

Catawba Falls A 340-foot cascade, upper falls is a 70-foot plunge. Walking distance from Catawba Falls Campground, parking at end of Catawba River Road, Old Fort. The trail is open to the public for daytime access. 3 miles round-trip, moderate. Strenuous climb to upper falls! See www.hikecatawabafalls.com

Crabtree Falls A 60-foot plunge down a wide and even rock face. At Blue Ridge Parkway Milepost 339.5, turn into Crabtree Meadows Recreation Area. If campground is closed, walk is an additional 0.3 miles. Distance: 2.5 mile loop, moderate.

Hickory Branch Trail Falls View of 20-foot falls can be seen from scenic Hickory Branch Trail at US Forest Service's Curtis Creek primitive campground near Old Fort. Approximately 2 miles east of Old Fort on US 70, turn onto Curtis Creek Road, go 4 miles to campground. Trail head is on edge of field to right of campground at *N-35.41.451 / W-082.11.752*. Distance: 4 miles round-trip, moderate.

Linville Falls Most popular waterfall in Blue Ridge. A spectacular three-tiered waterfall plunging into Linville Gorge, the "Grand Canyon of the Southern Appalachians." Exit Blue Ridge Parkway spur at milepost 316.3. Falls Trail distance: 1.6 miles round-trip, easy; Gorge Trail: 1.4 miles round-trip, strenuous; Plunge Basin Trail: 1 mile round-trip, moderate.

Roaring Fork Falls Located in Toecane District of Pisgah National Forest. A 30-foot rush down a narrow, zigzag slide. At Blue Ridge Parkway Milepost 344.1, exit north onto NC 80. Drive north 2.3 miles, turn left onto FS 472 (South Toe River Road), just before Mt. Mitchell Golf Course. Take first left (after 0.1 miles) at sign indicating Roaring Fork Falls and Busick Work Center. Road dead-ends at work center. Park near gate on right. Distance: 1 mile round-trip, easy.

Setrock Creek Falls Four distinct levels, totaling 50 feet of falling water. See directions under Roaring Fork Falls to FS 472. FS 472 becomes gravel after 0.8 miles. There are picnic tables on South Toe River at 1.5 miles. Neal's Junction (take right fork) is at 2 miles. Turn right into Black Mountain Campground - over stream on concrete bridge - go left toward Briar Bottom (group campsite). Park in small area on right before gate and begin hiking up gravel road. Distance: 1.4 miles round-trip, easy.

Tom's Creek Falls One of the county's best kept secrets is this waterfall. A beautiful 100 foot waterfall in a picturesque area. A short two mile loop will take you to this quiet, serene sanctuary. 7 miles north of Marion on US 221. Turn left at Huskins Branch Road, just before Woodlawn Motel. *Parking coordinates are N 35° 46.475' W 082° 03.405'*. Go approximately 1.5 miles and park on right hand side of the road at gravel lot before small bridge. Trail head begins at gravel lot. When trail forks, follow left along creek. Gentle falls in picturesque area, drop in elevation over 600 feet. Approximate height of falls: 100 feet. Distance: 1 mile round-trip, easy.

Grassy Creek Falls. private gravel road. Hikers are welcome, parking at *N-35.51.229 / W-082.05.381* follow the sign from here. Do not go through gate at bottom of hill, road to falls will be on your right. Be sure to take a walk around the back side of the falling water. There are additional falls downstream so be sure to explore the area. Use caution as the rocks are very slick and there are stinging nettles along the creek bank.



Hiking and Waterfalls in McDowell County



**BROUGHT TO YOU BY
CATAWBA FALLS
CAMPGROUND**



Phone: 828-668-4831
Email: rick@oldfort.org
www.oldfortcamping.com

On Catawba River Road
35 Peggy Loop
Old Fort, NC 28762

Hikers unfamiliar with local trails should acquire appropriate maps from the US Forest Service. For more hiking information, contact our local US Forest Service office at 828-652-2144.

McDowell County Hiking Trails

ARMSTRONG CREEK 3640 ft. Primitive hiking trail on old logging road. Take NC 226A to Armstrong Fish Hatchery Road (1443). Trail head begins past hatchery parking lot. Distance 6 miles, easy-moderate.

BAD FORK 2940 ft. Primitive trail connects with Woods Mountain and Armstrong Creek Trails. Take NC 226A to Armstrong Fish Hatchery Road (1443). Drive 3 miles to trail head on left side at confluence of Bad Fork with Armstrong Creek. Distance 8 miles, moderate.

BETSY RIDGE 3160 ft. Old logging road trail, with views of Black Mountains, intersects Little Buck Creek Trail and ends at Woods Mountain Trail. Take US 221, north of Marion. Left on Tom's Creek Road (1434). Take first right onto dirt road. Trail head is second dirt road on left. Distance 9 miles, easy-moderate.

BLUE RIDGE PINNACLE 5665 ft. Prominent peak near Mt. Mitchell, awesome views. Begin at swing-bar gate on road at Parkway Milepost 354.8. Distance 3 miles, easy.

KITSUMA PEAK 3195 ft. Short, 20-minute trail. Breathtaking views and unusual Carolina hemlocks. Take I-40 westbound to Ridgecrest exit. Turn onto "Old US 70." Park at Ridgecrest Overlook. Distance 1 mile, moderate.

LEAD MINE GAP 3460 ft. Mixed forested environment with long range views. Take Curtis Creek Road from US 70, east of Old Fort. Continue about 8 1/2 miles to trail head. Trail ends at Hickory Branch Trail,

which after 2 miles rejoins Curtis Creek Road at lower point. Distance 5 miles, moderate.

LINVILLE GORGE 3400 ft. Eastern America's most scenic and rugged gorge. On NC 183 in village of Linville Falls, turn right at dirt road (Kistler Memorial Highway, #1238) 3/4 mile from intersection with US 221. There are multiple strenuous trails accessible from Kistler Memorial Highway. Obtain Linville Gorge Wilderness Map from US Forest Service Grandfather District Office in Nebo, **828-652-2144**

LITTLE BUCK CREEK 3600 ft. Excellent views of Marion, Lake Tahoma, and Black Mountains. Take US 70, west of Marion. Turn right on NC 80 and go past Lake Tahoma. After crossing bridge over lake headwaters, turn right onto dirt road. Turn left at first intersection and go 1.5 miles to trail head (at turnout with USFS sign and gate). Distance 5.8 miles, moderate-strenuous.

MACKEY MOUNTAIN 3400 ft. Excellent views in bear sanctuary. Take Curtis Creek Road, off US 70, east of Old Fort. Trail head is 9 miles at entrance to Sugar Cove Road. Distance 16 miles, moderate.

NEWBERRY CREEK 4300 ft. Scenic trail ends at Parkway. Take Curtis Creek Road, off US 70, east of Old Fort. Left at Newberry Creek Road (FS 482A). Trail begins after 4 miles at end of road. Distance 5 miles, easy-moderate.

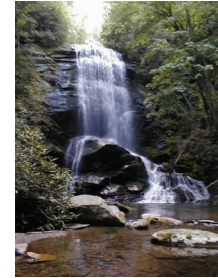
WOODLAWN FITNESS TRAIL 1600 ft. Fitness trail consists of 7 stations, 2 exercises per station, on a 1/4 mile jogging path. Additional 1-mile loop surrounds exercise trail. Woodlawn Work Center is 6 miles north of Marion on US 221. Trail is behind picnic area on left. Distance 1.25 miles, easy-moderate.

WOODS MOUNTAIN 3600 ft. Excellent views of Black Mountains, Little Switzerland, Arm-

strong Creek watershed area, and Table Rock from section of North Carolina's "Mountains to Sea Trail." Trail begins near Buck Creek Gap overlook at intersection of Blue Ridge Parkway and NC 80. Trail may be exited on US 221, at US Forest Service rest area near Woodlawn. Distance 13 miles, moderate-strenuous.

YOUNG'S RIDGE 3165 ft. Trail begins at Old Fort Picnic Area *N35 38.085 W82 13.206*. Incredible views of Kitsuma Peak where trail ends. From US 70, west of Old Fort, take first right onto Mill Creek Road (1407). Old Fort Picnic Area is several miles on left and marked by National Forest Sign. Distance 7 miles, easy-moderate.

*Hikers unfamiliar with local trails should acquire appropriate maps from the US Forest Service. For more hiking information, contact our local US Forest Service office at **828-652-2144**.*



**BROUGHT TO YOU BY
CATAWBA FALLS CAMPGROUND**

On Catawba River Road
35 Peggy Loop
Old Fort, NC 28762

Phone: 828-668-4831
Email: rick@oldfort.org
www.oldfortcamping.com