Hiking Trails

Hiking Trails of the Smokies

East Bay Trails

Historic Hiking Trails Five-Star Trails: Asheville

Five-Star Trails: West Virginia's Monongahela National Forest

Pennsylvania Hiking Trails Five-Star Trails: Asheville

Five-Star Trails: Louisville and Southern Indiana

Hikes Around Philadelphia

Hiking North Carolina

Illinois Hiking and Backpacking Trails

Take a Hike!

100 Hikes of a Lifetime

Five-Star Trails: Raleigh and Durham

Five-Star Trails: Knoxville

Hiking Trails of Southwestern Colorado, Fifth Edition

Explorer's Guide 50 Hikes in the Mountains of North Carolina (Third Edition) (Explorer's 50 Hikes)

Day Hikes in the Pacific Northwest

Five-Star Trails: Roanoke and the New River Valley

Day Hiking New England

Great Hiking Trails of the World

West Virginia Hiking Trails

Best Easy Day Hikes Great Smoky Mountains National Park

60 Hikes Within 60 Miles: Harrisburg

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60 Hikes Within 60 Miles: Nashville

Great Day Hikes on North Carolina's Mountains-to-Sea Trail

Best Hikes Near Seattle Trails of the Angeles

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What is the Hiking Trails?

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2020 Kate Siber This ultimate hiker's bucket list, from the celebrated Appalachian Trail to Micronesia's off-the-beatenpath Six Waterfalls Hike, treks through 100 energizing experiences for all levels. Filled with beautiful National Geographic photography, wisdom from expert hikers like Andrew Skurka, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet's best experiences for hikers and sightseers. From short day hikes--California's Sierra High Route, Lake Agnes Teahouse in Alberta, Norway's Mt. Skala--to multiday excursions like Mt. Meru in Tanzania and multi-week treks (Egypt's Sinai Trail, Bhutan's Snowman Trek, and the Bibbulum Track in Australia), you'll find a hike that matches your interests and skill level. Crossing all continents and climates (from the jungles of Costa Rica to the ice fields in Alaska's Kenai Fjords National Parks), as well as experiences (a wine route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming,) there is a trail for everyone in these pages. So pack your gear and lace your boots: this comprehensive and innovative guide will lead you to experience the best hikes of your life!

2020-06-23 John Peel Now with a fresh design, this fifth edition of the bestselling authoritative guide for hikers in Southwestern Colorado features new and updated trails, clear maps, and beautiful color photographs. Used by beginner and seasoned hikers alike for years now, Hiking Trails of Southwestern Colorado shares the best nature-walking excursions around Durango, Silverton, Vallecito, and the Colorado Trail areas. Taking you everywhere from the refreshing waters of Ice Lakes Basin to the glorious views of Engineer Mountain, this new edition of the guidebook includes: More than 60 trails and climbs plus 12 new hikes, accompanied by corresponding maps and color photographs Distance, elevation, difficulty rating, and duration for each hike General overview of the trail as well as quick but important details on the route Options to other paths and trails for the wandering adventurer Enjoy the natural landscape and wild beauty of Southwestern Colorado with this comprehensive guide to Southwestern Colorado's favorite trails.

2016-02-22 Johnny Molloy Nashville is best known as the capital of country music, but located in the Cumberland River Valley surrounded by hills of the Highland Rim, the middle Tennessee city is also home to a great variety of hiking trails. With new hikes and updated maps, trailhead directions, and photos, the new edition of 60 Hikes Within 60 Miles: Nashville by veteran Tennessee outdoorsman Johnny Molloy gives outdoor enthusiasts plenty of hikes to choose from. From historical hikes such as the Gordon House and Ferry Site Walk and

the Confederate Earthworks
Walk to great recreational
trails like the Anderson Fitness
Trail and the Couchville Lake
Loop, hikers of all ages and
fitness levels will find a trail to
their liking within a short drive
from home.

1997-06-29 Boyd Newman Want to walk for a leisurely hour or two with the kids? Take them to the Churchville Nature Center, with its re-created Lenape Indian village and children's exhibits. Or would you prefer a more strenuous all-day hike? Try the rocky woods trail at Bake Oven Knob. Bear Rocks, and The Cliffs. Or if you're interested in wildlife, hike Green Lane Reservoir where 260 species of birds have been sighted. Perhaps you'd simply like to hike from Pennsylvania to Delaware and back again. Then White Clay Creek Preserve is for you. These are only five of the forty hiking trails described in Hikes Around Philadelphia. All are within an hour and a half's drive of the city. Ranging from 1.0 to 12.6 miles in length, they will take you through dense forests or wide-open meadows, past early farmsteads or a ringing boulder field from the last ice age. You can break your hike with a visit to a restored home or leave civilization behind on an isolated mountain ridge. Some of the trails are gravel or paved, or are canal towpaths, and are quite suitable for young children, older adults, or wheelchair hikers. Others are longer and more challenging, including rugged sections of the Appalachian Trail and the

Horseshoe Trail. For each hike Boyd Newman and Linda Newman provide a detailed write-up, a trail map showing the hike route on a USGS survey map, and directions to the trailhead. They also include information on distance, elevation, probable time, surface, interesting features, facililities, disability access, whether hunting is allowed in the vicinity, and availability to public transportation. This format allows you to browse through the book and easily locate the particular hike that appeals to you today. In a concise introduction, the authors not only explain how to get the most out of the book but also give some hints on hiking safety and appropriate clothing and equipment. This handy reference offers: *a detailed write-up of each hike *easy-to-read trail maps *directions to the trail heads *information that are accessible by public transportation *details about handicap accessibility *lots of other pointers that make planned or last-minute hikes fun and easy for everyone

2013-07-02 John Robinson The rugged San Gabriel Mountains, rising starkly from the edge of the Los Angeles Basin, provide a sharp contrast to the hustle and bustle of the city and its surroundings. Angelinos across the county (a population of almost 10 million), as well as visitors from out of state, welcome the opportunity to escape from city chaos into the quiet wilderness. This 9th edition of the classic Wilderness Press guide has

been revised and updated to reflect recent trail changes, and now includes trips in the Fish Canyon Narrows, along Alder Creek, and to Jones Peak, as well as perennial favorites such as Old Baldy, Mt. Wilson, and Devils Punchbowl. Each detailed trip description notes the distance, difficulty, and ideal season, and points out the highlights of the trail. The guide includes a companion 4-color waterproof topo map.

2016-05-16 Matt Willen Although known predominantly for its Pennsylvania Dutch culture, the Gettysburg battlefield, and the cities of Harrisburg, Lancaster, and York, south-central Pennsylvania is home to many tracts of public lands that offer a diverse array of hiking experiences. From the gentle farm country of Lancaster and York Counties, to the steepsided ravines along the Susquehanna River, to the rugged ridges north of Harrisburg, and the rolling hills of South Mountain, you'll find hikes to suit about any taste and interest. 60 Hikes Within 60 Miles: Harrisburg, by local outdoorsman Matt Willen. provides the first and most comprehensive hiking guide to the region. Each hike description features key information on length, hiking time, difficulty, configuration, scenery, traffic, trail surface, and accessibility. This guide features information on the history and natural history of the areas the hikes pass through, detailed trail maps and elevation profiles, clear directions to the trailheads and

trailhead GPS data, and tips on nearby activities.

2015-04-24 Jeff Romano *CLICK HERE to download sample hikes from Day Hiking New England* •*Provides difficulty ratings, hike distances, GPS coordinates, elevation gains, permitting information, and more •*115 routes—including many loops •*Doesn't overlap with the author's 100 Classics Hikes: New England—together the two guides capture more than 200 unique hiking routes! The hikes described in this guidebook showcase the breadth and diversity of New England's picturesque landscapes: from the sand dunes of Cape Cod to the lofty summits of the White Mountains, from the sweeping ridges of the Berkshires to Maine's rocky coastline, from the traprock cliffs of the Connecticut River Valley to the lush forests of Vermont. Taking advantage of the patchwork of conserved lands protected over the past century, the book showcases the region's premier hiking destinations that include national parks, forests, and wildlife refuges; state parks, public lands, and wildlife management areas; and land trust preserves. Jeff has detailed a range of trails, from a nearby hike you can knock out before dinner, to one promising more challenge and big rewards in terms of views and solitude. This new guide covers the best day hiking trails in six states, including short jaunts on the Appalachian Trail, the lush hills and coast of Maine, the White Mountains of

New Hampshire, the Long Trail in Vermont, the Massachusetts coast, the Berkshires and forests of Connecticut, and the preserves of Rhode Island. **Mountaineers Books designates 1 percent of the sales of select guidebooks in our Day Hiking series toward volunteer trail maintenance. Since launching this program, we've contributed more than \$14,000 toward improving trails. For this book, our 1 percent of sales is going to Washington Trails Association (WTA). WTA hosts more than 750 work parties throughout Washington's Cascades and Olympics each year, with volunteers clearing downed logs after spring snowmelt, cutting away brush, retreading worn stretches of trail, and building bridges and turnpikes. Their efforts are essential to the land managers who maintain thousands of acres on shoestring budgets.

2015-05-01 Peter Stekel Best Hikes Near Seattle is more than a guidebook to trails 60 minutes or 60 miles from Seattle. The book also includes short natural history essays on topics as diverse as the sex life of banana slugs, to how plants get their names, and why you should respect but not fear bears and mountain lions. There is also an extensive section of weather, trail etiquette, hiking with dogs, what constitutes the "Ten Essentials," why judging trail mileage is an art - not a science, the flora and fauna of the Pacific Northwest, and the value of hikers lobbying for wilderness. The author also

presents a history, warts and all, of the drive to operate our hiking trails as profit points for land-use agencies. And of course, as with all of the books in the Best Hikes series, useful trail specs and hike summaries are accompanied by easy-to-read maps and stunning photos.

2013-01-21 Valerie Askren Known as the City of Parks, Louisville has long valued the natural landscape and the provisioning of outdoor recreation. In 1891 Frederick Law Olmsted, the father of American landscape architecture, was commissioned to develop an extensive park system for Louisville that eventually included 18 parks and 6 interconnecting parkways. Since that time, Louisville has continued to invest resources to build a first-class park system. Nestled within the Ohio Valley, and bordered by the knobs region to the south and the heavily forested areas of Indiana to the north, Louisville lies at the heart of an endless array of hiking opportunities. Five-Star Trails: Louisville showcases many of the hiking trails and walking paths within the city or within easy driving distance in central Kentucky and southern Indiana. Designed specifically for day trips, this book includes several of the area's most popular parks, as well as many of the lesser-known hiking trails in nature preserves, wildlife management areas. and national forests.

2005-06-02 David Weintraub

The only guide dedicated entirely to hiking San Francisco's East Bay has been revised and updated, and features 3 new trips in Contra Costa County. Includes 56 trips for hiking, bicycling, and horseback riding on oakstudded hills, grassy ridges, rocky peaks, forested valleys, and salt-marsh shoreline. East Bay Trails is the most complete and up-to-date trail guide for Alameda and Contra Costa Counties. While the route descriptions pertain to hiking most of all, other outdoor enthusiasts-fitness walkers, joggers, equestrians, and bicyclists-will also find them useful.

2021-05-25 Johnny Molloy Discover the Best Hikes in Knoxville, Tennessee Knoxville is a perfectly situated hiker's paradise. The master chain of the Appalachian Range—the Great Smoky Mountains—rises within sight to the east. Protected as Great Smoky Mountains National Park, this area offers more than 900 miles of hiking trails amid rushing streams, rugged ridges, huge trees, colorful wildflowers, and abundant wildlife. To the west, the **Cumberland Plateau features** distinctly different terrain. Water-carved gorges slice through this elevated table of land, exposing rock walls and creating rock houses, sheer bluffs, and other remarkable geological formations. North of Knoxville, the ridge-and-valley country blends elements of the plateau and the high ranges. Explore 40 of Knoxville's best, five-star trails with the

guidance of acclaimed author and hiking expert Johnny Molloy. With hikes in this guide divided into five distinct areas, you'll wind through hilly woodlands, around expansive lakes, and along meandering rivers. You'll visit breathtaking waterfalls and find panoramic overlooks. Inside you'll find: Descriptions of 40 five-star hiking trails for all levels and interests GPS-based trail maps, elevation profiles, and detailed directions to trailheads Insight into the history, flora, and fauna of the routes Ratings for scenery, difficulty, trail condition, solitude, and accessibility for children Lace up, grab your pack, and hit the trail!

2016-04-18 Johnny Molloy Five Star Trails: Roanoke and the New River Valley showcases 40 hikes in the mountains, valleys, and Piedmont of Western Virginia. The guide includes an array of treks reflecting the area's superlative scenery, from wild waterfalls in the New River Valley to highland wildernesses of the Jefferson National Forest, historic paths along the Blue Ridge Parkway, and waterside strolls beside Smith Mountain Lake. It is authored by the Southeast's most experienced outdoors writer, Johnny Molloy. Hikes in this book range from just under 2 miles to over 10 miles, creating opportunities for hikers of all ages, and will accommodate your desires for hikes of multiple lengths, depending on mood, time, and company. Trail configurations are diverse as well--including out-and-back hikes, loops, and

balloon loops. Hike settings vary from developed county parks to the back of beyond.

2018-06-05 Jennifer Pharr Davis Explore the Best Trails of Asheville, North Carolina Peaceful waterfalls, dramatic mountain vistas, bountiful nature preserves, and, of course, the Blue Ridge Parkway and Great Smoky Mountains National Park—there's no better place to hit the trails than the Asheville area. With the expert guidance of accomplished hiker and local author Jennifer Pharr Davis, you'll find plenty of popular routes and hidden hiking treasures. These 35 five-star hiking trails are for all levels and interests, and they range widely in elevation, distance, and difficulty. Davis details everything from easy strolls in the deep woods to thrilling treks atop mountains. GPSbased trail maps, elevation profiles, and detailed directions to trailheads help you get to where you're going. Trail descriptions and expert insights into the history, flora, and fauna of the routes enhance your enjoyment along the way. Ratings for scenery, difficulty, trail condition, solitude, and accessibility for children help to ensure that you quickly find the perfect trip. Save time and make the most of your hiking adventures. Experience the best of Asheville's breathtaking scenery, varied terrain, and amazing wildlife. Lace up, grab your pack, and hit the trail!

1993 Walter Zyznieuski In this completely revised, expanded,

and updated edition, Walter G. Zyznieuski and George S. Zyznieuski describe sixty-nine trails that total more than eight hundred miles. Thirteen new trails have been added in this edition. All but four of the original maps have been revised and updated and many new photographs are included. Since the first edition was published, there have been many changes along the trails or at the parks or forests where the trails were located. In order to update their book, the Zyznieuskis contacted the headquarters of each park and forest to obtain detailed and up-to-date information. In the appendixes the Zyznieuskis provide information on obtaining trail maps, hiking organizations, and rules and regulations for Illinois state parks and recreation areas. As in the first edition, the authors have hiked each trail they describe. It is their firsthand experience that makes it possible for them to provide reliable, detailed, and up-todate information on each of these trails for Illinois hikers and backpackers.

2012-10-03 Steve Rajtar
Approximately 900 hiking trails in the United States take hikers along routes or past sites of historical importance and offer commemorative embroidered patches or other souvenirs of the outing. These trails allow hikers to gain a new appreciation for history and actually experience it, instead of only reading about it—and have something to show for their hike. The first comprehensive guide to those

trails, this work covers routes in all fifty states and the District of Columbia as well as interstate trails. The book categorizes each as historic, meaning that it played some significant role in history; historical, meaning that it takes the hiker by or into buildings or sites that have some relationship to a significant person or event, but do not themselves figure in history; nature or scenic, because of the wildlife or scenery available along the way that can be viewed along with the historical site; or recreational, meaning that the trail was established for the longdistance hiker and history buff. Each entry also tells who the trail's sponsor is, if alternate means of transportation are allowed, location, length, route, type of terrain, what type of awards are given and any associated costs, registration requirements, and sites along the trail.

2008-03-20 Ben Cramer The complete reference to recommended trails in the state. The best of each region from Keystone Trails Association members. Descriptions of hundreds of trails plus a chapter on state's nine long-distance trails.

2016-01-15 Randy Johnson From the Great Smokies and the Blue Ridge Parkway to the Piedmont and the Outer Banks, this thoroughly updated and revised guide features more than 200 hiking trails in all regions of the state.

2000 Rich Freeman The walks,

rambles, strolls, and hikes in this book are designed for people who delight in exploring unique or little-known places. The trails lead through forests, fields, marshes, hills, and arboretums where you can enjoy the natural world. This book will help you learn more about local history, get muchneeded exercise, introduce children to the joys of nature, or find new places to walk your dog. Don't stash it away in winter either. Many of the trails are good for crosscountry skiing and snowshoeing. With this guide, you'll be able to explore the Rochester area with ease and confidence. Each of the 60 walks is rated for difficulty, type of terrain, and described by length and estimated time required. In addition, you'll know how to easily find the trails and parking. Whether young or young at heart, you can enjoy the adventures this guide brings to life.

2016-11-15 Johnny Molloy Welcome to Hiking Heaven It's no wonder the Monongahela National Forest is such a popular destination. It's the heart and soul of West Virginia and a natural getaway for hikers and weekend backpackers. With the Dolly Sods and Otter Creek Wildernesses to the north and the Cranberry Backcountry to the south--plus special places like the Falls of Hills Creek and Seneca Rocks--the "Mon" offers over 800 miles of stunning hiking opportunities to rocky overlooks, backcountry waterfalls, and even botanically rare and rich parcels. Discover

mountain panoramas, untamed streams, and remote wilderness all within a short drive of Washington, D.C., and Richmond. In this updated edition, hiking expert Johnny Molloy shares everything you need to know about 40 five-star hiking trails for all levels and interests, including route details, directions, nearby attractions, GPS-based trail maps, elevation profiles, and more in this easy-to-carry and easy-to-use guidebook. Every trail is rated for scenery, difficulty, trail condition, solitude, and accessibility for children, so you know exactly what to expect before beginning your next adventure.

1999 Rich Freeman A guide to 51 short hikes through the forests, glens, bogs and hills of central and western New York State.

2018-04-24 Don J. Scarmuzzi Looking for the perfect day hike in the Portland and Seattle regions? This guidebook of the Pacific Northwest provides avid hikers with full-color photographs and maps, detailed information on every trail's elevation, distance, difficulty, and duration, and specifics of the route with the author Don Scarmuzzi's own personal tips. Day Hikes in the Pacific Northwest covers from the South Cascades in Washington through Oregon, including the North Coastal Range, all the way to the Wallows in the northeast part of the state. The guidebook includes colorful pictures, detailed maps, concise directions with road conditions

to each trailhead, and information on parking passes required, and whether there is a restroom at the trail head. For each hike, Scarmuzzi describes the mileage, compass directions, landmarks, and suggested routes for loops. Day Hikes in the Pacific Northwest includes hikes from: Mount St. Helens-Indian Heaven Wilderness-Gifford Pinchot National Forest Mount Adams-Goat Rocks Wilderness Mount Hood-Salmon Huckleberry Wilderness Mount Jefferson-Opal Creek-Bull of the Woods Wilderness Three Sisters Wilderness and South Oregon Northern Coastal Range Eastern Oregon-Wallowas Find more Pacific Northwest trails in Don Scarmuzzi's other books, Day Hikes in the Columbia River Gorge and Day Hikes in Washington State.

2018-04-01 Randy Johnson Best Easy Day Hikes Great Smoky Mountains National Park includes concise descriptions of the best short hikes in the area, with detailed maps of the routes. The 22 hikes in this guide are generally short, easy to follow, and guaranteed to please.

1994 Don DeFoe Map has titles: Great Smoky Mountains trail map; Great Smoky Mountains hiking map.

2013-02-05 Joshua Kinser Five-Star Trails: Raleigh and Durham is a guide to the best day-hiking trails within a twohour drive of the urban areas of Raleigh and Durham. Raleigh is North Carolina's capital and an anchor for the state's famous Research Triangle that includes Durham and Chapel Hill. Amid this metropolitan complex that also embraces Cary, Apex, and Wake Forest—home to more than 1.7 million people—the author leads readers to myriad places for scenic beauty, to sites of historic significance, and to neighborhoods that showcase the charms of urban life. All of the routes stay true to the book's "Five-Star Trails" title, based on the book series' rating system for scenery, trail condition, suitability for children, difficulty level, and solitude. To be selected for the book, each trail must truly shine in one or more of those areas while, at the same time, all of the trails combine to offer diversity for a wide range of hikers. Thus, this is the guidebook for a hiker seeking an arduous climb to a scenic overlook as much as it is for a weekend walker who wants an easy trail for his or her family.

2017-09-26 Karen Berger FOREWORD INDIES Book of the Year Awards — 2017 GOLD Winner for Nature A hiker's dream bucket list is embodied in this lavishly illustrated celebration of more than eighty of the world's most iconic trails. Celebrating the most important, popular, and diverse hiking trails in the world, this book invites readers to take a walking tour through the planet's natural wonders. Divided into six sections, the book groups trails by theme: pilgrimages, historic hikes, mountain hikes, wilderness trails, trails through diverse environments, and longdistance trails. From Mount

Kenya to subarctic hikes in Scandinavia, and from exotic hikes in the Himalayas to more familiar trails in the United States and Canada, this book invites readers to explore the history, environment, and cultures of the world on foot. Each featured trail has its own section, with a map and photo gallery focusing on what makes it one of the most magnificent hiking trails anywhere in the world. Included are detailed descriptions and trail highlights. This book is perfect for anyone interested in conservation, outdoor recreation, or the myriad ways that walking through a landscape is an intimate exploration of its soul.

2024-04-16 Jennifer Pharr Davis Discover 35 five-star hiking trails near Asheville, North Carolina, including popular routes and hidden gems. Peaceful waterfalls, dramatic mountain vistas, bountiful nature preserves, and, of course, the Blue Ridge Parkway and Great Smoky Mountains National Park—there's no better place to hit the trails than the Asheville area. This diverse geographical region offers a variety of easy, moderate, and strenuous hikes. Travel through history at Mount Pisgah via Buck Spring Lodge. Take in the scenery at Big Firescald Knob. Bring the kids to Bearwallow Mountain. Explore 35 of the region's best, five-star trails with this easy-tocarry and easy-to-use guidebook. In the updated edition, acclaimed author and record-setting hiker/backpacker Jennifer

Pharr Davis presents everything you need to know about spectacular outings that lead to mountain panoramas, majestic waterfalls, remote wilderness, amazing wildlife, and more. Inside you'll find: Descriptions of 35 five-star hiking trails for all levels and interests GPS-based trail maps, elevation profiles, and detailed directions to trailheads Insight into the history, flora, and fauna of the routes Ratings for scenery, difficulty, trail condition, solitude, and accessibility for children Save time and make the most of your hiking adventures. From easy strolls in the deep woods to thrilling treks atop mountains, experience the best of Asheville's breathtaking scenery and varied terrain. Lace up, grab your pack, and hit the trail!

2017 Gestalten Whether it be through far-flung deserts, luxuriant forests or majestic alpine terrain, when we choose to walk rather than fly or drive, something wonderful happens: our awareness and appreciation of the natural world begins to grow. It can be the faint sound of a gently meandering stream, the distinct smell of decaying leaves on a crisp autumn morning, or even a bowl of cereal that never tasted better than when eaten on a mountaintop at sunrise.

Whatever your hiking dreams and goals may be, this book will inspire you to plan and realize your your journeys.

2012-06-04 Robert L. Williams This updated third edition offers day hikes for all skill levels and abilities, including an underground hike through an old gold mine and a climb to the top of the highest peak along the Blue Ridge Parkway. The mountain ranges of North Carolina—from the Blue Ridge and Great Smokies to the southern foothills—are distinguished by steep gorges, spectacular waterfalls, lush forests, open vistas and temperate weather, making them a popular hiking destination in every season. This updated third edition offers day hikes for all skill levels and abilities, including an underground hike through an old gold mine and a climb to the top of the highest peak along the Blue Ridge Parkway. In addition to trailhead directions, hiking distances and times, safety tips, and topographic maps, you'll also find folk stories, historical anecdotes, and natural history information.

2020-02-18 Friends of the Mountains-to-Sea Trail The Mountains-to-Sea Trail is an 1,175-mile destination trail that crosses North Carolina from Clingmans Dome in Great

Smoky Mountains National Park to Jockey's Ridge State Park on the Outer Banks. It traverses 37 counties, 7 national parks and forests, and nearly a dozen state parks and historic sites. This is the firstever guide to day hikes along the crown jewel of North Carolina foot trails. Whether you're a seasoned hiker or new to the outdoors, this official guide from Friends of the Mountains-to-Sea Trail is your go-to companion for exploring all the trail has to offer, showcasing everything from scenic mountain vistas to surprising escapes in the state's Piedmont region and the wonders of coastal plain pocosins. Features include - 40 hikes carefully chosen to appeal to hikers of all experience levels - Helpful hike finder feature to identify the perfect hikes for birding, waterfalls, history, universal accessibility, and more - Turnby-turn guidance and key points of interest for each hike - Full-color maps and photographs - Helpful information about the trail's history and ongoing development

1997 Allen De Hart The only comprehensive trail guide available for the Mountain State this book features descriptions of more than 500 trails totaling nearly 2000 miles