

Some Frequently-Scheduled Hiking Routes (Updated on May 5, 2021)

Below is a list of hiking routes frequently included in the outings schedules of the Piedmont Hiking and Outing Club. The routes are listed by their locations.

The distances and total elevation gains are only estimates. Hike leaders are responsible for any information on distances, elevation gains, or difficulty ratings included in outing descriptions.

The list intentionally does not include walking routes in the Piedmont Triad area.

Individuals who have led and continue to lead other strenuous or moderate hikes for which the routes are not included in the list are welcome to submit the information needed for their addition to the list. For any such hiking route, the properly-ordered names of the trails hiked should be provided, along with informed estimates of distances and total elevation gains. If a route is an out-and-back or involves a shuttle, car dropoff, or key exchange, that information needs to be included in the label for the hiking route.

Alleghany County Mountains-to-Sea Trail

Mountains-to-Sea Trail from Basin Cove overlook to Devil's Garden overlook as a car dropoff	11 miles, 2200 feet
Mountains-to-Sea Trail from Air Bellows overlook to the lone white oak on Bluff Mountain ridge and back	12 miles, 1700 feet

Ashe County Mountains-to-Sea Trail

Mountains-to-Sea Trail from Jeffress Park to Jumpinoff Rock, with diversion to The Lump, as a car dropoff	13 miles, 2300 feet
Mountains-to-Sea Trail from Jumpinoff Rock to Jeffress Park, with diversion to The Lump, as a car dropoff	13 miles, 2700 feet
Mountains-to-Sea Trail from Phillips Gap to The Lump and back	12 miles, 1700 feet
Mountains-to-Sea Trail from Jumpinoff Rock to The Lump and back	10 miles, 1900 feet

Black Mountains

Colbert Ridge/Crest/Big Tom Gap/Buncombe Horse Range trails	14 miles, 4600 feet
Commissary/Camp Alice/Buncombe Horse Range/Big Tom Gap/Crest/Old Mitchell trails	10 miles, 1900 feet
Crest trail from Mount Mitchell to Celo Knob and back	14 miles, 4400 feet
Mount Mitchell trail from Black Mountain Campground to Mount Mitchell and back	13 miles, 3900 feet
Woody Ridge/Crest/Colbert Ridge trails as a shuttle	9 miles, 3700 feet

Blowing Rock area

Boone Fork trail in Julian Price Memorial Park	6 miles, 600 feet
Carriage trails from Bass Lake parking area to Flat Top and back in Moses Cone Memorial Park	11 miles, 900 feet

Crowders Mountain State Park

Crowders/Backside/Rocktop trails between visitor center and

Crowders Mountain	5 miles, 900 feet
Pinnacle/Turnback trails between visitor center and Kings Pinnacle	4 miles, 900 feet

Doughton Park

Grassy Gap/Basin Creek trails to Caudill Cabin and back	10 miles, 1600 feet
Bluff Mountain trail northbound, as a car dropoff	8 miles, 900 feet
Bluff Mountain trail southbound, as a car dropoff	8 miles, 700 feet
Grassy Gap/Bluff Ridge/Bluff Mountain/Cedar Ridge trails	13 miles, 3200 feet
Grassy Gap/Bluff Ridge/Bluff Mountain/Flat Rock Ridge trails	13 miles, 3300 feet
Flat Rock Ridge/Bluff Mountain/Cedar Ridge trails or reverse	17 miles, 3500 feet
Flat Rock Ridge/Bluff Mountain/Grassy Gap trails	13 miles, 2300 feet

Elk Knob State Park

Backcountry trail to zone camp and back	4 miles, 1100 feet
Summit trail and back	4 miles, 1000 feet

Eno River State Park

Buckquarter Creek/Holden Mill trails	4 miles, 200 feet
Cox Mountain/Fanny's Ford trails	4 miles, 200 feet

Grandfather Mountain State Park

Tanawha/Daniel Boone Scout/Cragway/Nuwati trails from Boone Fork parking area	8 miles, 2200 feet
Storyteller Rock extension on Nuwati trail	1 mile, 400 feet
Tanawha/Daniel Boone Scout/Grandfather trails to Swinging Bridge and back from Boone Fork parking area	13 miles, 4400 feet
Profile/Grandfather trails to Swinging Bridge and back	12 miles, 4000 feet
Tanawha trail from Beacon Heights to Julian Price Park, as a shuttle	14 miles, 1800 feet
Tanawha trail from Julian Price Park to Beacon Heights, as a shuttle	14 miles, 2600 feet

Grayson Highlands

Appalachian Trail (northbound) from VA 601 to Elk Garden, as a shuttle	6 miles, 1800 feet
Appalachian Trail (northbound) from Elk Garden to Brier Ridge and back	6 miles, 1200 feet
Rhododendron trail/Appalachian Trail (northbound)/Pine Mountain/Appalachian Trail (southbound)/Wilburn Ridge trails from Massie Gap	12 miles, 2000 feet
Rhododendron trail/Appalachian Trail (northbound)/Seed Orchard Road/Wilson/Stampers Branch/Twin Pinnacles/Big Pinnacle trails from Massie Gap	8 miles, 2100 feet
Rhododendron trail/Appalachian Trail (southbound)/Virginia Highlands Horse/Cabin Ridge trails/Appalachian Trail (northbound)/Rhododendron trail from Massie Gap	10 miles, 1800 feet
Mount Rogers/Lewis Fork Spur/Lewis Fork/Cliffside/Pine Mountain trails/Appalachian Trail (southbound)/Mount Rogers trail from VA 603	12 miles, 2700 feet

Virginia Creeper Trail/Taylors Valley spur/Appalachian Trail (northbound)/
Virginia Creeper Trail from Taylors Valley, Virginia 10 miles, 1600 feet

Hanging Rock State Park

Indian Creek trail and back from the Dan River or park visitor center 8 miles, 1200 feet

Hanging Rock trail to Hanging Rock/Wolf Rock/Cook's Wall/Magnolia
Springs/Moore's Wall Loop (clockwise) trails 11 miles, 2300 feet

Hanging Rock/Wolf Rock/Cook's Wall/Magnolia Springs/Moore's
Wall Loop (clockwise) trails 9 miles, 2000 feet

Hanging Rock/Wolf Rock/Cook's Wall/Magnolia Springs/Moore's Wall
Loop (counterclockwise) trails/quarry path 10 miles, 2000 feet

Hanging Rock/Wolf Rock/Cook's Wall/Magnolia Springs/Moore's Wall
Loop (counterclockwise) trails, then back down Moore's Knob
steps 9 miles, 2000 feet

Moore's Wall Loop (counterclockwise)/Tory's Den/Ruben Mountain/
Tory's Den/Moore's Wall Loop trails from the park visitor
center 11 miles, 2100 feet

Tory's Den/Moore's Wall Loop/Magnolia Springs/Cook's Wall to House
Rock/Magnolia Springs/Moore's Wall Loop/Tory's Den, Ruben
Mountain trails 10 miles, 1800 feet

Linville Gorge Wilderness

Pine Gap/Linville Gorge/Conley Cove trails, as a shuttle 9 miles, 2200 feet

Babel Tower/Linville Gorge/Conley Cove trails, as a shuttle 9 miles, 2500 feet

Pinch-in/Linville Gorge/Conley Cove/Rock Jock trails 11 miles, 3000 feet

Pinch-in/Linville Gorge through Daffodil Flats/Leadmine trails/Mountains-to-Sea
Trail/Kistler Memorial Highway (SR 1638) 10 miles, 2600 feet

Shortoff trail from Wolf Pit Road/Mountains-to-Sea Trail/Table Rock
Trail and back 17 miles, 4500 feet

Shortoff trail from Wolf Pit Road/Mountains to Sea Trail to the
Chimneys and back 15 miles, 4000 feet

MST Connector trail from NC 126/Mountains-to-Sea Trail to Shortoff
Mountain and back 11 miles, 2500 feet

Montreat area

Big Piney Ridge/West Ridge/Graybeard trails from Graybeard trailhead 9 miles, 2900 feet

Heartbreak Ridge/Old Mitchell Toll Road/Pinnacle Summit trails
and back from Graphite 14 miles, 4100 feet

Graybeard trail/Old Trestle Road/Old Mitchell Toll Road/East Ridge/
Lookout trails/Rainbow Road/Rainbow Mountain trail,
as a shuttle 13 miles, 2700 feet

Morrow Mountain State Park

Morrow Mountain/Sugarloaf Mountain (counterclockwise)/Morrow
Mountain/Morrow Mountain Loop/Morrow Mountain trails
from park office 8 miles, 1500 feet

Morrow Mountain/Morrow Mountain Loop trails and back from park

office 6 miles, 1000 feet
Fall Mountain trail 4 miles, 600 feet

Mount Mitchell (see Black Mountains)

Mount Rogers (see Grayson Highlands)

Pilot Mountain State Park

Grindstone/Jomeokee trails and back 8 miles, 1600 feet
Mountain/Old Mountain/Ledge Spring/Grindstone/Jomeokee/Grindstone/
Ledge Spring/Old Mountain/Mountain/Grindstone trails 10 miles, 1700 feet
Pilot Creek/Grindstone trails to visitor center and back 8 miles, 800 feet
Pilot Creek/Grindstone/Jomeokee trails and back 12 miles, 2200 feet
Corridor/Yadkin River Islands trails and back 16 miles, 2000 feet

Roan Highlands

Appalachian trail from Carvers Gap to US 19E, as a key exchange 15 miles, 2600 feet
Appalachian trail from US 19E to Carvers Gap, as a key exchange 15 miles, 5300 feet
Appalachian trail from US 19E to Walnut Mountain Road, as a key
exchange 11 miles, 3100 feet
Appalachian trail from Walnut Mountain Road to US 19E, as a key
exchange 11 miles, 2400 feet

Roanoke area

Appalachian Trail via McAfee Knob from VA 311 to Carvins Cove
viewing rock and back on fire road 12 miles, 2500 feet
Andy Layne trail/Appalachian Trail via McAfee Knob to VA 311,
as a key exchange 13 miles, 3600 feet
Appalachian Trail via McAfee Knob/Andy Layne trail to VA 779,
as a key exchange 13 miles, 2700 feet
Appalachian Trail to Dragon's Tooth from McAfee Knob parking on
VA 311/Dragon's Tooth trail to Dragon's Tooth parking,
as a shuttle 11 miles, 2900 feet
Apple Orchard Falls trail/Appalachian Trail to Apple Orchard Mountain
and back/Cornelius Creek trail 11 miles, 3300 feet

Rocky Knob Recreation Area

Rock Castle Gorge trail in either direction and from any parking lot 11 miles, 2700 feet
Rock Castle Gorge/Black Ridge/Picnic Loop trails from Rocky Knob
Campground and back 7 miles, 1300 feet

Shining Rock Wilderness area

Art Loeb over Black Balsam Knob/Shining Rock trails to Shining Rock
and back on Ivestor Gap trail 10 miles, 2400 feet
Art Loeb/Cold Mountain trails from Daniel Boone Scout Camp and back 10 miles, 2900 feet
Graveyard Fields Loop/Graveyard Ridge Connector/Graveyard Ridge trails/

Mountains-to-Sea Trail to Skinny Dip Falls and back via Mountains-to-Sea Trail/MST Access trail	11 miles, 2600 feet
Flat Laurel Creek/Sam Knob/Sam Knob Summit trails/US Forest Service road 816/ Mountains-to-Sea Trail from Flat Laurel Creek parking	10 miles, 1500 feet

South Mountains State Park

Chestnut Knob/Sawtooth/Horseridge/Possum/Shinny/Upper Falls/ High Shoals Falls Loop trails	12 miles, 2600 feet
Headquarters/Shinny/Possum/Horseridge/Lower CCC/Fox/ Raven Rock/River trails	13 miles, 3100 feet
Headquarters/Shinny/Possum/Horseridge/Lower CCC/Fox/ Jacob Branch/Upper Falls trails	11 miles, 2400 feet
Headquarters/Upper Falls/Jacob Branch/Fox/Raven Rock/ River trails	10 miles, 2400 feet
Headquarters/Upper Falls/Lower CCC/Horseridge/Upper CCC/ Little River trails	12 miles, 2600 feet
River/Raven Rock/Benn Knob/Lower CCC/Horseridge/Upper CCC/ Little River trails	17 miles, 3600 feet
High Shoals Falls Loop (backside)/Upper Falls/Lower CCC/Fox/ Jacob Branch/Upper Falls/Headquarters trails	10 miles, 1900 feet
High Shoals Falls Loop (backside)/Upper Falls/Lower CCC/Fox/ Raven Rock/River trails	12 miles, 2400 feet
Chestnut Knob/Sawtooth/Horseridge/Lower CCC/Upper Falls/ Headquarters trails	11 miles, 2200 feet
Chestnut Knob/Sawtooth/Horseridge/Upper CCC/Little River trails	9 miles, 1600 feet

Stone Mountain State Park

Stone Mountain Loop (either direction)/Cedar Rock/Wolf Rock trails from either parking lot	7 miles, 1400 feet
Stone Mountain Loop (clockwise)/Cedar Rock to viewing point and back/ Blackjack Ridge/Wolf Rock trails from lower parking	8 miles, 1800 feet
Mountains-to-Sea Trail from backpackers' parking/Wolf Rock (clockwise)/ Stone Mountain Loop/Cedar Rock/Wolf Rock trails/ Mountains-to-Sea Trail	10 miles, 2200 feet
Widow's Creek trail/Mountains-to-Sea Trail/Scott Ridge path/Widow's Creek trail	11 miles, 2800 feet
Widow's Creek trail/Mountains-to-Sea Trail/Cedar Ridge trail (Doughton Park) to Longbottom Road parking area as a shuttle	15 miles, 3600 feet
Sparta trail from Mahogany Rock Road/ Mountains-to-Sea Trail (descending)/ Scott Ridge connector/Scott Ridge path/Mountains-to-Sea Trail/ Sparta trail	7 miles, 1300 feet

Uwharrie Mountains

Uwharrie/Dutchman's Creek trails from Yates Place camp	10 miles, 1100 feet
Birkhead Mountain/Hannahs Creek/Robbins Branch/Birkhead Mountain Trails from Tot Hill Farm trailhead	12 miles, 1400 feet