

Trail Descriptions

Trail #178 Colberts Ridge Trail

Color Code - White Blaze
Distance - 3.7 miles, partially graded
Elevation at Colberts Creek Road: 2,750
Beginning at Deep Gap, 1.00
Hiking time - 1 to 4 hours
Beginning of the Colberts Creek Road the trail ascends gently the first 0.5 mile and then more steeply as it climbs toward Deep Gap. There are occasional rock outcrops that give the hike good views of the crest of the Black Mountain Range and the South Toe River Valley. On clear days good viewpoints peak at Roan Mountain, Grandfather Mountain, and Table Rock can be seen. At 0.6 miles the trail reaches Deep Gap and intersects the Cata-Knox Trail. At 2.7 miles the trail reaches the Deep Gap Trail Shelter.

Shelter Data - Wooden structure with two plywood benches and roof space for 10 hikers.

Trail #179 Black Mt. Crest Trail

Color Code - Blue Blaze
Distance - 9.8 miles, graded
Max. elevation is 5,000'
Average Hiking time - 4 1/2 hours up and 3 1/2 hours down
Beginning at Black Mountain Campground, the trail crosses through virgin stands of hardwood, crossing numerous fish streams and ponds. At 1.5 miles, Higgins Bald Ground Trail intersects on the left (see description above). Above 4,500', the trail enters old growth stands of red spruce and Fraser fir. The density of tree stands gives a dark, blue appearance. At 0.5 miles, the trail intersects with the Maple Camp Bald Trail and at 4.8 miles the trail comes into the Camp Alico Trail Shelter.

Trail #182 Lost Cove Ridge Trail

Color Code - White Blaze
Distance - 3.3 miles, graded
Elevation at Black Mountain Campground, 3,000'
Elevation at Greenknob Tower, 5,070'
Hiking Time - 4 to 5 hours
This trail begins at Black Mountain Campground and terminates on the Blue Ridge Parkway.
The trail climbs steadily from Black Mountain Campground for 0.6 miles, and more moderately with some steep grades, following a ridge into Greenknob Lookout Tower at 2.8 miles. Here the trail descends for 3 miles to the Greenknob Overlook on the Blue Ridge Parkway.

Shelter Data - Wood structure with two plywood benches and roof space for 10 hikers.

Trail #190 Mt. Mitchell Trail

Color Code - Blue Blaze
Distance - 9.8 miles, graded
Max. elevation is 6,844'
Average Hiking time - 4 1/2 hours up and 3 1/2 hours down
Beginning at Black Mountain Campground, the trail crosses through virgin stands of hardwood, crossing numerous fish streams and ponds. At 1.5 miles, Higgins Bald Ground Trail intersects on the left (see description above). Above 4,500', the trail enters old growth stands of red spruce and Fraser fir. The density of tree stands gives a dark, blue appearance. At 0.5 miles, the trail intersects with the Maple Camp Bald Trail and at 4.8 miles the trail comes into the Camp Alico Trail Shelter.

Shelter Data - 10 pine bunks, fireplace, pit toilet, stove, cooler, small picnic table. Shelter is open to the elements.

From one shelter, the trail leaves the old road and enters the woods, climbing through virgin stands of spruce, fir, and yellow birch. Numerous dead trees are noted as the trail rises the top of the mountain. This is Fraser fir forest by the stream valley about 1/2 mile from the trail. At 2.5 miles, there is a trail from the parking lot on Mount Mitchell coming from the right. At 2.5 miles the trail intersects with the Mount Mitchell Tower Trail. At this point, the trail descends for 0.2 miles to the parking lot on Mount Mitchell.

Trail #191 Buncome Horse Range

Color Code - White Blaze
Distance - 13 miles
Elevation at Black Mountain Campground, 3,000'
Elevation at Camp Shelter - 5,782'
Hiking Time - 10 to 12 hours
Horse Range Permitted

Beginning of Forest Service Road #472, this trail ascends an old logging road for 2 miles on a moderate grade. The trail then goes through a wildflower field, and enters the woods climbing the main ridge. It passes through open grass and spruce-fir forest as it goes to the top of the mountain. At 2.2 miles the trail reaches an old railroad trestle. There is an access trail entering from the left which leads to C. C. 108. Following the trestle, the trail crosses the ridge to the left, the road leads to C. C. 129 at the entrance to Mt. Mitchell State Park. The trail follows the trail to the right, reaching Camp Alico Trail Shelter at 6.0 miles. For shelter information, see the Mt. Mitchell Trail data.

At 6.1 miles the Mt. Mitchell Trail intersects on the right. At 6.5 miles, the trail passes directly above one of two natural landfalls which occurred in 1975 following heavy rains. At 10.1 miles, the trail passes through a small grassy opening on a ridge line. This opening was constructed as an emergency helicopter landing pad by the U.S. Forest Service.

At 11.0 miles, the trail leaves the railroad trestle and continues through a burned area, descending through several landfalls that offer excellent views of the mountain. Research Natural Area. At 13 miles, the trail enters an old logging road, following 0.2 miles to C. C. 1166, Colberts Creek Road.

Trail #90 Bald Knob Ridge Trail

Color Code - White Blaze
Distance - 2.1 miles, graded
Elevation South Toe River Road, 3,900'
Elevation Blue Ridge Parkway, 5,200'
Hiking Time - 2 to 3 hours

Beginning of Forest Service Road #472, the trail ascends steadily for the first mile then more gently through stands of virgin spruce and Fraser fir. At 1.2 miles the trail passes an old cabin. At 1.8 miles the trail terminates at the Blue Ridge Parkway.

This trail is considered one of the most scenic along the Black Mountain Range because of the pine-krone appearance as you pass through the virgin stands of timber.

Trail #60 Hypothemina

Color Code - White Blaze
Distance - 2.1 miles, graded
Elevation South Toe River Road, 3,900'
Elevation Blue Ridge Parkway, 5,200'
Hiking Time - 2 to 3 hours

Beginning of Forest Service Road #472, the trail ascends steadily for the first mile then more gently through stands of virgin spruce and Fraser fir. At 1.2 miles the trail passes an old cabin. At 1.8 miles the trail terminates at the Blue Ridge Parkway.

This trail is considered one of the most scenic along the Black Mountain Range because of the pine-krone appearance as you pass through the virgin stands of timber.

Trail #40 Water

A problem known as glands (or ar de ar) lies in many mountain streams. It causes diarrhea, nausea, cramps, loss of appetite, and (in some cases) low-grade fever.

At a waterfall, avoid garden hoses, hot water pipes, and hoses that leak water. You don't drink water from streams, rivers or lakes before you drink it. Recent studies have shown that water purifiers will not kill glands. Bring your water to a rolling boil for 1 to 3 to 5 minutes. Boiling is the best way to kill the germs that cause the disease.

Trail #30 Hunting & Fishing

Hunting and fishing are allowed under State regulations. Check with the North Carolina Wildlife Resources Commission for license, regulations, and seasons. The address is 212 Salisbury St., Raleigh, NC 27611, telephone 1-800-662-7137 (all times).

SOUTH TOE RIVER AREA HISTORY

Headquarters of the South Toe River area in the Pisgah National Forest in Vance County, North Carolina. The South Toe River flows from the Black Mountains in the west to the eastern Piedmont. These mountains have 18 peaks higher than 6,000 feet elevation. The South Toe River flows through the heart of the mountains. The area is rich in history. The South Toe River flows through the heart of the mountains. The area is rich in history. The South Toe River flows through the heart of the mountains. The area is rich in history.

WHEN EMERGENCIES ARISE...

SO'S DISTRESS SIGNALS
IF YOU ARE ALONE OR UNABLE TO GET HELP, AND 911 SIGNALS: These points of contact are available in all areas. If you are alone or unable to get help, and 911 signals: These points of contact are available in all areas. If you are alone or unable to get help, and 911 signals: These points of contact are available in all areas.

IN CASE OF INJURY
STOP IMMEDIATELY: If you are injured, stop immediately. If you are injured, stop immediately. If you are injured, stop immediately. If you are injured, stop immediately.

FIRST AID
RELIEVE PAIN: Use over-the-counter pain relievers. If you are injured, stop immediately. If you are injured, stop immediately. If you are injured, stop immediately.

HYPOTHERMIA
HYPERHEMIA: If you are injured, stop immediately. If you are injured, stop immediately. If you are injured, stop immediately.

POISONOUS PLANTS
BABES: Stay away from any wild animal. If you are injured, stop immediately. If you are injured, stop immediately. If you are injured, stop immediately.

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Planning Your Trip

Backpacking in the South Toe River area is a wonderful way to enjoy the outdoors. It is important to plan your trip carefully. It is important to plan your trip carefully. It is important to plan your trip carefully.

Before heading into the backcountry, study a map of the area and read the terrain. Consider alternate routes of travel and possible changes in the weather. Always in mind the current daylight hours during fall and winter.

Make a last-minute check of your pack before leaving home. The following items are essential and should be included:

HYPERVENTILATION
INSECT PROTECTION: Wood ticks are numerous during the spring and summer. Periodic checks of clothing and skin should be made to remove ticks before they attach themselves to the body.

LOST?
Occasionally you or someone in your party may become lost. The best prevention is to remain on marked trails. If you become lost, stay calm and try to remember how you got to your present location.

SAFETY
Lightning: Lightning storms occur sporadically, particularly during early and August. When lightning is near, travelers should seek shelter in dense woods, a grove of young trees, or a deep valley. If caught in open country, sit on or lie on the ground. Do not lie on top of a rock or tree. Get away from fences or poles. Avoid tips of ridges, outcrops of rock, and wire fences.

Flash Floods: Flash floods can kill. Camp only on high ground during the rainy season.

PISGAH National Forest NORTH CAROLINA



NO-TRACE CAMPING

HOW DO YOU RATE AS A NO-TRACE CAMPER?
Your choices will tell us how well you do on the trail. The more you know about a no-trace camper, the better you will be. The more you know about a no-trace camper, the better you will be.

When I camp in the backcountry I:
Plan ahead to avoid impact:
- Avoid trampling vegetation.
- Avoid trampling vegetation.
- Avoid trampling vegetation.
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Travel to avoid impact:
- Avoid trampling vegetation.
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Make No-Trace camps:
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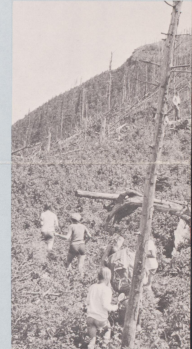
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CAMP ALICE - 1920's
 These buildings were once part of a logging camp, then later served as a lodge for Mt. Mitchell visitors. The stone foundations are all that now remain.



LEGEND

Distance (miles)
 0.4
 0.2

64 — Developed Trail

75 — Forest Road

P — Parking

National Forest Land

Developed Camping

Horse Trail

Waterfall

SCALE IN MILES

CONTOUR INTERVAL 40 FT.

