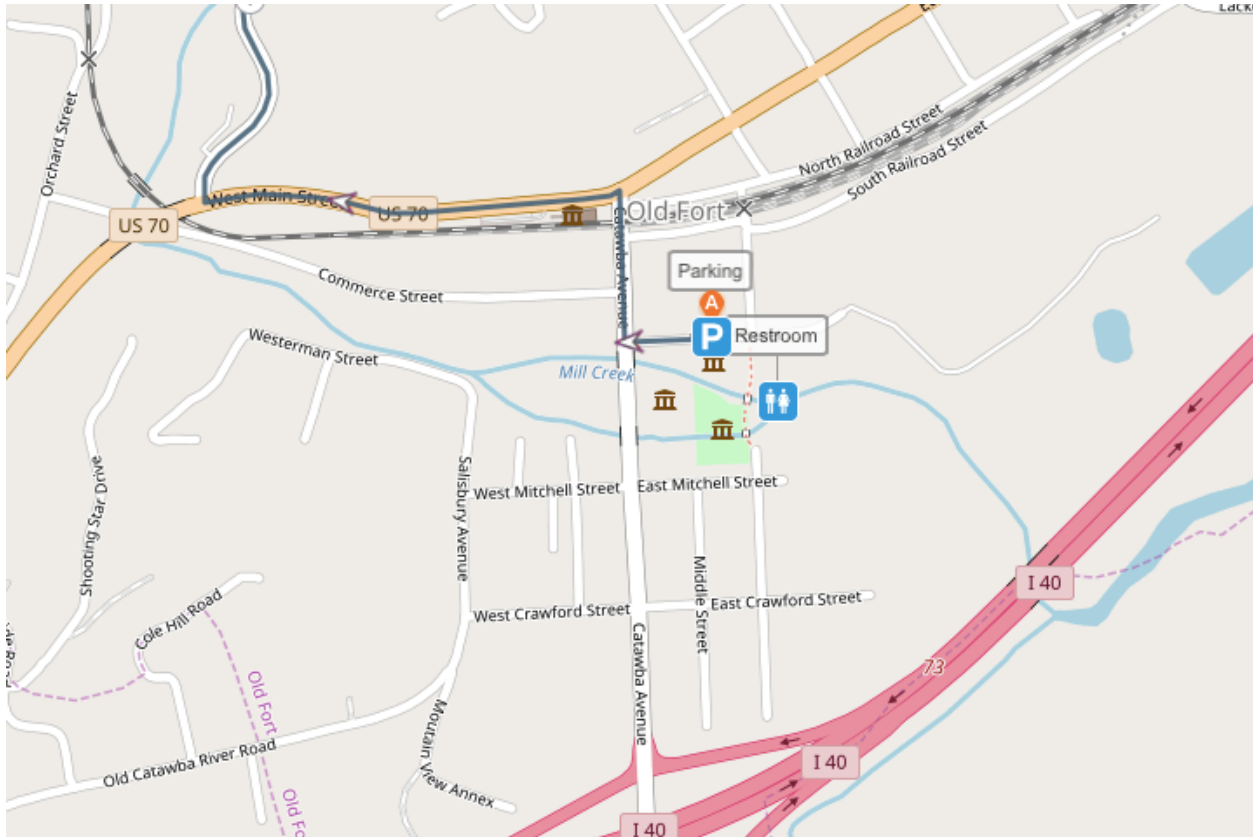
## 5/10K Route Out and Back



1. From the Old Fort Picnic area, turn left on to Old US 70.
2. On your left, 200 yards ahead, you will see the Piney Baptist Church; on your right is a kiosk welcoming you to the Point Overlook Trailhead. The kiosk is maintained by the Pisgah Ranger District with updates about the conditions on the Point Lookout Trail. The Point Lookout Trail and Old US 70 travel along the same path for the next five kilometers.
3. Walk along the Point Overlook Trail for 2.5 or 5 kilometers. You will reach the flag overlook at Kilometer 4.5.
4. The outgoing portion of the 10K walk finishes at the parking lot just past the flag overlook.
5. Return along the path you traveled, walking the Point Overlook Trail to the trailhead and parking lot.

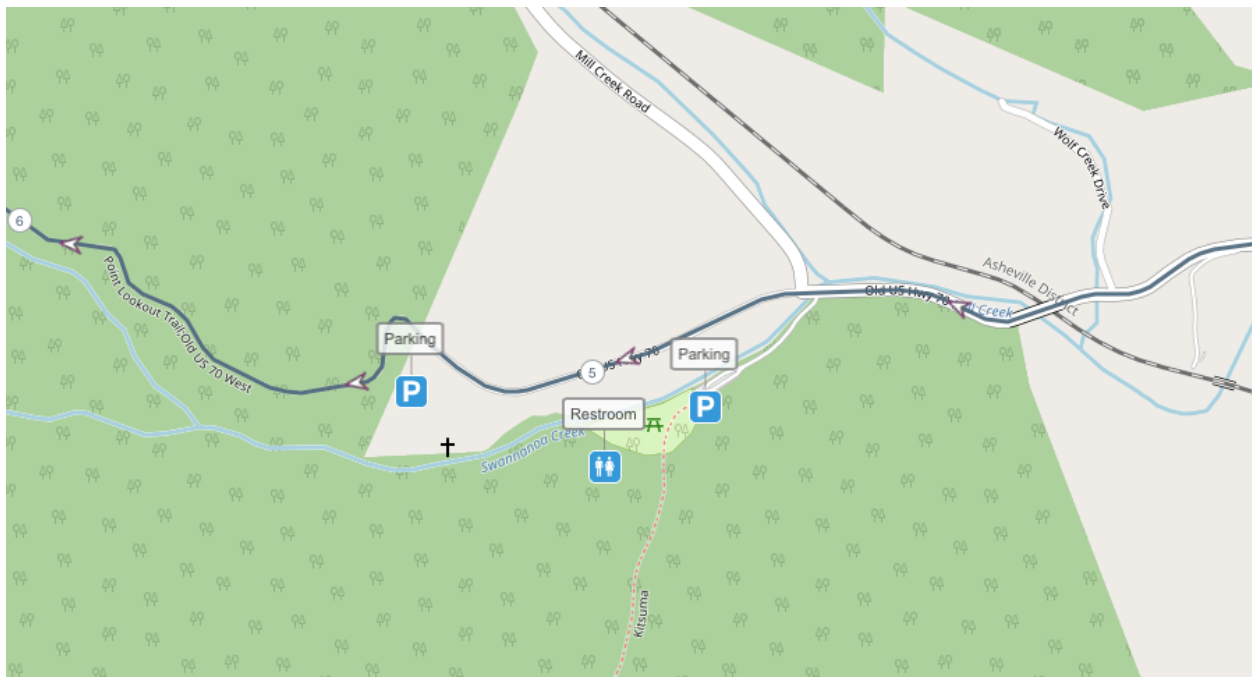
## 20K Route Out and Back

1. From the Mountain Gateway Museum entrance, travel west approximately 25 meters along Water Street to Catawba Avenue.



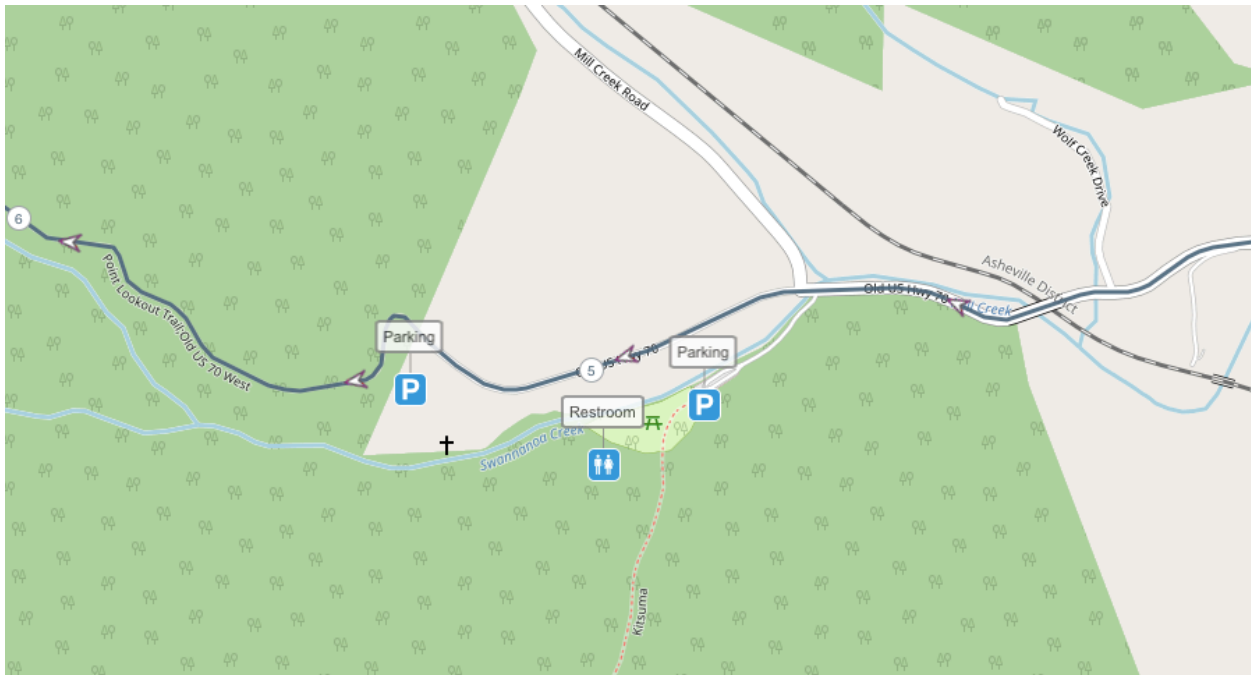
2. At the intersection of Water Street and Catawba Avenue, you will see a stop sign. Cross Catawba Avenue and then turn right, traveling north on the pedestrian sidewalk. As you walk, you will see several murals that depict the history of the town of Old Fort.
3. After traveling two blocks, you will be at the intersection of Catawba Avenue and Main Street. The Old Fort Railroad Museum is to your left and features prominently the arrowhead sculpture for which the community is well known. Cross Main Street and then turn left, staying on the pedestrian sidewalk.
4. Old Highway 70 will be on your right, after walking approximately half of one kilometer. Cross Old Highway 70 and turn right, walking along the easement facing traffic, staying on Old Highway 70 for approximately 4 kilometers.
5. Veer to your left immediately after the entrance to the Old Fort Picnic Area, continuing on Old Highway 70 an additional 200 yards. You will see the Piney Baptist Church on your left and a kiosk to your right welcoming you to the Point Overlook Trailhead. The kiosk is maintained by the Pisgah Ranger District with updates about the conditions on the Point

Lookout Trail. The Point Lookout Trail and Old US 70 travel along the same path for the next five kilometers.



6. Walk along the Point Overlook Trail for 5K, completing the outgoing portion of your walk at the parking area just past the flag overlook.
7. Return along the path you traveled, walking the Point Overlook Trail to the trailhead, past Piney Baptist Church.
8. Turn right on Old Highway 70, walking along the easement to Main Street; turn left on to Main Street to Catawba Avenue.
9. Turn right on to Catawba Avenue, walking two blocks to Water Street.
10. Turn left on Water Street, returning to the Mountain Gateway Museum.

**FEELING ADVENTUROUS 15K**  
**Loop Option – Starting at Old Fort Picnic Area**



1. From the Old Fort Picnic area, turn left on to Old US 70.
2. On your left, 200 yards ahead, you will see the Piney Baptist Church; on your right is a kiosk welcoming you to the Point Overlook Trailhead. The kiosk is maintained by the Pisgah Ranger District with updates about the conditions on the Point Lookout Trail. The Point Lookout Trail and Old US 70 travel along the same path for the next five kilometers.
3. Walk along the Point Overlook Trail for 4.5 kilometers, at which point you will be at the flag overlook.
4. Continue half a kilometer past the flag overlook to the parking area.
5. Walk through the parking area, continuing on Old US Highway 70 until you are 25 meters before the US Highway 40 onramp.
6. Turn left on to Royal Gorge Road, which is a frontage road immediately adjacent to US Highway 40.
7. Walk a half kilometer to and through the Kitsuma Peak parking area. There is a berm at the far end of the parking area that indicates the beginning of the Kitsuma Peak Trail.
8. Travel along the Kitsuma Peak Trail for 6.5K. This trail terminates at the Old Fort Picnic Area and parking lot.

