

TRAILS

WATAUGA COUNTY TRAILS			
1 Boone Greenway	●	4	8
2 Boone United Trail	◆	2.5	10
3 Glen Burney Falls Trail	◆	3.2	22
4 Thunderhole Trail	■	2.2	20

NORTH CAROLINA STATE PARKS

5 ELK KNOB			21
Backcountry Trail	■	2	
Beech Tree Trail	●	1	
Maple Run Trail	●	.5	
Summit Trail	◆	1.9	

5 GRANDFATHER MOUNTAIN			30
Boone Scout Trail	◆	3	
Profile Trail	◆	3.1	
Cragway Trail	◆	1	
Nuwati Trail	■	1.2	

NATIONAL PARK SERVICE:BLUE RIDGE PARKWAY

7 JULIAN PRICE MEMORIAL PARK (MM 297)			27
Boone Fork Trail	◆	5.5	
Green Knob Trail	◆	2.3	
Price Lake Loop Trail	■	2.7	

7 MOSES H. CONE MEMORIAL PARK (MM 294)			21
Bass Lake Loop	●	1.7	
Black Bottom Trail	●	.5	
Deer Park Trail	■	.8	
Duncan Trail	■	2.5	
Figure 8 Loop	●	.7	
Flat Top Mountain Trail	■	3	
Maze Loop	■	2.3	
Rock Creek Bridge Trail	●	1	
Rich Mountain Trail	■	4.3	
Trout Lake Loop	●	1.3	
Watkins Trail	●	3.3	

TRAIL DIFFICULTY RATINGS		
● EASY	■ MODERATE	◆ STRENUOUS

PARKS

	WALKING PATH (MILES)	MINUTES FROM DOWNTOWN BOONE
1 Broyhill Park	1.2	19
2 Brookshire Park	.42	5
3 Valle Crucis Park	4.7	18
4 Green Valley Park	.25	22

MTN BIKE TRAILS

	TRAIL CATEGORY	MINUTES FROM DOWNTOWN BOONE
1 Rocky Knob Park	Single Track	8
2 Beech Mountain	Downhill	46
3 Sugar Mountain	Downhill	26

MAP SYMBOLS

- HIKING TRAILS
- MOUNTAINS-TO-SEA TRAIL
- GRANDFATHER MOUNTAIN
- PUBLIC LANDS
- WATERFALLS & SWIMMING HOLES
- POINTS OF INTEREST
- HISTORIC DOWNTOWN BOONE
- HISTORIC DOWNTOWN BLOWING ROCK



HIKING TRAILS & PUBLIC LANDS



HIKING IN THE HIGH COUNTRY

North Carolina's High Country might as well be renamed "Hiking Country", for the abundance and variety of hiking trails that carve their way through the region's picturesque landscapes.

Watauga County is at the epicenter of the region's hiking amenities. It is here where both old timers and newcomers alike set out to experience the unique blend of tranquility and adventure that can only be found in the Boone area's abundant trailways.

Whether it's history, adventure, or natural beauty that you're after, Watauga County has it. Come get lost in its many outdoor offerings, and take in a good hike while you're at it.



ELK KNOB STATE PARK

One of North Carolina's newest state parks, Elk Knob boasts some of the highest peaks in North Carolina's High Country at 5,520 feet, and some of the state's most finely-built trail. Elk Knob is an outstanding park for experiencing expansive views, and enjoying the quiet mountain environment on a moderately strenuous hiking trail. The park attempts to stay open all winter and is the only one in the system that allows cross-country skiing.



GRANDFATHER MOUNTAIN

The tallest mountain in the Blue Ridge, and an icon in North Carolina's landscape for generations, Grandfather Mountain State Park offers magnificent scenery, world class hiking, and unsurpassed ecological diversity. The state park contains 2,456 acres of backcountry, including 12 miles of challenging trails and pristine camp sites. Not for the faint of heart, the Park's challenging terrain and trails that cross exposed cliffs are meant to be conquered by the most experienced of hikers.



If you have an emergency along the Parkway, call 1-800-ParkWatch or 911.

HIKE SAFELY

- Tell someone where you are going and when you plan to return.
- Take hiking instructions and/or a map with you.
- Wear layers and good hiking shoes. Take rain gear, in case of a quick weather change. Higher elevation hikes can be 15-20 degrees cooler than the city.
- Stay on marked trails. Do not disturb any wildlife or plantlife.
- Take plenty of drinking water and snacks. DO NOT DRINK from the streams.
- Take a cell phone in case of emergency. Coverage is best on some mountaintops, while there's no service in remote areas of the National Forests.
- If you are not a seasoned hiker, start with easier trails.
- Follow principles of Leave No Trace.

TANAWHA TRAIL 13.5

JULIAN PRICE MEMORIAL PARK

Boone Fork Trail	5.5
Green Knob Trail	2.3
Price Lake Loop Trail	2.7

MOSES H. CONE MEMORIAL PARK

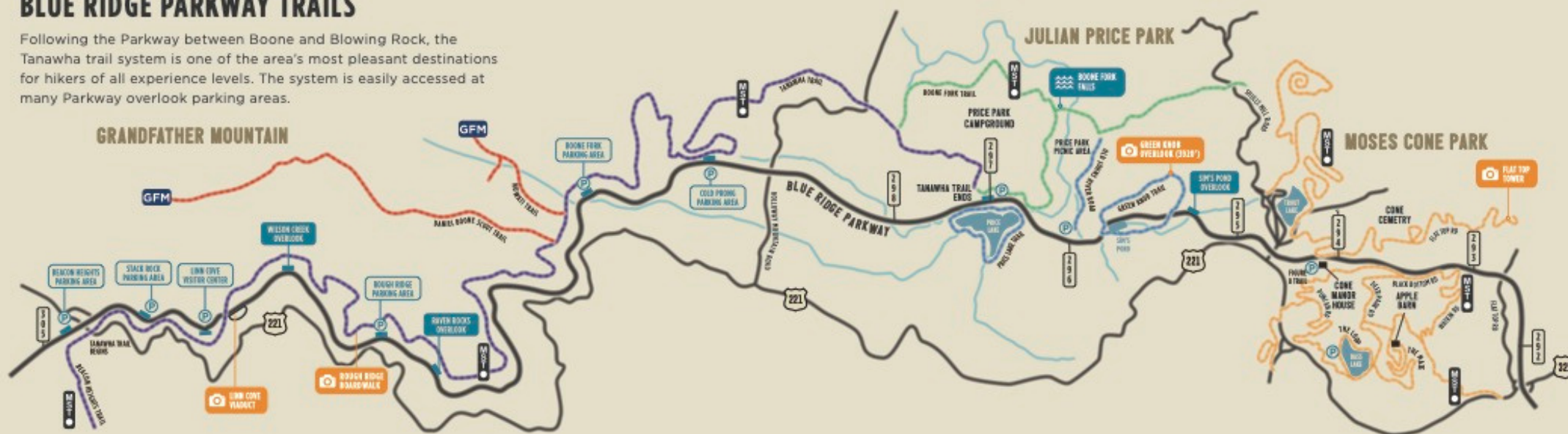
Bass Lake Loop	1.7
Black Bottom Trail	.5
Deer Park Trail	.8
Duncan Trail	2.5
Figure 8 Loop	.7
Flat Top Mountain Trail	3.0
Maze Loop	2.3
Rock Creek Bridge Trail	1.0
Rich Mountain Trail	4.3
Trout Lake Loop	1.0
Watkins Trail	3.3

GRANDFATHER MOUNTAIN TRAILS GFM

MOUNTAINS-TO-SEA TRAIL

BLUE RIDGE PARKWAY TRAILS

Following the Parkway between Boone and Blowing Rock, the Tanawha trail system is one of the area's most pleasant destinations for hikers of all experience levels. The system is easily accessed at many Parkway overlook parking areas.



"DON'T MISS" BOONE HIKES

No trip to Boone is complete without experiencing one of these classic Appalachian Mountain adventures. There is no end to the beauty you will find. Free your mind, feed your soul, and enjoy the views!



ROUGH RIDGE

The cliff-lined alpine crest of Rough Ridge offers some of the Blue Ridge Parkway's most breathtaking vistas. As you're standing on the boardwalk, the vista engulfs you. Grandfather Mountain's peaks tower overhead, for a nearly vertical-mile rise, one of the greatest drop-offs of the Blue Ridge escarpment. Take in the expansive view of the Linn Cove Viaduct, the Parkway snaking south, and Mount Mitchell out on the horizon.



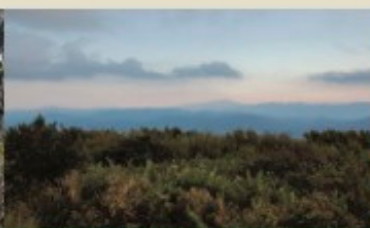
MOSES CONE PARK TRAILS

The 25 miles of gently sloping carriage roads that traverse Moses Cone Memorial Park were originally built by Moses Cone himself to enjoy the wonders of nature around his 3,600-acre estate. From Bass Lake, to the historic Cone Manor House, to Flat Top Tower, the points of interest are numerous. The well-preserved lush forests, meadows, rolling hills, and lakes are an appropriate way to memorialize Cone's conservationist legacy.



CALLOWAY PEAK

At 5,946 ft., Calloway Peak is the highest point on Grandfather Mountain, providing views of the mountain, Linville Gorge, and sometimes even the Charlotte skyline. Arguably one of North Carolina's most strenuous and rewarding hikes, it's possible to gain up to 2,000 ft. of elevation in just 3.5 miles, depending on where you start. Approach the peak from either Daniel Boone Scout Trail or Grandfather Trail in Grandfather Mountain State Park.



ELK KNOB SUMMIT TRAIL

A moderately strenuous hike despite 1,000 ft. of elevation gain from trailhead to mountaintop. The path is well-built and lined with rocks, for an easy-to-walk gravel foot tread. The Elk Knob Summit is a regional "best-kept secret," offering some of the best views in Boone. From here you can catch a glimpse of Grandfather Mountain, all three High Country ski areas, plus the pastoral land and forests blanketing the Boone area in all directions.



BOONE GREENWAY

Hidden between the hills, but right in the middle of town, Boone's Greenway Trail runs from one end of Boone to the other, meandering along rivers and crossing several bridges along the way. The 4-mile-long paved trail is a great place for the whole family to enjoy a walk, bike outing, or run. The trail is accompanied by additional cross country and light hiking trails that weave through nearby forested hills.

LOCAL BITES & DRINKS

LOCAL BREWERIES

www.exploreboone.com/things-to-do/boone-area-breweries/

LOCAL FAVORITE RESTAURANTS

www.exploreboone.com/restaurants/local-favorites/

HIGH COUNTRY WINE TRAIL

www.exploreboone.com/things-to-do/travel-itineraries/wine-trail/

NECK OF THE WOODS FLAVOR TRAIL

NeckoftheWoodsNC.com



LODGING & BOONE AREA INFO

ExploreBoone.com

SHARE YOUR ADVENTURES:

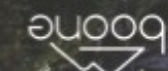


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