

Click here to view the PHOC Hike Rating Guide					
Trail Name	Miles	Rating	Trail Name	Miles	Rating
<u>Grandfather Mountain</u>			<u>Greensboro Watershed Trails</u>		
Grandfather: Profile Trail to Macrae Peak & return	7.8	36	Knight Brown Nature Preserve (Stokesdale)	3	10
Grandfather: Profile Trail to Bridge & return	9.8	46	Big Loop/Greenway/150	6	12
Grandfather: Full Traverse	7	29	Taylor-Richardson Nature Preserve (Plainsfield Road)	7	14
Grandfather: Visitor Center to Calloway Peak & return	4.8	27	Lake Higgins/Bald Eagle	7	14
<u>Catawba, VA Area</u>			Peninsula/Osprey/Blue Heron		
Tinker's Cliffs: US220 to Lamberts Meadow Shelter & return	18.6	50	Laurel Bluff/Reedy Fork	7.5	15
McAfee to Tinker's Cliffs & return	18.2	54	Owls Roost Loop	7.5	15
Tinker's Cliffs to McAfee & return	17.6	55	Osprey/Townsend	7.5	15
Tinkers Cliffs: US220 to Tinker's & return	20.6	60	Lake Higgins/Bald Eagle/ Beech Bluff	8.5	17
Dragon's Tooth	7	21	Nat Greene/Wild Turkey Loop	8.5	17
Dragon's Tooth (long version)	10.4	32	Nat Greene/WildTurkey/Palmetto Loop	10	19
McAfee Knob	7	20	Laurel Bluff/Peninsula/West House	10.9	20
Tinkers Cliffs	5.6	20	Lake Brandt Loop	11	21
Tinkers's Cliffs: US220 to VA779 with shuttle	13.1	41	Peninsula/Osprey/Townsend	14	24
McAfee to Tinker's Cliffs with shuttle	11	36	Bill Craft Trail	7	10
Hoop Hole Trail	9	31	<u>Hanging Rock State Park Area</u>		
<u>Stuart Area</u>			Moore's Knob (loop from Information Center)		
Pinnacles of Dan (Hydro-Station)	8	30	Wolf Rock/ House Rock/Cook's Wall (Information Center)	6	22
Fairy Stone Park (Multiple Moderate)			Moore's Spring Bike Path (Moore's Spring Road)	6	22
Rock Castle Gorge: long version	11	31	Indian Creek & Hanging Rock trails	9.8	26
Rock Castle Gorge: short version	7.8	20	Indian Creek Trail (one way)	3.7	12
<u>Mt. Rogers-Whitetop-Damascus Area</u>			Indian Creek/Information Center		
Mount Rogers: Massie Gap to Rhododendrom Gap & return	6	17	Tory's Den to Cook's Wall	9.5	27
Mount Rogers: Elk Garden to Wilburn Ridge & return	11	25	Wolf Rock/ House Rock/Cook's Wall/Moore's Knob	10	28
Mount Rogers: big loop	10.4	28	Tory's Den/ Moores Knob (loop)	10	28
Mount Rogers: 14-mile loop	13.9	34	Tory's Den/Sauratown Trail toward Pilot Mountain/Return	10	28
Laurel Creek-Whitetop-Elk Garden trails	10.5	37	Tory's Den/ Huckleberry Ridge/ Moore's Knob/Moore's Wall	10	32
Bear Tree Gap-Whitetop-Elk Garden	12	40	Cooks Wall Trail	6.4	14
Bear Tree Gap/Taylor's Valley loop	11.5	27	<u>Pilot Mountain</u>		
Feathercamp Trail loop near Damascus	9	22	Pilot Mountain (loop)	7	23
Taylors Valley AT/VA Creeper	11	23	Pilot Mountain (loop) with Ledge Springs	9	27
<u>Stone Mountain</u>			Corridor Trail to Yadkin River(Car Drop)		
Stone Mountain: short big rock loop	3.3	11	Pilot Mountain: Grindstone/Ledge Spring Trails	6	16
Stone Mountain: long big rock loop	6	18	Pilot Mountain: long loop	9	25
Stone Mountain: Garden Creek Church to Tram & return	10	36			

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<u>Mt. Mitchell</u>			<u>Doughton Park</u>		
Mount Mitchell: Railroad Loop	6.8	20	Bluff Mountain	7.5	20
Mount Mitchell: Black Mountain Campground	11.5	44	Basin Creek to Caudle's Cabin	10	28
Mount Mitchell: big loop	11.7	47	Flat Rock to Grassy Gap	11	30
<u>Linville Gorge</u>			<u>Montreat/Old Fort</u>		
Linville Gorge: Bable Tower, Linville Gorge, Conley Cove trails	7	36	Bluff Ridge Primitive trail to Flat Rock	12	35
Linville Gorge: Hawksbill, Devils Hole, Spence Ridge loop	6	33	Brinegar's Cabin to Flat Rock	17	42
Linville Gorge: Shortoff Mountain	10	29	Western Loop	12.5	35
Linville Gorge: Bynum Bluff, Linville Gorge, Babel Tower	4	22	Caudill Caabin	9.6	25
<u>Uwharrie</u>			<u>Pisgah National Forest-Brevard Area</u>		
Uwharrie & Dutchman Trails loop	8.8	21	Dupont Park (Waterfalls)	5	15
Birkhead Wilderness Loop	7	15	Looking Glass (Pisgah District)	6	20
<u>Wilson Creek</u>			<u>Kerr Dam (North Wilkesboro)</u>		
Wilson Creek: Timgber Ridge & Lost Cove Creek loop	10	25	Over the Mountain Victory trail	13	38
Wilson Creek: N. Harper Creek Waterfalls	7.4	20	Warrior Creek Trail	9	24
<u>VA-AT Hikes</u>			<u>Dark Mountain</u>		
Peaks of Otter (several trail options)					
Apple Orchard Falls loop	7.5	25			
Apple Orchard Falls w/ Apple Orchard Mountain	10.5	37			
Crabtree Falls & Priest Trails	9.1	33			
High Water Trail Loop	8.5	17			
<u>Moses Cone/Julian Price</u>					
Boone Fork	5	11			
Manor House to Fire Tower to Bass Lake	8	15			
Tanawha	13.5	24			
Boone Fork & Rich Mountain trails	9	26			