



2010

Recreation Guide to the National Forests in North Carolina

www.cs.unca.edu/nfsnc

National forest recreation gets recovery fund boost

North Carolina's national forests will get a wealth of recreation upgrades, thanks to the American Recovery and Reinvestment Act, legislation designed to put people back to work.

Facelifts in motion

More than \$15 million in economic recovery funds will pay private contractors and partners to complete a variety of projects in North Carolina's four national forests, which spread from the mountains to the sea. Most jobs will be finished by spring 2011.

Contract crews will repair more than 200 miles of trail, restore historic fire towers and shelters, and replace worn-out restrooms at campgrounds.

By igniting controlled burns, fire specialists will eliminate excess layers of leaves and underbrush—the primary fuels that start wildfires in forests. To make room for native plant growth, crews will remove invasive plants.

In the mountains

At North Mills River Recreation Area in Pisgah District, crews will replace an old restroom.

Contractors will also repair many structures built by Civilian Conservation Corps workers in the 1930s, such as the Pink Beds Shelters and Frying Pan Tower. In addition, the English Chapel Bridge at Davidson River and three original Cradle of Forestry buildings will be renovated.

For trail enthusiasts, 30 miles of hike, bike and horse trails will be repaired at the district.

At the Appalachian District, contractors will improve Roan

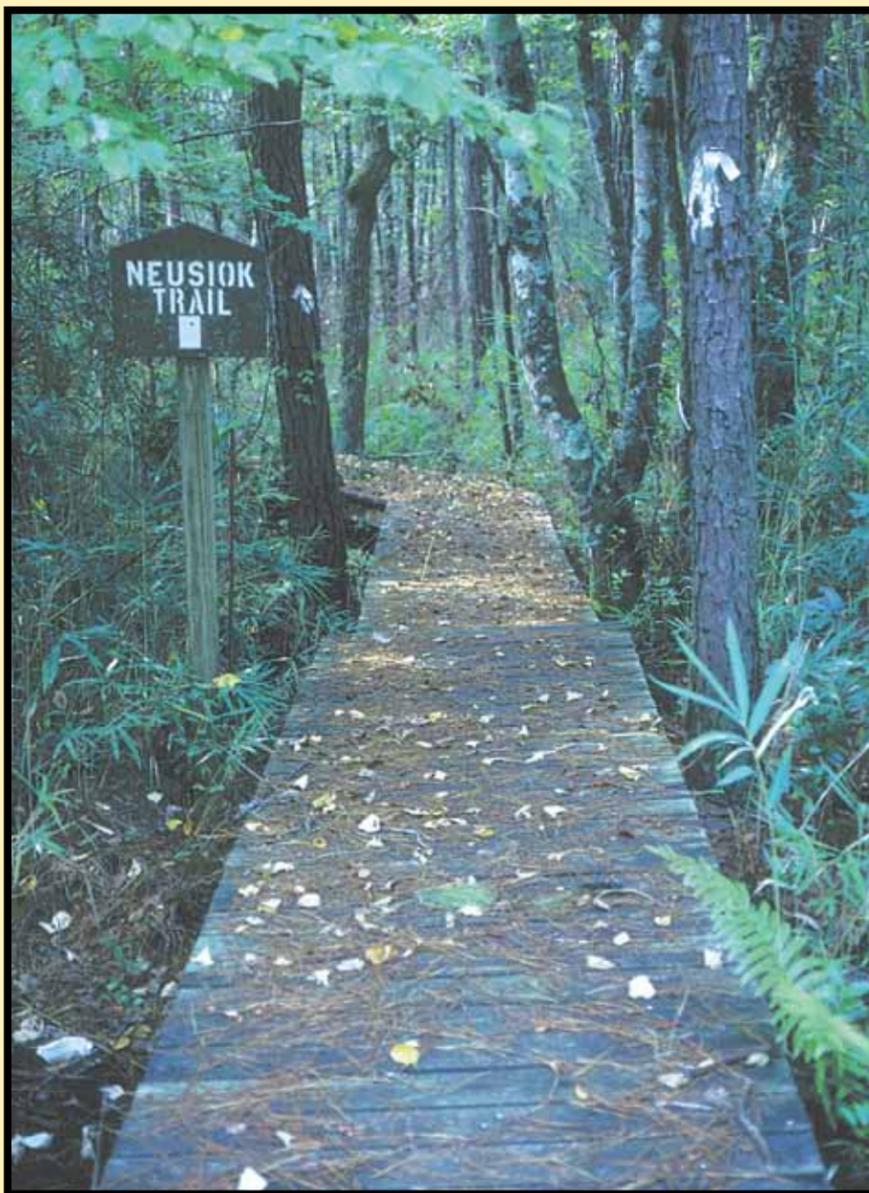


PHOTO BY BILL LEA

One stimulus project is the Croatan National Forest's Neusiok Trail. Across 20.8 miles of the trail, crews will replace decayed boards and renovate sections. For details on the Neusiok Trail, please see Page 13.

Mountain's garden access trail and main road and install a new observation deck.

Slated to open in spring 2011 is a new accessible and expanded restroom. The restroom replaces an old facility. Renovating 42 miles of trail and restoring Green Knob and Rich Mountain fire towers are other

projects on the list.

At Grandfather District, crews will control the spread of Princess Tree, a non-native tree that invaded Linville Gorge Wilderness. To reduce wildfire risks, crews from Job Corps Civilian Conservation Centers, **Recovery fund boost...see Page 2**

WELCOME to the forests

Gentle mountain slopes that stretch for miles, gardens of pink rhododendron, salt marshes that connect to the sea and lakes bordered by longleaf-pine forests: these are just some features at North Carolina's four national forests, the Nantahala, Pisgah, Uwharrie and Croatan.

Every year 8.6 million people visit these national forests to camp, hike, ride whitewater rapids, mountain bike, fish or take scenic drives in these havens of rest.

In addition to great recreation, the national forests provide wildlife habitat, clean water and wood products.

Tsali trails get facelift

Funded by economic recovery dollars, contracted crews will improve the Tsali Trail System, a mecca for mountain bikers who flock here from across the world.

Located in the Nantahala National Forest, the heavily-used 28-mile system, also open to horse-back riders and hikers, gets repaired this year. Trail crews will level out steep sections, stabilize areas where heavy rainfall forged deep gullies and reroute drainage.

"Overall, the renovations will ensure a stable, safe trail system that matches the increased usage," said Michelle Aldridge, U.S. Forest Service planning assistant. "Visitors will definitely enjoy the improved trails at Tsali."

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CROATAN ● UWHARRIE ● PISGAH ● NANTAHALA ● NATIONAL FORESTS

Roan Mountain access road closes before 6/6, after 7/7

This year's season for viewing Roan Mountain attractions runs from June 6-July 7. The recreation area will remain closed the rest of the season to make significant improvements to facilities.

The upgrades at Cloudland Hotel site include new restroom facilities and sidewalks, improved picnic facilities and parking area resurfacing.

At the Rhododendron Gardens, a new observation deck will replace the old one, and accessible trails will be improved. Trails that connect this developed recreation area to the Appalachian Trail will be closed.

No fees will be charged for Roan Mountain area during the open period.

Recovery fund boost continued from page 2

NC Division of Forest Resources, and private contractors will cut trees and brush on national forest land bordering private land near Lake James and Blowing Rock. Crews will also repair 30 miles of horse, hike and bike trails and 10 miles of off-highway-vehicle trail.

In addition, Student Conservation Corps crews will maintain trails in Joyce Kilmer Wilderness. Contractors will install a bridge on Snowbird Trail, replace Rattler Ford Campground's wellhouse, and restore Joanna Bald and Wachecha historic fire towers. To protect two native endangered species, crews from the Eastern Band of Cherokee Indians will treat oriental bittersweet, a non-native invasive species along Cheoah River.

At Nantahala Ranger District, architects and preservation specialists will restore Wayah Bald, Cowee Bald, Albert Mountain and Yellow

Mountain historic towers. Contractors will expand and improve Ferebee's put-in and take-out for rafts and kayaks along the Nantahala River. At Whiteside Mountain, crews will improve a two-mile loop trail and replace the overlook on the mountain's north side.

At Tusquitee Ranger District's Jackrabbit Recreation Area, contractors will replace an old restroom with a new facility that has four toilets. Lines to Clay County's municipal wastewater system will replace the current on-site treatment plant, and a connection to the water system at Hiwassee, Ga., will provide safe drinking water for campground visitors.

In Tusquitee's Upper Tellico River watershed, recovery dollars will support a project that monitors and improves water-quality. Contractors will stabilize soils and decrease stream sedimentation associated with recently closed off highway vehicle trails in the area. Formerly an off-highway-vehicle trail, Forest Highway 420-1 will be improved and maintained for safe year-round travel by passenger vehicles.

In the piedmont

At Uwharrie National Forest, contractors will add restrooms at Badin Lake Group Campground and replace an old vault toilet at the Woodrun Hunt Camp. Crews will repair nearly 11 miles of horse, hike, bike and off-highway-vehicle trails.

On the coast

At Croatan National Forest, contractors will replace the restroom and wastewater system at Croatan National Forest's Neuse River Recreation Area. Pinecliff's picnic shelter, destroyed during a hurricane, will be replaced. To reduce threats of wildfire and southern pine beetle outbreaks, crews will thin pine stands, conduct controlled burns and plant native longleaf pines.

For details on trails and recreation site conditions, see local district phone numbers and addresses on Page 16. For more information on the American Recovery and Reinvestment Act, go to www.recovery.gov.

Grandfather district gets new ranger



John Crockett
Grandfather
District Ranger

After three years as a deputy district ranger at the Ozark-St. Francis National Forest in Arkansas, John Crockett is now serving as the Grandfather District ranger in the Pisgah National Forest.

As the new ranger, Crockett oversees the Grandfather District's 189,000 acres that offer a range of recreation, from riding Wilson Creek's rapid whitewater to hiking steep rugged trails at Linville Gorge Wilderness to riding the trails at Brown Mountain's off-highway-vehicle trail system.

"I look forward to meeting with the public, so we can discuss the various management issues facing the district," said the new ranger, who holds a bachelor's degree in forest management from Alabama A&M University.

Guides provide key to your adventure

Rock climbing, kayaking and fly fishing—These are just some activities offered by outfitter guides in the national forests.

Professional guide services make it easier to try out new activities. No experience is needed, although specific clothing and personal gear may be required. Outfitters provide the rest. They normally provide all needed items and transportation and give safety instructions and expertise.

To find an outfitter-guide list go to: www.cs.unca.edu/nfsnc/recreation/outfitters/outfitters.htm. All guides on this list hold a Forest Service permit to operate on national forest land.

There's magic at the Cradle



PHOTO BY STORYPOINT MEDIA

In the Cradle's new film, Dr. Schenck challenges Caty to treasure the chestnut seed she holds.

Magic: Maybe it's in the rapid flutter of a hummingbird's wings, in the enchanted forests along the trails or in the graciousness of the volunteers. But there's definitely magic in the Cradle of Forestry in America's new movie, "There's Magic at the Cradle."

Open to Cradle of Forestry visitors, the movie is a fantasy about a 12-year-old girl named Caty. Before visiting the Cradle, she has no interest in nature. Suddenly she is magically whisked away into a sometimes frightening and sometimes heart-warming adventure, where

she learns about forest values and the magic of the outdoors. During the course of the story, the film outlines the Cradle's history and its significance for present and future conservation.

Home of America's first forestry school founded in 1898, the Cradle sits in the scenic Pink Beds Valley, once owned by George Vanderbilt of Biltmore House fame.

Historic cabins, a one-room schoolhouse and an antique logging train capture the imagination. In the Forest Discovery Center, volunteers help orient visitors to the Cradle,

which offers an exhibit hall with hands-on ways to learn about the forest environment. Play the scavenger hunt, crawl through a "burrow," "fly" over a forest fire in a helicopter or play a habitat matching game.

The one-mile Biltmore Campus Trail reveals the Biltmore Forest School story. The trail travels by two preserved black forest lodges and a one-room schoolhouse. Along the 1.3-mile Forest Festival Trail, learn about past and present forestry and land stewardship.

The Cradle of Forestry is open daily from April 10-Nov. 7, 9 a.m.-5 p.m. Admission is \$5 for adults. Ages 15 and under are free. For details on guided programs, exhibits, events and craft demonstrations, call (828) 877-3130 or visit: www.CradleofForestry.com.

2010 CRADLE EVENTS

- April 10 Plowing Day & Folkways
- May 15 Migratory Bird Day
- June 12 ♦Firefly Twilight Tour
- June 26 Bug Day
- July Sunday afternoons..♦Songcatcher Music Series
- August 7 ♦Smokey Bear's Birthday Party
- Sept. 25 National Public Lands Day
- Oct. 2..... ♦Forest Festival Day/Woodmen's meet
- Oct. 8-10 Camping in the Old Style
- Oct. 22, 23.. ♦The Legend of Tommy Hodges
- ♦\$6 for adults, \$3 for ages 4-15 and holders of America th Beautiful and Golden Age passess

CAROLINA 3 CONNECTIONS



Fees subject to change

MAP NUMBER
RESERVATIONS *
DUMP STATION
PICNIC AREA
RESTROOMS
AMPHITHEATER
SHOWERS
DRINKING WATER
BOAT RAMP
SWIMMING
FISHING
TRAILS
FEE (\$) **NUMBER OF SITES**

NANTAHALA NATIONAL FOREST

COMMENTS

AMMONS BRANCH All year. From HIGHLANDS, follow Main St. east out of town about 4.5 miles through Horse Cove. When pavement ends, bear right on Bull Pen Rd. and go 1.5 miles.	32					V										no fee	4	Primitive camp on Ammons Branch. No drinking water. Nantahala District: 828-524-6441.
BLUE VALLEY All year. From HIGHLANDS, follow NC 28S 5.5 miles. Turn right at sign.	31					V										no fee	15	Dispersed sites on road, some near toilet. No water. Nantahala District: 828-524-6441.
BRISTOL HORSE CAMP All year. From HAYESVILLE, take SR 1307 for 3 miles to SR 1300, go 5.7 miles to SR 1344 (FR 340). Follow signs.	4					V									\$5	7	On Fires Creek. Offers horse camping. Tusquitee District: 828-837-5152.	
CABLE COVE Apr. 1-Oct. 31. From FONTANA VILLAGE, take NC 28S, 4.7 miles, turn left on FR 520 for 1.4 miles.	21					V									\$10	26	Near Fontana Lake. One-mile nature trail. Cheoah District: 828-479-6431.	
CHEOAH POINT CAMPGROUND Apr. 15-Oct. 31. From ROBBINSVILLE, take NC 129N, left on SR 1145 for 0.3 mile, right on SR 1147 for 1 mile.	20	*				F									\$15 \$20	26	Sites 1-17: \$15, first-come first served. *Sites 18-23, \$20, RV sites, electricity. *Cabins, \$35 per night.	
HANGING DOG Apr. 1-Sept. 15. From MURPHY, take NC 1326W for 5 miles.	2	*				F V									\$8- \$16	52	On Hiwassee Lake. Tusquitee District: 828-837-5152.	
HORSE COVE Apr. 15-Oct. 31. From ROBBINSVILLE, take US 129N for 1 mile, left on NC 143W for 10 miles, right on SR 1159 for 2.3 miles, right at Joyce Kilmer Road for 0.5 mile.	19					F V									\$10	18	In winter, no water with \$5 fee, five sites all year. Cheoah District: 828-479-6431.	
HURRICANE CREEK ♦ Mar. 15-Dec.15 (depending on weather) Go south from Standing Indian on FR 67 (gravel) for 2 miles.	6					V F									\$6	*	No water. Nantahala District: 828-524-6441.	
JACKRABBIT May 2-Sept. 30. From HAYESVILLE, take U.S. 64E for 6.2 miles, turn left on NC 175 for 3 miles, turn right on SR 1115.	5	*				F V									\$15- \$30	100	On Chatuge Lake. Lakefront sites. Swimming. Tusquitee District: 828-837-5152.	
STANDING INDIAN ♦ May 1-Nov. 27. From FRANKLIN, take U.S. 64W for 9 miles, turn left on old U.S. 64 and follow signs.	8	*				F V									\$14- \$28	84	On Nantahala River. Nantahala District: 828-524-6441.	
TSALI Apr. 15-Oct. 31. From BRYSON CITY, take U.S. 19S for 9 miles, turn right on NC 28W for 3.5 miles, turn right SR 1286 for one mile to entrance.	22					F V								 	\$15	42	On Fontana Lake. Mecca for mountain bikers. Cheoah District: 828-479-6431.	
VAN HOOK GLADE ♦ April 1-Oct. 30. From HIGHLANDS, take U.S. 64W for 4 miles, turn right at sign.	23	*				F V									\$16	19	Campers may use lake and hot showers. Nantahala District: 828-524-6441.	

PISGAH NATIONAL FOREST

COMMENTS

BLACK MOUNTAIN ♦ Apr. 14-Oct. 31. From BURNSVILLE, take U.S. 19E for 5 miles, turn right on NC 80 for 12 miles, right on FR 472.	54					F V									\$17	44	On South Toe River. Guided activities in-season. Campground office: 828-675-5616.
BOONE FORK May 31-Sept. 7. From LENOIR, take NC90-W for 7 miles. Turn right on SR 1368 for 3 miles, turn right on FR2055.	67					V									\$3	15	On Boone Fork. Grandfather District: 828-652-2144.
CAROLINA HEMLOCKS ♦ Apr. 14-Oct. 31. From BURNSVILLE, take U.S 19E for 5 miles, turn right on NC 80 for 9 miles..	57					F									\$17	37	On South Toe River. Appalachian/Burnsville Unit: 828-682-6146.
CURTIS CREEK Apr. 1-Nov. 30. From OLD FORT, take U.S. 70E for 1.7 miles, turn left on FR 482.	59					V									\$5	*	RV and tent camping. Free dispersed camping nearby. Grandfather District 828-652-2144.
DAVIDSON RIVER ♦ All year. From BREVARD, take U.S. 64E to US 276, turn left. Follow U.S. 276 for 1.5 miles.	40	*				F V									\$20- \$40	161	\$2 extra for riverside sites. Pisgah District. Campground office: 828-862-5960.
LAKE POWHATAN ♦ Apr. 1-Oct. 31. From ASHEVILLE, take I-26E to exit 33, turn left on NC 191S for 4 miles, turn right on Bent Creek Ranch Rd., go 3.5 miles to entrance on left.	43	*				F V								 	\$20- \$40	98	Lifeguard available. Interpretive programs in season. Pisgah District. Campground office: 828-667-0391.
MORTIMER Apr. 1-Nov. 30. From LENOIR, take NC 90W to Collettsville. Turn right on SR 1328 (turns to gravel), go 8.5 miles. At NC 90, turn left.	69					F V									\$10	19	Next to Thorpe Creek. Picnic shelter. Grandfather District: 828-652-2144.
NORTH MILLS RIVER ♦ All year. From ASHEVILLE, take I-26E to exit 40, turn right on 280W, go 4 miles, turn right on SR1345, go 5 miles.	41	*				F V									\$11- \$13	32	\$3 extra for riverside sites. In winter, half price. Pisgah District. Campground mgr: 828-890-3284.
ROCKY BLUFF May 1-Oct. 31. From HOT SPRINGS, take NC 209S, go 3.3 miles, turn left into campground.	47					F									\$8	30	On Spring Creek. Appalachian District: 828-682-6146.
SUNBURST ♦ Apr. 1-Oct. 31. From WAYNESVILLE, take U.S. 276S for 7 miles, turn right on NC 215S, go 8 miles.	31					F									\$13	10	Pisgah District. Campground Manager: 828-648-7841.

♦ : Operated by private concessionaire.

*: To make reservations, call 877-444-6777 or TDD:877-833-6777 or go online to recreation.gov.

★ : Primitive camp, undesignated sites.

FOREST SERVICE RECREATION SYMBOLS

restrooms; V=vault; F=flush	drinking water	hiking trails
picnic area	shower	horseback riding
partial accessibility, may not meet ADA standards	mountain bike trails	dump station
swimming	fishing	boat ramp
		amphitheater

GROUP CAMPGROUNDS

Group campgrounds are designed for organized groups of 25 to 100 people per site. Some group camps have established tent pads, tables, fire rings, flush toilets and showers, while others have a large grassy field and chemical toilets.

Group camps are available only by reservation through district offices where the site is located (phone numbers on page 16) or by the National Recreation Reservation Service.

★ **FOR NRRS RESERVATIONS:** Call the National Recreation Reservation Service toll free at 877-444-6777 at least 10 days in advance, but do not call more than 360 days in advance for group camping.

Reserve no more than 240 days in advance for family camping. Visit the web site: recreation.gov. TDD customers: 877-833-6777. A \$9 service fee is charged.

Pass opens door to recreation

Visitors who frequently visit federal public land to view scenery and enjoy outdoor recreation can benefit from a new pass program.

The America the Beautiful Pass combines into one pass the benefits of visiting land managed by five federal agencies, such as the U.S. Forest Service and National Park Service.

Four different interagency passes are offered.

- **An \$80 Annual Interagency Pass** for those who visit multiple federal sites. Offers unlimited coverage of entrance and day-use fees for a year, which begins when the card is first used.
- **A free Annual Volunteer Pass** for volunteers giving 500 hours of service on a cumulative basis.
- **A \$10 Lifetime Senior Pass** for U.S. citizens 62 years old or over.
- **A free Lifetime Access Pass** for citizens with permanent disabilities.

All passes are valid for one year from month of purchase.

Where a per-vehicle fee is charged the annual pass covers the pass holder and passengers in a single, private, non-commercial vehicle.

Where a per-person fee is charged, the annual pass covers a pass holder and three accompanying adults age 16 and older. Children 15 and younger are fee exempt. In North Carolina's national forests, all passes are honored at Roan Mountain, Whiteside Mountain, Whitewater Falls and the Cradle of Forestry in America.

Lifetime Senior and Lifetime Access passes offer pass holders a 50-percent discount on camping fees at Forest Service operated campgrounds.

To purchase passes, visit any federal land office, call 888-ASK-USGS (ext.1) or go online at www.recreation.gov. Please see page 16 for more contact information.

GROUP CAMPING IN THE MOUNTAINS

GROUP CAMP	MAP NO.	RANGER DISTRICT	CALL TO RESERVE	ACTIVITIES	FACILITIES	MAX. GRP. SIZE	SEASON	FEE/SITE
Appletree	13	Nantahala	828-524-6441			2 sites for 25; 2 for 50	April 1-Oct. 31	\$50-\$100
Briar Bottom ♦	53	Appalachian	★877-444-6777			6 sites: 50/site	April 14-Oct. 31	\$55
Cove Creek ♦	36	Pisgah	★877-444-6777			2 sites; 100/site	Year-round	\$80-\$95
Harmon Den Horse Camp	45	Appalachian	★877-444-6777			10 sites; 8 people 4 horses/site	May 1-Oct. 31	\$15
Kimsey Creek ♦	7	Nantahala	★877-444-6777			3 sites; 25/site	May 1-Nov. 30	\$50
Kuykendall ♦	32	Pisgah	★877-444-6777			1 site for 100	Year-round	\$80-\$95
Rattler Ford	17	Cheoah	★877-444-6777			4 sites; 25/site	Apr. 1-Oct. 31	\$50
Silvermine	48	Appalachian	★877-444-6777			1 site for 50	May 1-Oct. 31	1-25: \$25 26-50: \$40
Wash Creek	71	Pisgah	828-877-3265			1 site, 35 people 15 vehicles	Year-round	\$35
White Pines ♦	38	Pisgah	★877-444-6777			2 sites; 25/site	Year-round	\$40-\$50

★:Reservation Service web site: recreation.gov

♦:Private concessionaire operated

FEEES SUBJECT TO CHANGE

3 ways to order maps from CFIA

The following maps are available from the Cradle of Forestry Interpretive Association by mail, phone or on-line. Write: send your name, address and phone number with a check or money order payable to: CFIA, 66 South Broad Street, Brevard, NC 28712; call (800) 660-0671 (ext. 17); web sites: www.cradleofforestry.org and www.theforestplace.com. MasterCard and VISA accepted.

NATIONAL FOREST (NF) MAPS

Croatan NF.....	\$9.00
Nantahala NF	\$9.00
Pisgah NF (Grandfather and Appalachian Ranger District)	\$9.00
Pisgah NF (Pisgah Ranger District).....	\$9.00
Uwharrie NF	\$9.00

TRAIL MAPS

Appalachian Trail—Pisgah/Cherokee NF's (2 maps).....	\$12.95
Appalachian Trail—North Carolina/Georgia.....	\$12.95
Bartram Trail (1-7) sections)	\$2.50 ea.
Bent Creek (waterproof)	\$9.00
Harmon Den & Hot Springs (waterproof)	\$6.00*
South Toe River/Mt. Mitchell/Big Ivy (waterproof).....	\$8.00
Wilson Creek Area, Snowbird Area.....	\$4.00 ea.*

TRAILS ILLUSTRATED MAPS (WATERPROOF)

Nantahala National Forest: Fontana & Hiwassee Lakes (784), Nantahala & Cullasaja Gorges (785), Pisgah National Forest, Pisgah District (780),

Linville Gorge & Mt. Mitchell (779); Cherokee & Pisgah National Forests: French Broad & Nolichucky Rivers (782); Great Smoky Mountain National Park (229), South Holston & Watauga Lakes (783)..... \$11.95

WILDERNESS MAPS

Birkhead Mountain\$4.00*
Linville Gorge, Shining Rock & Middle Prong, Southern Nantahala & Standing Indian, Joyce Kilmer-Slickrock\$6 each*

OTHER MAPS

Chattooga River\$6.00
Brown Mountain Off-Highway Vehicle.....\$5.00*

SHIPPING & HANDLING

Up to \$20.....\$5.95
\$20.01 to \$40\$7.95
\$40.01 to \$75\$9.95
\$75.01 plus.....\$12.95

*Map Prices may be subject to change in 2010



The Cradle of Forestry Interpretive Association (CFIA) is a nonprofit organization dedicated to supporting educational and interpretive activities, which further understanding of our forests.

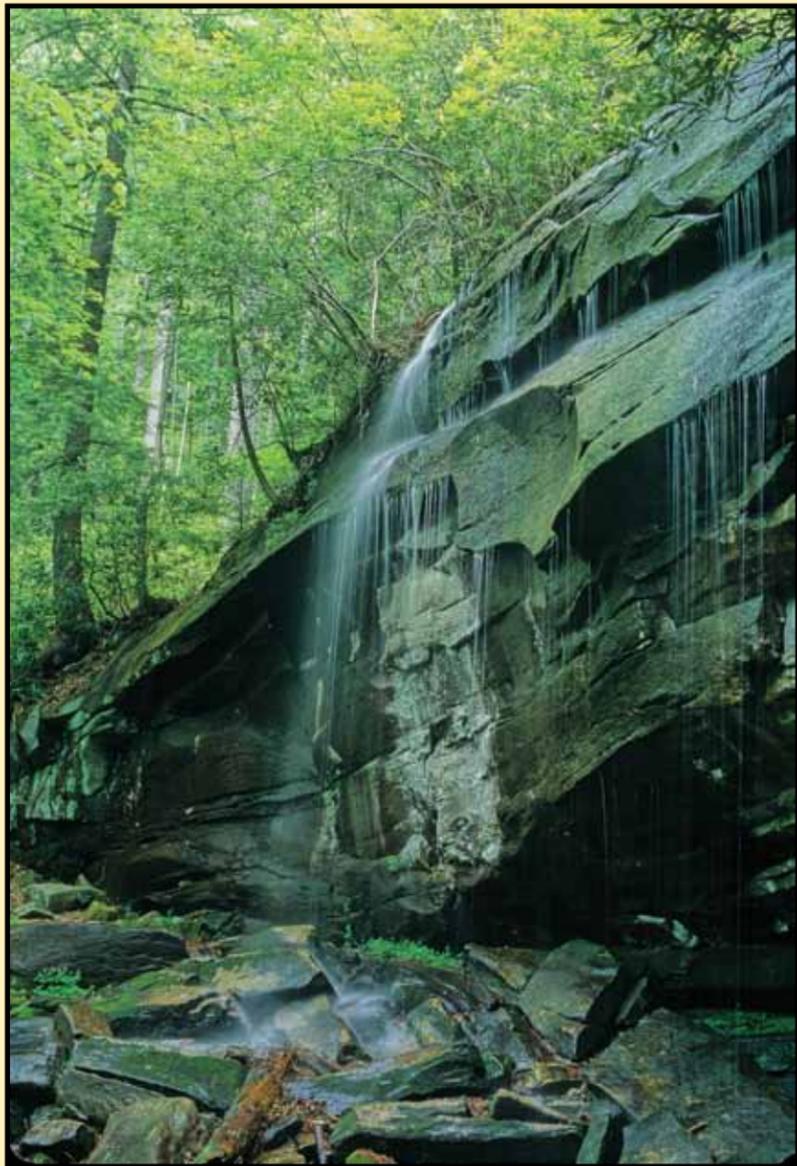


PHOTO BY JEWELL WILSON

Named for the slick rocks at its top and bottom, Slick Rock Falls is located near Brevard. A cattle trail crossed near the top of the falls and occasionally a stray cow would get carried over the falls.

THE MAGIC OF WATERFALLS

There's something magical about watching the crystal clear water of a mountain stream dancing over rocks. The sense of awe magnifies as the water plunges over a cliff.

Perhaps you're drawn to waterfalls because you can't see them just anywhere, or maybe there's something enticing about being near the awesome power of falling water.

STAY ON TRAIL: Getting too close to the falls is a real danger. Wet rocks are often slick, and a slip above a waterfall can be fatal. Stay on the trail to safely experience the sights and sounds of these spectacular waterfalls:

HIGHLANDS AREA

Whitewater Falls: At 411 feet, highest falls east of the Rockies. Falls plunge over Blue Ridge Escarpment—sharp drop in elevation between mountains and Piedmont. From Cashiers, take NC 107 south 10 miles to NC-SC line. Go a mile and take first road to left. Turn left on SC 130. (fee site; D-6 on map)

Silver Run Falls: A 30-foot waterfall spills into a pool of water. Off NC 107, 4.1 miles south of Cashiers. Park in pull-off on left and take a short, easy trail to base of falls. (D-6 on map)

Dry Falls: Walk behind this 75-foot falls without getting wet! Off U.S. 64, 3.5 miles east of Highlands, 16.5 miles west of Highlands, 16.5 miles east of Franklin in the Cullasaja views of the waterfall. Accessible, elevated observation deck. A new stairway, which is easier to climb, connects to original paved path that travels under the waterfall.

Bridal Veil Falls: 120-foot waterfall off U.S. 64, 2.5 miles west of Highlands in Cullasaja Gorge. Built in 1920s, U.S. 64 originally passed under Bridal Veil Falls. (C-6 on map)

Lower Cullasaja Falls: A cascading waterfall about 250 feet high. Off U.S. 64, 11 miles east of Franklin, nine miles west of Highlands. Visible from car. Do not stop car in road. (D-6 on map)

Glen Falls: A steep one-mile trail offers spur trails that lead to three large 60-foot falls that make up Glen Falls. Trail allows views of Rabun Bald and Blue Valley. From Highlands, go three miles south on NC 106. Turn left on gravel road at sign. (D-6 on map)

Lower Satulah Falls: A high, narrow waterfall, visible from an overlook. Off U.S. 28, 2.5 miles south of Highlands. (D-6 on map)

BREVARD AREA

Looking Glass Falls: Visible from U.S. 276, steps lead down to Looking Glass Creek, where you often feel the mist from the 60-foot falls. From Brevard, take U.S. 276 north. (D-5 on map)

NEAR THE PARKWAY

Douglas Falls: Three-mile difficult trail to 50-foot waterfall, spills over the rockface. Towering hemlocks surround falls. Trail begins at Craggy Gardens parking lot off parkway. Difficult trail to waterfall, six miles round-trip.

FRANKLIN AREA

Big Laurel Falls: Pretty waterfall, located five miles past Standing Indian Campground. Easy, 0.5-mile trail to base of Big Laurel Falls. The path of an old logging railroad. (C-6 on map)

WILSON CREEK BACKCOUNTRY

South Harpers Creek Falls: A 200-foot magnificent waterfall with cascades. Follow 2.5-mile Harper Creek Trail, rated as moderate, runs by waterfall that pours into a 50-foot wide pool. Creek offers great fishing.

WILSON CREEK BACKCOUNTRY

South Harpers Creek Falls: A 200-foot magnificent waterfall with cascades. Follow 2.5-mile Harper Creek Trail, rated as moderate, runs by waterfall that pours into a 50-foot wide pool. Creek offers great fishing.

North Harpers Creek Falls: From the North Harper Creek Trail, spot this 40-foot waterfall that drops into a 50-foot-wide pool.

BIG IVY AREA

Big Laurel Falls: Pretty waterfall, located five miles past Standing Indian Campground. Easy, 0.5-mile trail to base of Big Laurel Falls. The path of an old logging railroad. (C-6 on map)

FISHING & HUNTING: popular forest sports

Fishing and hunting—traditional recreation—are still popular today. Many game animals, such as deer, black bear and wild turkey thrive in North Carolina's national forests.

Miles of streams and dozens of lakes offer warm-water and cold-water fishing. Some waters are stocked, and others support wild fish.

While the Forest Service manages the habitat and protects water quality in the national forests, the North Carolina Wildlife Resources Commission regulates hunting and fishing. Any lands open to public hunting, such as national forests, the commission calls "game lands."

Every hunter and angler should get the annual Fishing, Hunting and Trapping Regulations Digest by calling 919-707-0030; write North Carolina Wildlife Resources Commission, 512 N. Salisbury Street, Raleigh, NC 27604; or visit www.wildlife.state.nc.us and select "regulations."

SHOOTING RANGES

NANTAHALA NATIONAL FOREST

Atoah: This 100-yard range offers six shooting stations and is open year-round. Any target is allowed, except clay pigeons. No fee is charged. (Cheoah District: 828-479-6431)

Moss Knob: No fee is charged at this 150-yard range that offers six firing lanes and is open year-round. A four-car parking lot is available. (Nantahala District: 828-524-6441)

Panther Top: Open year-round, this range offers a covered shooting pad for six 100-yard firing lines for rifles and four 25-yard firing lines for pistols. The cost: \$2 user fee or \$25 season pass. (Tusquitee District: 828-837-5152)

Dirty John: Offering a 100-yard range with target frames at 7 yards, 25 yards, 50 yards and 100 yards. This range has six stations that are open year-round. The cost: \$3 per-car parking fee or \$7 annual pass. (Nantahala District: 828-524-6441.)

UWHARRIE NATIONAL FOREST

Flintlock Valley: Open year-round, this shooting range provides 50-yard pistol and 100-yard rifle ranges. Two shelters offer six shooting benches. The cost using range: a \$3 per-person-per-day fee or \$30 annual pass. (Uwharrie National Forest: 910-576-6391)

FOREST LODGING

Balsam Lake Lodge

Surrounded by the Blue Ridge Mountains on the Nantahala District, Balsam Lake Lodge offers a special getaway for groups who reserve the whole facility for \$170 to \$200 per night. The lodge includes 16 twin beds with linens, a kitchen with utensils and three bathrooms. All facilities are fully accessible. The lodge overlooks a lake where trails and fishing piers are fully accessible. To reserve the lodge, call 877-444-6777 or go online to recreation.gov.

Swan Cabin

For a primitive cabin experience, rent the Swan Cabin on the Cheoah District for \$25 per night. This 1931 three-room log cabin has one and a half stories and includes a loft, wood stove, and nine rope-strung bed frames for sleeping bags. Water is from a spring a quarter-mile away; a privy is out back. Make reservations after Jan. 1 each year through the reservation service at 877-444-6777 or visit: www.recreation.gov.

SPECIAL DAY-USE AREAS



Prices subject to change

operated by private concessionaire

MAP NUMBER

PICNIC AREA

RESTROOMS

DRINKING WATER

TRAILS

OTHER ACTIVITIES

FEE (\$)

one day-use or season pass valid



NANTAHALA NATIONAL FOREST									COMMENTS
BALSAM LAKE From TUCKASEGEE, take NC 281S for 8.75 miles. Turn left on SR 1756, go about 6 miles (1 mile past lodge).	30	⚠	♿	F	♻	♿	♿	No fee	Open all year. Walk or fish along Wolf Creek. No water or restrooms in winter. Picnic shelter. Near Balsam Lake Lodge. By reservation only at 877-444-6777.
CHEOAH POINT BEACH From ROBBINSVILLE, take NC 129N for 5.1 miles. Go left on SR 1145 for .3 mile, and right on SR 1147 for 1 mile.	20	⚠	♿	V				No fee	Open April to October. Swimming beach on Santeetlah Lake, boat ramp, picnic shelter, RV sites, flush toilets. Cheoah District: 828-479-6431.
CHEROHALA SKYWAY From ROBBINSVILLE, take U.S. 129N for 1 mile. Turn left on NC 143 for 10.2 miles to Santeetlah Gap.		⚠	♿	V				No fee	Open all year. Drive 30 miles on crest of North Carolina mountains. Scenic overlooks, picnic spots, trails. Cheoah District: 828-479-6431.
CLIFFSIDE LAKE ♦ From HIGHLANDS, take U.S. 64W for 4.5 miles. Turn right at sign.	24	⚠	♿	F	♻	♿	♿	\$3/car. 2 shelters by reservation: 828-877-4023	Apr. 1-Oct. 31. Bathhouse with showers, seven short trails: 0.5 to 1.5 miles. No facilities fee in winter. Site manager: 828-526-5912.
DRY FALLS From HIGHLANDS, take U.S. 64W for 3.5 miles, falls on left.		⚠	♿	V				No fee	Starting May 1, open all year. Walk under waterfall without getting wet. Nantahala District: 828-524-6441.
FIRES CREEK From HAYESVILLE, go 5 miles on U.S. 64W. Turn right on NC 175 for 2.5 miles and left on Fires Creek Rd. (SR 1344).	3	⚠	♿	V				No fee	Open all year. Hike 0.7-mile loop to Leatherwood Falls or 53 miles of trail open to hikers and horses. Tusquitee District: 828-837-5152.
JACKRABBIT From HAYESVILLE, take U.S. 64E for 6.2 miles. Turn right on NC 175 for 2.5 miles. Turn right on SR 1155.	5	⚠	♿	F	♻			\$3/car	May 2-Sept. 30. Swimming beach on Chatuge Lake. Popular for watersports. Hot showers, picnic shelter. Tusquitee District: 828-837-5152.
JOYCE KILMER From ROBBINSVILLE, take U.S. 129N for 1 mile. Turn left on NC 143 and right on SR 1159 for 2 miles to entrance.	18	⚠	♿	V				No fee	Open all year. Walk through this rare, outstanding example of an old growth forest on two two-mile loop trails. Flush toilet. Cheoah District: 828-479-6431.
CHEROKEE LAKE From MURPHY, take U.S. 64W for 8 miles. Turn right on NC 294, go 3 miles.	1	⚠	♿	F	♻	♿		No fee	Apr. 1-Oct. 30. Accessible fishing pier on Lake Cherokee. Picnic shelter. Tusquitee District: 828-837-5152.
NANTAHALA GORGE Take U.S. 19 between ALMOND and TOPTON. Travel through gorge.	14/15	⚠	♿	F	♻	♿	♿	Use fee: \$1/person \$5/person/season	Open all year. Popular rafting on 8.5 miles of white-water. Picnicking at Ferebee Memorial. Nantahala District: 828-524-6441.
STANDING INDIAN PICNIC AREA ♦ From FRANKLIN, take U.S. 64W for 9 miles. Turn left on old U.S. 64, follow signs.	8	⚠	♿	F	♻	♿		\$2/car. \$30/ day for picnic shelter	April 1-Nov. 30. To reserve picnic shelter, call campground office at 828-369-0442. Nantahala District: 828-524-6441.
TSALI From BRYSON CITY, take U.S. 19S for 9 miles. Turn right on NC 28 for 3.5 miles. Turn right on SR 1286; go 1 mile.	22	⚠	♿	F	♻	♿	♿	\$2/trail user \$15 trail user season pass	Closed in winter. Trails open year-round. Near Fontana Lake. 40 miles of bike and horse trails. Bike-wash rack. Cheoah District: 828-479-6431.
WAYAH BALD From FRANKLIN, take U.S. 64W. Turn right on old US 64 to SR 1310 (Wayah Rd.). Turn right on FR 69 for 4.5 miles.	10	⚠	♿	V				No fee	Open all year. Enjoy panoramic views from historic fire tower. Crossed by Appalachian and Bartram trails. Nantahala District: 828-524-6441.
WHITESIDE MOUNTAIN From HIGHLANDS, take U.S. 64E about 5 miles. Turn right on SR 1680. Follow signs.	28		♿	V				\$2/car \$15/season ♦	Open all year. Hike two-mile-loop trail to 4,930-foot summit for outstanding views. Nantahala District: 828-524-6441.
WHITEWATER FALLS From CASHIERS, take NC 107S for 10 miles to NC-SC line. Drive 1 mile, take first road to left. Follow signs.	29	⚠	♿	F	♻	♿	♿	\$2/car \$15/season ♦	Open all year. The East's highest waterfall at 411 feet. Two picnic shelters. Nantahala District: 828-524-6441.

Standing Indian Campground gets facelift

For great camping amenities and adventures along the Appalachian Trail, make tracks to Standing Indian Campground.

Since October 2009, engineers and contractors have worked to give the campground a dramatic facelift. Although Standing Indian's tentative opening is May 1, construction will continue beyond that date. The campground's closing date is Nov. 30.

"At Loop One and Loop Three, new bathhouses will offer four toilets and four showers. At Loop Two and Loop Four, bathhouses will include two restrooms and two showers," said David Velez, Forest Service facility engineer. "All showers provide hot water."

With rock veneer walls and tile floors, the new heated bathrooms will have hand-wash sensors and electric hand dryers. The shower building in Loop Five remains the same. Drinking water is available at faucets in each loop.

Hemlocks and rhododendrons create privacy between the 85 sites that line five loops. In the summer, the cool mountain air pervades, creating the perfect environment for tent and RV camping.

Located at a 3,880 elevation and on the headwaters of the Nantahala River, Standing Indian serves as a hub where hiking trails connect to the nearby Appalachian Trail. The AT offers



PHOTO BY BILL LEA

Trout fishing in mountain streams is one popular activity at Standing Indian Campground.

awesome views from Albert Mountain and along the Long Branch Trail Loop. Kimsey Creek Trail is another great hike.

Kimsey Creek crosses the campground and runs into the Nantahala River, a popular place for whitewater rafting and kayaking. The creek offers trout fishing and chances for wading.

Standing Indian Basin is a popular fishing area, which requires an in-state or out-of-state North Carolina fishing license.

Considering the recent campground upgrades, you may want to reserve your site soon. Call 877-444-677; TDD customers: 877-833-6777; or online: recreation.gov.

BLACK MOUNTAIN CAMPGROUND

Nestled below Mount Mitchell and connected to trails that wind under dense hemlocks, Black Mountain Campground is a huge drawing card for outdoor camping enthusiasts.

Highlights of this diamond in the rough are sparkling clean bathrooms with ceramic floors, faucets that pour water after hand movements and lights that turn on when the door opens. To get a warm shower for five minutes, just feed four quarters into the slot.

Campsites are situated near the South Toe River, around a large Frisbee and football field or in wooded areas along the dirt road that surrounds the campground.

Located at mountain elevations, Black Mountain Campground provides coolness and quietness in a remote setting. During the day, visitors will find these trails to explore.

Mount Mitchell Trail: Starting from the campground, this steep arduous trail travels 5.7 miles and climbs 3,200 feet to Mount Mitchell's summit at 6,684 feet.

Lost Cove Ridge Trail: This very steep 3.3-mile trail climbs to the Green Knob Lookout Tower beside the Blue Ridge Parkway.

Devil's Den Trail: This 0.7-mile nature trail begins near the restroom next to the amphitheater.

River Loop Trail: This 3.1-mile trail loops



PHOTO BY JULIE TRZECIAK

Hikers and dogs stop to view South Toe River as it runs under a bridge near the campground.

across the Black Mountain Campground and South Toe River's two bridges.

Trails to Waterfalls: A beautiful cascading waterfall awaits hikers on the 0.25-mile trail to Setrock Creek Falls. Roaring Fork Falls is three

miles north on FR 472, near NC 80 junction.

Briar Bottom Bicycle Trail: This 1.2 mile-trail starts at the group campground gate. Tracing the South Toe River, the trail crosses two locust bridges and loops around the campground.

SPECIAL DAY-USE AREAS



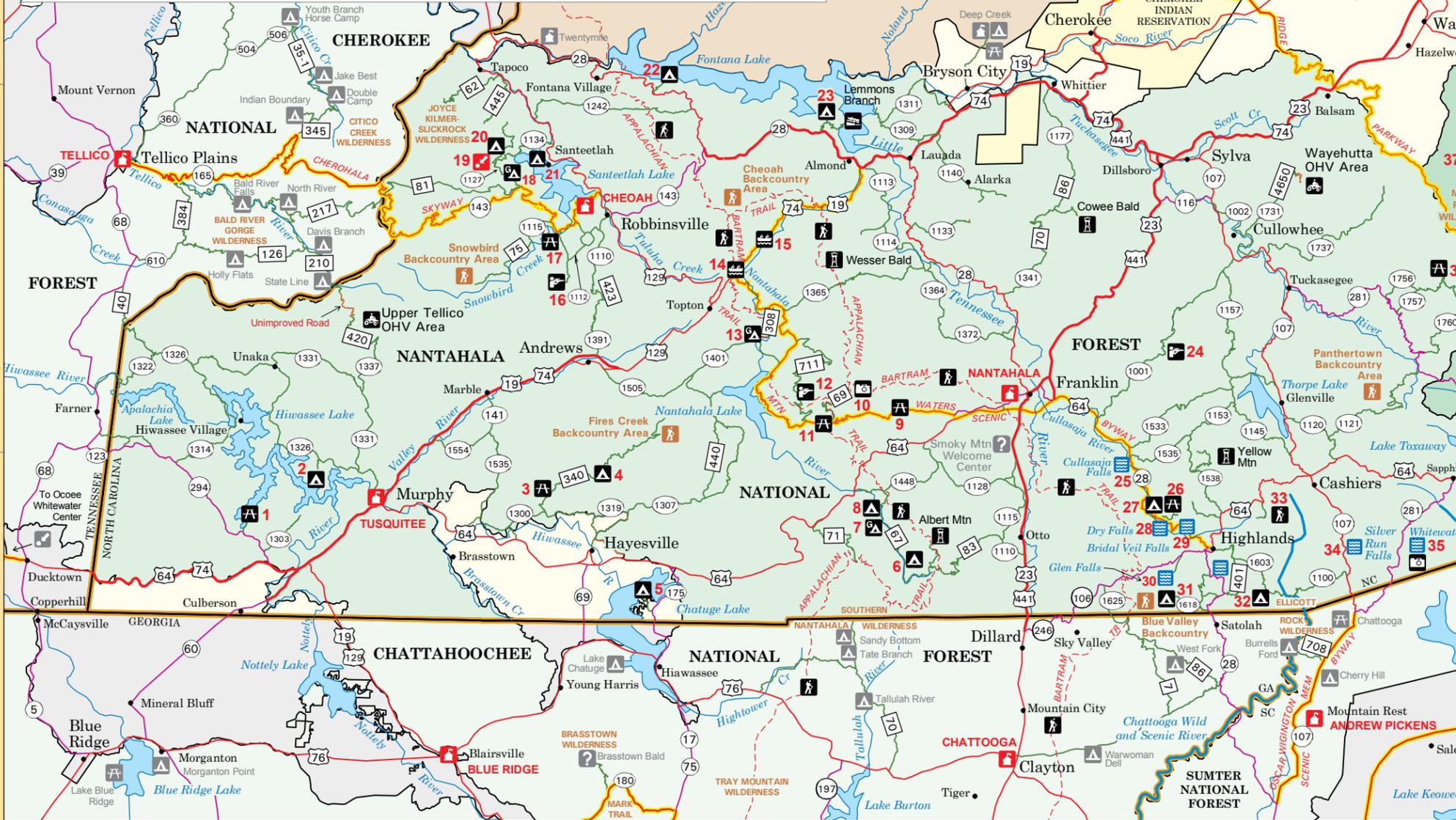
Prices subject to change

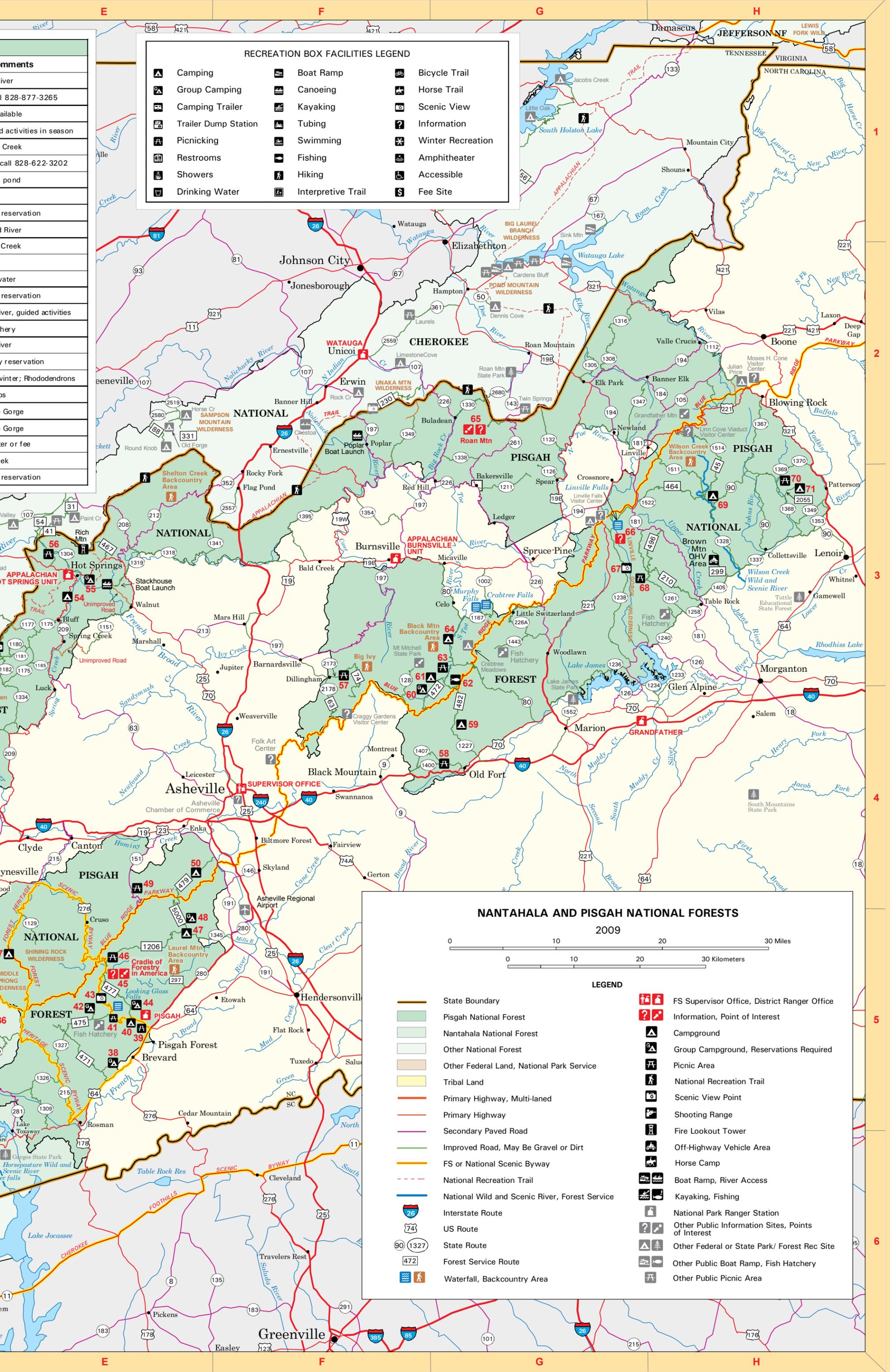
operated by private concessionaire	MAP NUMBER	PICNIC AREA	RESTROOMS	DRINKING WATER	TRAILS	OTHER ACTIVITIES	FEE (\$)	one day-use or season pass valid	* A \$35-per-half-day or \$50 charged for reserving picnic shelters. Call 877-444-6777 or visit www.recreation.gov.	
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PISGAH NATIONAL FOREST									COMMENTS
CAROLINA HEMLOCKS ♦ From BURNSVILLE, take U.S. 19E for 5 miles. Turn right on NC 80 for 9 miles.	56							\$3/car for day use; \$40/day for picnic shelter	April 20-Oct. 30. On South Toe River. Popular for swimming and tubing. For picnic shelter reservations, call 877-444-6777. Appalachian District: 828-682-6146.
COLD SPRING From I-40, west of CANTON, take Harmon Den exit. Travel northeast on FR 148 for 3.7 miles.	44							No fee	Open all year. Pretty picnic spot in heart of Harmon Den. Fish in Cold Spring Creek. Appalachian District: 828-682-6146.
CRADLE OF FORESTRY IN AMERICA From BREVARD, take U.S. 64E to U.S. 276. Turn left and follow U.S. 276N for 11 miles.	39							\$5/adult; free: 15 & under; \$30/year family pass	April 14-Nov. 4. Forest Discovery Center has exhibits & movie. Explore two 1-mile trails. Pink Beds Picnic Area next door. Cradle of Forestry: 828-877-3130.
LAKE POWHATAN ♦ From ASHEVILLE, take I-26E to exit 33. Turn left NC 191S for 4 miles. Turn right on Bent Creek Ranch Rd., go 3.5 miles.	43							\$5/car for day use; \$20/season pass	April 1-Oct. 31. Swimming beach with lifeguards in summer. Accessible fishing pier. Season pass is also good for North Mills River. Pisgah District: 828-877-3265.
MAX PATCH From HOT SPRINGS, take NC 209S for 7.3 miles to SR 1175. Go south on SR 1175 for 5.3 miles. Take SR 1181 about 3.5 miles to end. Turn right on SR 1182 for 1.5 miles.	46							No fee for day use.	Open all year. Two loop trails. (1.4 & 2.4 miles) to grassy summit. Crossed by Appalachian Trail. Fishing pond. Appalachian District: 828-682-6146.
MURRAY BRANCH From HOT SPRINGS, take U.S. 25/70W across bridge, turn left at end of bridge, then right on SR 1304. Go 4 miles.	49							No fee, no reservations for picnic shelter	May-Oct. 31 Picnic, fish along French Broad River. Walk the short River Ridge Loop Trail. Picnic shelter. Appalachian District: 828-682-6146.
NORTH MILLS RIVER ♦ From ASHEVILLE, take I-26E to exit 40. turn right on NC 280W for 4 miles. Turn right on SR 1345, go 5 miles.	41							\$3/car for day use; \$30/season pass	April 1-Oct. 31. Trails nearby for hikers, bikers and horses. Season pass is also good for Lake Powhatan. 35 picnic tables. Pisgah District: 828-877-3265.
PINK BEDS From BREVARD, take U.S. 64E to U.S. 276. Turn left and follow U.S. 276N for 12 miles. Turn right.	46							\$50 for shelter reservation. No fee for day use.	Open all year for picnic shelter reservations. Maximum group size: 40. To reserve a shelter, call Pisgah District: 828-877-3265.
ROAN MOUNTAIN From BAKERSVILLE, Take NC 261N for 13 miles.	59							Free in 2010	June 6-July 7, 2010. Renowned for rhododendron gardens, grassy balds, Short trails and Appalachian Trail. Appalachian District: 828-682-6146.
ROCKY BLUFF From HOT SPRINGS, take NC 209S for 3.3 miles. Rocky Bluff is on left.	47							No fee for day use.	May 1-Oct. 31. Walk the 1.2-mile Spring Creek Loop Trail that leads to Spring Creek, a trout-fishing creek. Appalachian District: 828-682-6146.
SLIDING ROCK From BREVARD, take U.S. 64E to U.S. 276. Turn left and follow US 276N for 8 miles.	43							\$2/person; free: 6 & under	Open all year for viewing. Restrooms open Memorial Day-Labor Day. No alcohol or picnicking. Lifeguards on duty in season. Pisgah District: 828-877-3265.
SUNBURST ♦ Apr. 1-Oct. 31. From WAYNESVILLE, take US 276S for 7 miles, turn right on NC 215S, go 8 miles.	37							\$3/car	Open all year. Ten picnic tables. On site of early logging town. Lies at base of Shining Rock and Middleprong wildernesses. Pisgah District: 828-877-3265.
SYCAMORE FLATS From BREVARD, take U.S. 64E to US 276. Turn left and follow U.S. 276N for 8 miles.	39							\$50 for shelter reservation. No fee for day use.	Open all year for picnic shelter reservations. Maximum group size: 40. To reserve a shelter, call Pisgah District: 828-877-3265.
TABLE ROCK From MORGANTON, take NC 181N. Turn left onto Ginger-cake Acres Rd., which becomes FR 210. Turn right on FR 99.	63							No fee	April 1-Dec. 31. Short trails travel rim of Linville Gorge to Table Rock's summit and to the Chimneys. Grandfather District: 828-652-2144.
WISEMANS VIEW From the town of LINVILLE FALLS, turn right on NC 183. Go 1 mile to SR 1238, Kistler Memorial Hwy. (gravel).	62							No fee	Open all year. Spectacular view of Linville Gorge. Drive slowly on rough gravel road. Grandfather District: 828-652-2144.

NANTAHALA NATIONAL FOREST			
Site Number and Name	Facilities	Comments	
1	Cherokee Lake	Accessible fishing pier	
2	Hanging Dog	On Hiwassee Lake	
3	Fires Creek	30 miles of trails	
4	Bristol Horse Camp	On Fires Creek, many trails	
5	Jackrabbit Mtn	On Chatuge Lake	
6	Hurricane Primitive	No water	
7	Kimsey Creek	Group camp, by reservation	
8	Standing Indian	On Kimsey Creek	
9	Arrowood Glade		
10	Wayah Bald	Scenic overlook	
11	Wayah Crest	Appalachian Trail nearby	
12	Dirty John	Accessible shooting platform	
13	Appletree	Group camp, by reservation	
14	Nantahala Gorge	Rafting and kayaking	
15	Ferebee Memorial	Limited picnicking	
16	Atoah	No fee, six stations	
17	Snowbird	On Snowbird Creek	
18	Rattler Ford	Group camp, by reservation	
19	Joyce Kilmer	Memorial Forest	
20	Horse Cove	In winter no water or fee	
21	Cheoah Point	On Santeetlah Lake	
22	Cable Cove	Near Fontana Lake	
23	Tsali	Near Fontana Lake	
24	Moss Knob	Northeast of Franklin	No fee, four shooting benches
25	Cullasaja Falls	In Cullasaja Gorge	
26	Cliffside Lake	2 picnic shelters by reservation	
27	Van Hook Glade	Campers may use Cliffside facilities	
28	Dry Falls	In Cullasaja Gorge	
29	Bridal Veil Falls	In Cullasaja Gorge	
30	Glen Falls	In Cullasaja Gorge	
31	Blue Valley Primitive	Primitive, no water	
32	Ammons Branch	Primitive, no water	
33	Whiteside Mtn	2 mile trail to vista	
34	Silver Run Falls		
35	Whitewater Falls	Highest falls in east	
36	Balsam Lake	Accessible trails and fishing	
PISGAH NATIONAL FOREST			
37	Sunburst	On site of early logging town	
38	Kuykendall	Group camp, by reservation	
39	Sycamore Flats	Picnic shelter available	
40	Davidson River	Guided activities in season	
41	Coontree	Accessible fishing platform	
42	Cove Creek	Group camp, by reservation	
43	Sliding Rock	Lifeguard on duty in season	
44	White Pines	Group camp, by reservation	
45	Cradle of Forestry	Exhibits, movie, guided tours	
46	Pink Beds	Picnic shelter available	

PISGAH NATIONAL FOREST			
Site Number and Name	Facilities	Comments	
47	North Mills River	On North Mills R	
48	Wash Creek	Group camp, cal	
49	Stony Fork	Picnic shelter av	
50	Lake Powhatan	Lifeguard, guide	
51	Cold Springs	On Cold Springs	
52	Harmon Den Horse Camp	By Reservation;	
53	Max Patch	Panoramic view,	
54	Rocky Bluff	On Spring Creek	
55	Silvermine	Group camp, by	
56	Murray Branch	On French Broad	
57	Corner Rock	On Corner Roc	
58	Old Fort	Picnic Shelter	
59	Curtis Creek	Tents only, no w	
60	Briar Bottom	Group camp, by	
61	Black Mountain	On South Toe Ri	
62	Neals Creek	Former fish hato	
63	Lost Cove	On South Toe Ri	
64	Carolina Hemlock	Picnic shelter, by	
65	Roan Mtn	Road closed in w	
66	Linville Gorge Info	Information, map	
67	Wisemans View	Views of Linville	
68	Table Rock	Views of Linville	
69	Mortimer	In winter no wat	
70	Mulberry	On Mulberry Cre	
71	Boone Fork	Group camp, by	





RECREATION BOX FACILITIES LEGEND

	Camping		Boat Ramp		Bicycle Trail
	Group Camping		Canoeing		Horse Trail
	Camping Trailer		Kayaking		Scenic View
	Trailer Dump Station		Tubing		Information
	Picnicking		Swimming		Winter Recreation
	Restrooms		Fishing		Amphitheater
	Showers		Hiking		Accessible
	Drinking Water		Interpretive Trail		Fee Site

Comments

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NANTHALA AND PISGAH NATIONAL FORESTS

2009



LEGEND

	State Boundary		FS Supervisor Office, District Ranger Office
	Pisgah National Forest		Information, Point of Interest
	Nantahala National Forest		Campground
	Other National Forest		Group Campground, Reservations Required
	Other Federal Land, National Park Service		Picnic Area
	Tribal Land		National Recreation Trail
	Primary Highway, Multi-laned		Scenic View Point
	Primary Highway		Shooting Range
	Secondary Paved Road		Fire Lookout Tower
	Improved Road, May Be Gravel or Dirt		Off-Highway Vehicle Area
	FS or National Scenic Byway		Horse Camp
	National Recreation Trail		Boat Ramp, River Access
	National Wild and Scenic River, Forest Service		Kayaking, Fishing
	Interstate Route		National Park Ranger Station
	US Route		Other Public Information Sites, Points of Interest
	State Route		Other Federal or State Park/ Forest Rec Site
	Forest Service Route		Other Public Boat Ramp, Fish Hatchery
	Waterfall, Backcountry Area		Other Public Picnic Area

EXPLORE YOUR FOREST TRAILS

For many, exploring a trail is the best way to enjoy the national forests. With more than 1,700 miles of trails, a variety of opportunities await you—from short, easy walks to long-distance backpacking adventures. While all trails are open to hiking, some trails are also designed for horses, mountain bikes and off-highway vehicles. You can also ride horses or bikes on roads blocked by gates, unless restrictions are posted. Four trail systems are designated for off-highway vehicles. Trailhead signs are posted with symbols showing who can use the trail.

Whether you're looking for a stroll on pavement or a long hike, each district offers a variety of trails. Visit or call the district offices for more information, maps and current regulations. Please see Page 16 for contact information.

Trail climbs 3,720 feet to Mt. Mitchell summit

Mount Mitchell Trail's tough six-mile trek is a challenge for backpackers with stamina.

The steep, strenuous trail climbs Mount Mitchell, the East's highest peak. This 6,684-foot mountain is named after Dr. Elisha Mitchell, who died in 1857 while trying to verify his claim that the mount was the East's highest peak.

To eliminate backtracking and cut hiking time in half, most hikers choose to leave a vehicle at the top of Mount Mitchell and park another car below at Black Mountain Campground.

For the most challenging route up Mount Mitchell, hikers enter the trailhead at Black Mountain Campground. When leaving the campground, the trail crosses a bridge over the South Toe River and enters a hardwood and evergreen forest. After many tight switchbacks up steep terrain, the trail crosses Higgins Bald Trail at 1.5 miles.

After four miles, the trail passes remaining foundations of the 1920 Camp Alice logging camp. The trail then joins the Balsam Trail at mile 5.2 at the observation tower on Mount Mitchell. Just 0.3 mile farther is the parking lot. For trailhead directions, see the Trails Illustrated Map, Linville Gorge and Mt. Mitchell.

TRAIL DIFFICULTY



EASY: These routes are appropriate for novice through advanced users. The trails generally follow obvious, well-marked trails and roads. Grades are gentle, few obstacles are encountered.



MORE DIFFICULT: These routes are appropriate for intermediate through advanced users. Terrain may be steeper, trails narrower and some obstacles may be encountered.



MOST DIFFICULT: These routes are recommended for advanced to expert users only. Terrain is steep. Considerable skill is required, as well as knowledge of navigation and survival.

Take a hike on the... L—O—N—G SIDE



PHOTO BY JULIE TRZECIAK

A hiker pauses to take a close up of shot of colorful algae along the Setrock Creek Trail. Remember to pack a camera, so you can forever capture the beauty and memories along the trail.

Long distance trails cross every national forest and offer many miles for hikers and backpackers.

Appalachian National Scenic Trail: This trail follows the mountain crest from Maine to Georgia and passes through Pisgah and Nantahala National Forests for more than 200 miles. Open to hikers only, the trail boasts a chain of shelters about 10 miles apart.

Detailed guidebooks for the Appalachian Trail are available at national forest offices or from the Appalachian Trail Conservancy, P.O. Box 807, Harpers Ferry, W. Va. 25425. For more information, call toll-free at (888) AT-STORE 287-8673 or visit the Appalachian Trail web site at www.appalachiantrail.org.

Overmountain Victory National Historic Trail: This trail covers 330 miles from the Piedmont in Virginia over the mountains in North Carolina to Kings Mountain National Military Park in South Carolina. Much of this trail follows paved highways as it traces the route of the Patriot army who defeated the Loyalists in the battle at Kings Mountain. For more details: www.nps.gov/ovvi

Mountains-to-the-Sea Trail: This 216-mile trail starts in the Great Smoky Mountains National Park where it continues in mountainous terrain eastward along the Blue Ridge Parkway to Blowing Rock. Blazed in white dots, this long-distance trail then heads east with the goal of reaching the coast.



PHOTO BY JULIE TRZECIAK

Beneath the hemlock and pine forests of Mount Mitchell and Black Mountain, Mount Mitchell Trail hikers will find salamanders slowing crawling on the wet fall grounds. The 5.6-mile trek, rated as most difficult, leaves from Black Mountain Campground.

Bartram Trail: This national recreation trail runs across the mountains of South Carolina, Georgia and North Carolina. It stretches nearly 80 miles from Highlands to Cheoah Bald, east of Robbinsville. Blazed in yellow in Nantahala National Forest, the trail is named after William Bartram, a naturalist who roamed the Southern woods in 1775.

Uwharrie Trail: This trail winds over the Piedmont's highest ridgetops for 21 miles through the Uwharrie National Forest. The white-blazed trail crosses three state roads, where trailheads provide access.

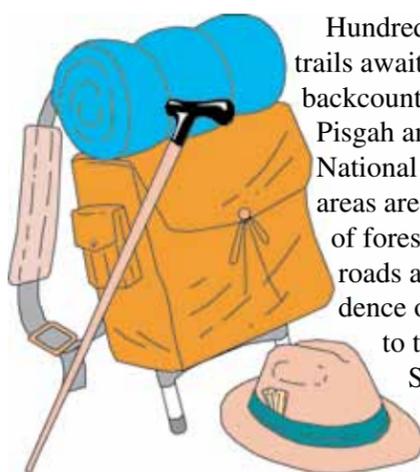
Neusiok Trail: This trail travels 21 miles through the east side of the Croatan National Forest. The Neusiok Trail goes from a cypress-lined beach at Pine Cliff on the Neuse River, south through hardwoods and thick pocosin, to the Newport River at Oyster Point.

MTN. BACKCOUNTRY AREAS

AREA	RANGER DISTRICT/ Closest Town	DESCRIPTION	TRAIL MILEAGE	POSSIBLE USES	TRAILS	TRAIL MAP
Black Mountain	APPALACHIAN Burnsville 828-682-6146	Significant elevation change up to spruce-fir forest; steep, rugged, rocky trails	43		8 trails, many loops	South Toe/Mt. Mitchell/ Big Ivy
Blue Valley	NANTAHALA Highlands 828-524-6441	Through side slopes of Blue Valley, crosses small streams and Glen Falls.	8		5 trails, including Bartram Trail	Bartram Trail 1
Cheoah Bald	CHEOAH Robbinsville 828-479-6431	High elevation view, steep trails, grassy bald, cascades, shelter	18		2 trails, including the Appalachian and Bartram Trails	Appalachian Trail, FSQ*: Hewitt, Topton
Fires Creek	TUSQUITEE Hayesville 828-837-5152	Remote, high elevation, some primitive trails;	19		4 trails	FSQ*: Andrews, Topton Shooting Creek, Hayesville
Laurel Mountain	PISGAH Brevard 828-877-3265	Streamside & ridgeline trails, some views, high use	13		5 trails, part outside backcountry area	Pisgah District Trails
Mackey Mountain	GRANDFATHER Old Fort 828-652-2144	Primitive ridgetop trails, low use, few signs or blazes	17		5 trails	FSQ*: Old Fort, Marion West
Panthertown	NANTAHALA Cashiers 828-524-6441	Stream valley, views, rock outcrops, waterfalls	30		numerous trails	FSQ*: Big Ridge, Lake Toxaway
Shelton Laurel	APPALACHIAN Burnsville 828-682-6146	Remote, steep, rugged trails, some waterfalls low use, shelters	33		6 trails, including the Appalachian	Good ROG** FSQ*: Greystone, White Rock, Flag Pond, Hot Springs
Snowbird	CHEOAH Robbinsville	Remote, steep, rugged trails, some waterfalls	50		8 trails	Snowbird Backcountry Trail Map

*FSQ: USGS quad with national forest lands and trails **ROG: Recreational Opportunity Guide

BACKCOUNTRY



Hundreds of miles of trails await you in the backcountry areas of Pisgah and Nantahala National Forests. These areas are large blocks of forest with no open roads and little evidence of disturbance to the land.

Some trails begin outside the back-country area and travel through some evidence of resource management, such as wildlife openings, old roads and timber harvest sites.

As in designated wildernesses, motorized vehicles are not allowed in backcountry areas. However, unlike wilderness trails, some backcountry trails are open to mountain bikers. Trailhead signs show who can use the trail.

Most trails are signed and blazed, and the size of the hiking group is not limited, although groups no larger than 15 are recommended. In wilderness, group size is limited to 10.

Backcountry areas offer a vast array of scenic beauty and recreation opportunities. So get a trail map, your daypack or backpack, and explore the backcountry!

To order maps, see Page 4. For more information about a backcountry area, see the above chart for the related district phone number.

Look out for these bugs, snakes, plants

TICKS & CHIGGERS are present in the mountains and common on the Piedmont and the Coastal Plain. Chiggers cause an itchy welt, especially in warm, tight places, such as under waistbands and elastic. Ticks can transmit diseases. Wear insect repellent in the summer and check for ticks after every trip to the woods.

SNAKES that are poisonous are rarely seen, but rattlesnakes and copperheads do live in North Carolina. Cottonmouths live along coastal rivers and in the swamps.

To be safe, leave snakes alone—don't try to catch, antagonize or kill them. Also, avoid putting your hands or feet near rocks or logs where snakes aren't easily seen.

POISON IVY is a common plant that causes an itchy rash and should be avoided. It has white berries that are eaten by many birds, especially in the winter when food is scarce. Poison ivy grows as a vine or shrub, but always has three leaflets. Remember: LEAVES OF THREE, LET IT BE.



WILDERNESS: a primitive experience

Our forests have 11 designated wildernesses, with at least one in each national forest. Because wildernesses are managed to protect their primeval character, signs and blazes are minimal. Wilderness hikers, expected to be self-reliant, should carry a compass and topographic map and know how to use them.

Most trails are open only to hikers. However, the Southern Nantahala and Shining Rock Wildernesses have some trails that are open to horses.

To maintain the wilderness quality, special regulations are enforced.

- Campfires are not allowed in Shining Rock or Middle Prong Wildernesses. If you wish to cook, use a backpack stove.
- In any wilderness, no motorized equipment and no bicycles, wagons or carts are allowed.
- Only primitive recreation activities, such as backpacking and camping, are allowed.
- Group size is limited to a maximum of 10.
- Visitors may not remove plants, stones or moss, but berries or nuts can be collected for personal use.
- In Linville Gorge Wilderness from May 1 to Oct. 31, permits are required for camping on weekends and holidays. For permits or more information, contact the Grandfather District at 828-652-2144.

TAKE A RIDE ON THE FOREST TRAILS

MOUNTAIN BIKING

Mountain bikes are allowed on more than 257 miles of trails. Trails open to mountain bikes are designated with the bike symbol. Most roads closed to motor vehicles are signed to show they are open to cyclists. Wilderness is off limits to mountain bikes.

Bikers can discover great mountain trails at **Tsali Recreation Area**, west of Bryson City. This area offers 42 miles of challenging single-track trails overlooking Fontana Lake and the Great Smoky Mountains. Tsali has a daily \$2-trail-use fee per bike or \$15 annual pass that is sold at the Cheoah Ranger Station.

Fees are paid at the trailhead and used of trail improvements at Tsali Recreation Area.

The **Appalachian Ranger District** near Hot Springs offers three trails—an old railroad grade for 3.6 miles beside Laurel River, the 7.5-mile Golden Ridge Trail on Rich Mountain with several overlooks, and the Mill Ridge Trail that offers good views on its four-mile loop.

The **Uwharrie National Forest** near Troy offers 22 miles of bike trails in the Wood Mountain Trail System.



Hikers yield to horses. Bikers yield to hikers and horses.

HORSEBACK RIDING

Standing Indian Basin is a good area for horseback riding in Nantahala National Forest. South of Franklin, Hurricane Creek Campground is open to horses March 15-Dec. 15. The camping fee is \$6 per night. The Bristol Horse Camp, north of Hayesville, adjoins 19 miles of trail in the Tusquitee District. The camping fee is \$5.

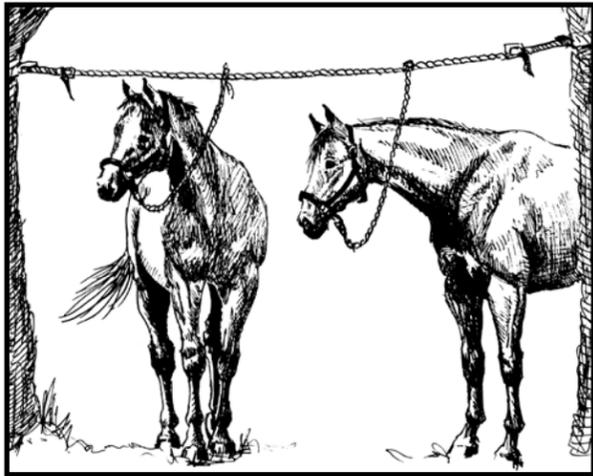
In the Appalachian District of Pisgah National Forest, east of Great Smoky Mountains

National Park, the **Harmon Den area** offers 14 miles of trails and 50 miles of roads for horseback riding. The Harmon Den Group Camp has 10 sites with stalls and a manger for four horses, water and vault toilets. The camping fee is \$15 per night. To reserve a site, call 877-444-6777 or go online to www.recreation.gov.

In the Pisgah District of the Pisgah National Forest, five miles northeast of North Mills River Campground, the **Wash Creek Group Camp** offers a site for 35 people and 15 vehicles. Open year-round, the site's fee is \$35. For reservations, call the Pisgah Ranger Station at 828-877-3265.

In the **Uwharrie National Forest** near Troy, horses may use a 32-mile trail system near Badin Lake Recreation Area, which offers fishing, waterskiing and hiking.

The Canebrake Horse Camp is near the trail system. Open year-round, the Canebrake Horse Camp offers 29 sites with parking spurs, flush toilets and showers. The camping fee is \$12 per night. To reserve a campsite, call 877-444-6777 (toll-free) or go online to www.recreation.gov. Riders can get a free Badin Lake Recreation Area brochure that includes a horse trails map. Brochures are available at the ranger station.



HORSE SENSE

Horses can be hard on the trails, trees and land. Here are some simple ways to reduce your impact in the forest and have a safe, enjoyable ride.

- To protect water quality, keep horses at least 100 feet from water.
- Stay on designated horse trails. To prevent erosion, don't shortcut trails.
- To tether your horse, use a tree-saver strap tied between two trees. If no trees are near, picket or hobble your horse.

- Use weed-free feed. Scatter manure, pick up trash and fill in pawed holes. Ensure campfires are dead out.
- Share the trail. Riders should yield to motorized vehicles, but hikers and bikers should yield to you. Say hello, and give them instructions about where to wait while you pass.
- A horse crossing a state line is required to have a negative Coggins test within the last year.
- Before leaving, clean campsites and hitching-post areas, throw away all trash in receptacles, and make sure all fires are dead out.

OHVs-----TRAIL RULES



North Carolina's national forests offer four trail systems for riding off-highway vehicles, including all-terrain vehicles, 4-wheel-drive and trail bikes.



Within these areas, you must stay on signed routes marked with symbols showing the kind of vehicle you're driving. Some routes are badly eroded and are closed. Help nature restore these trails by not riding on them. For



the most fun, choose trails that match operating limitations of you and your vehicle. Most areas have maps that show trail difficulty.

Please follow these enforced forest regulations for treading lightly on the land:

- ATV and motorcycle operators must wear DOT-approved helmets and eye protection.
- Children under 8 may not operate ATVs or motorcycles. An operator under 16 must have constant supervision by adult over the age of 18.

- No passengers are allowed on ATVs, unless vehicles are designed to carry passengers.
- Unlicensed vehicles are not allowed on designated Forest Service roads.
- Spark arresters, mufflers and brakes are required for motorized vehicles.
- Alcoholic beverages are prohibited on all trail systems or in recreation areas.
- Travel only on OHV designated routes. Cross-country travel is prohibited.

WHERE TO RIDE OHVs

AREA	DISTRICT CLOSEST TOWN	USER TYPE	DAILY FEE	SEASON PASS	TRAIL MILES	SEASON
Wayehutta	NANATHALA/ Franklin	ATV, trail bike	\$5✱	\$30✱	22	April 1-Dec. 15 Daytime only
Brown Mountain	GRANDFATHER Lenoir	Mostly ATV and trail bike	\$5★	\$30★	33.5	April 1-Jan. 1
Badin Lake	UWHARRIE/ Troy	All: ATV, trail bike, 4WD	\$5★	\$30★	16	April 1-Dec. 15
Black Swamp	CROATAN/ New Bern	50-inch-wheel-base ATV, 4WD, trail bike	\$5★	\$30★	8	Year-round

★ No passes at trailhead; purchase in advance from district office or local stores. Passes sold on site. ✱

NEUSIOK TRAIL: a wetland journey



Hikers may see an alligator soaking up some sun rays in the cypress swamps.

Home to the Croatan National Forest, the 26-mile Neusiok Trail winds through sandy beaches near Neuse River and across salt marshes on Newport River. In between, the trail crosses cypress swamps, hardwood ridges, longleaf-pine savannahs and freshwater evergreen-shrub bogs called pocosins.

A walk on the wet side

The Neusiok Trail boardwalks cross many boggy places where pitcher plants and bald cypress trees grow, while forests of tall longleaf pine thrive in drier areas. The quiet hiker may spot white-tailed deer, wild turkeys, black bear, gray squirrels or even an alligator. Birdlife abounds, including osprey, bald eagles and red-cockaded woodpeckers.

The Neusiok Trail travels over many wet areas, so hikers may get their feet wet despite the many bridges and boardwalks. Hikers may camp anywhere along the trail. In addition, these trail shelters offer dry refuges:



A hiker enjoys the beauty of the beach along the Neusiok Trail.

- Copperhead Landing is halfway between Pine Cliff and NC 206
- Dogwood Camp is less than a mile south of NC 101
- Blackjack Lodge is about one mile north of Mill Creek Road

Each three-sided shelter has a fire grill and accommodates about five people. No drinking water is available along the trail. Hunters sometimes walk the Neusiok, so hikers should wear bright orange hats or vests during October and November. Hiking is best from October

All photos by Bill Lea

through May when the brush is thinner and insects are sparse. For shortening the journey, the trail crosses several roads. Parking is located at trailheads and marked by rectangular tags.

Part of 900-mile trail

Marked with white blazes, the Neusiok Trail is part of the 900-mile Mountain-to-Sea Trail that begins in Great Smoky Mountains National Park and ends in Jockey Ridge State Park at the ocean.

Uwharrie reaps reinvestment rewards



PHOTO BY BILL LEA

Rocky Mountain Loop and Falls Dam Trail renovations will benefit off-highway-vehicle riders.

Over the next two years, American Recovery and Reinvestment funds will benefit North Carolina's piedmont national forest.

Repairs and upgrades to the Uwharrie National Forest's trails and facilities will welcome visitors by summer 2011. Recovery money will fund major facelifts on Rocky Mountain Loop and Falls Dam trails, popular off-highway-vehicle trails that total 5.6 miles. Trail crews will install culverts to redirect small streams, contour slopes and improve drainage.

To keep water drained from these trails, crews will fill deep ruts and construct rolling dips along certain trail sections. Workers will also replace or install new culverts to reduce erosion. Contractors will also build and install a bridge on Dickey Bell Trail, a popular off-highway-vehicle trail that crosses Dutch John Creek.



PHOTO BY JULIE TRZECIAK

Uwharrie National Forest horseback riders will enjoy the upgrades on the River and Morgan trails.

American recovery work is also slated for River and Morgan trails, hike, bike and horse trails, big drawing cards for horseback riders. Rated as moderate in difficulty, the 3.6-mile River Trail runs along the Uwharrie River. A popular horse trail, the Morgan Trail travels 1.7 miles and connects to the River Trail.

To stabilize and dry out these trails, crews will drain water off trails with diversion channels and fill in muddy spots with rock and clay.

In addition, crews will make renovations where trail use adversely impacted archeological

sites. The workers will restore eroded trails and remove trail shortcuts.

At Badin Lake Group Campground, new flush toilets will replace a broken vault toilet, while a new vault toilet will replace an old vault toilet at Woodrun Hunt Camp.

Projects related to forest management are also funded this year. Crews will lay out timber units totaling 400 acres. To discourage southern pine beetle outbreaks, timber markers will designate which trees to cut and determine harvest locations using global positioning systems.

CAMPING IN THE PIEDMONT & COAST



Fees subject to change

RESERVATIONS *
DUMP STATION
PICNIC AREA
RESTROOMS
AMPHITHEATER
SHOWERS
DRINKING WATER
BOAT RAMP
SWIMMING
FISHING
TRAILS
FEE (\$)
NUMBER OF SITES

UWHARRIE NATIONAL FOREST													COMMENTS
ARROWHEAD Open all year. From TROY, take NC 109-N for 11 miles. Turn left on Mullinix Rd. (SR 1154) Go 2 miles to "T" intersection, turn right. Go 2 more miles to "T," follow signs.	*			F							\$12* \$24	50	*\$3 extra for electrical single sites, \$6 for electrical double sites. 33 sites with electricity. Near lake. Uwharrie National Forest: 910-576-6391.
BADIN LAKE UPPER & LOWER LOOPS Open all year. Same directions as above.	*			F							\$12 \$24	39	Many sites on lake's shore. Near Badin Lake Trail. Uwharrie National Forest: 910-576-6391.
BADIN LAKE GROUP Open all year. Same directions as ARROWHEAD.	*			V							\$40	3	By reservation only. Call toll free at 877-444-6777, or go online to www. =recreation.gov.
BADIN LAKE HORSE CAMP Open all year. From TROY, take NC 109N for 11 miles. turn left on Mullinix Rd., go 1.5 miles to camp on right.											no fee	★	Open field with access to 15 horse trails. Uwharrie National Forest: 910-576-6391.
CANEBRAKE HORSE CAMP Open all year. Same directions as ARROWHEAD. After turning right at first intersection, go 0.25 mile.	*			F V							\$12 \$24	29	Fully accessible facilities, access to trails. Uwharrie National Forest: 901-576-6391.
EAST MORRIS MTN. Sept.-Dec. From TROY, take NC 109 for 4 miles. Turn right on SR 1134 and go 4 miles.											no fee	★	No water. Uwharrie National Forest: 910-576-6391.
UWHARRIE HUNT CAMP Open all year. From TROY, take NC 109-N for 10 miles. turn left at Badin Lake signs. Camp on right.				V							\$5	8	No water. Tent pads only. Uwharrie National Forest: 910-576-6391.
WEST MORRIS MTN. Open all year. From TROY, take NC 109-N for 8 miles. Turn right on SR 1303. Go 1.5 miles. Camp is on right.				V							\$5	16	No water. Tents or campers. No electrical hookups. Uwharrie National Forest: 910-576-6391.
YATES PLACE Open all year. From TROY, take NC 109-N for 5 miles. Turn left on SR 1147. Turn right on SR 1146 and go 0.75 mile.				V							no fee	★	No water. Uwharrie National Forest: 910-576-6391.
CROATAN NATIONAL FOREST													COMMENTS
CATFISH LAKE Open all year. From MAYSVILLE, take NC 58E. Turn left on SR 1105 (turns to dirt) to FR 158, turn left.											no fee	★	No facilities. Croatan National Forest: 252-638-5628.
CEDAR POINT Open all year. From MAYSVILLE, off NC 58, 1 mile north of the junction of NC 24 and NC 58.				F							\$12* ▲	40	*\$5 extra for electricity, offered at all sites. Boat ramp, fishing pier. Croatan National Forest: 252-638-5628.
FISHERS LANDING Open all year. From NEW BERN, take U.S. 70E about 10 miles. Turn left at sign, 0.5 mile north of office.				V							no fee	★	TENTS only. Croatan National Forest: 252-638-5628.
GREAT LAKE Open all year. From MAYSVILLE, take NC 58E. Turn left on SR 110 (turns to gravel). Continue to FR 126.											no fee	★	Paved boat ramp. Croatan National Forest: 252-638-5628.
LONG POINT Open all year. From MAYSVILLE, take NC 58E. Turn right on FR 120.				V							no fee	2	On the White Oak River. Picnic tables, accessible pier. Croatan National Forest: 252-638-5628.
NEUSE RIVER (Also called Flanners Beach) March 1-Dec. 1. From NEW BERN, take US 70E about 12 miles. About 2 miles south of Croatan District office, turn left on SR 1107 and go 1.5 miles.				F							\$12* ▲	45	*\$5 extra for electricity, 20 sites with electricity. Croatan National Forest: 252-638-5628.
OYSTER POINT Open all year. From NEWPORT, take SR 1154 to FR 181 and turn right.				V							\$8 ▲	15	Neusiok Trailhead. Shallow water at ramp. Croatan National Forest: 252-638-5628.
SIDDIE FIELDS Open all year. From HAVELOCK, take NC 101 for 4.7 miles to Ferry Rd., turn left. Go 3.2 miles to Pine Cliff Rd. (gravel), turn right. At FR 167, turn left and bear left.											no fee	★	No facilities. Croatan National Forest: 252-638-5628.
PINECLIFF Open all year. From HAVELOCK, take NC 101 for 4.7 miles to NC 306 and turn left. Go 3.2 miles to Pinecliff Rd., turn left and go 1.5 miles to parking lot.				V							no fee	★	Neusiok Trailhead, picnic shelter available in summer, fire rings. Croatan National Forest: 252-638-5628.

Uwharrie, Croatan offer electricity at campgrounds

The Uwharrie and Croatan National Forests offer a range of camping experiences, from primitive camping with no facilities to highly developed campgrounds.

Arrowhead Campground, near Badin Lake in Uwharrie National Forest, offers electric hookups at 35 sites. Campsites are \$12 without electricity and \$3 extra for campsites with electricity.

At the Croatan, Cedar Point Campground has electricity at all campsites. Neuse River Campground has 20 sites with electricity.

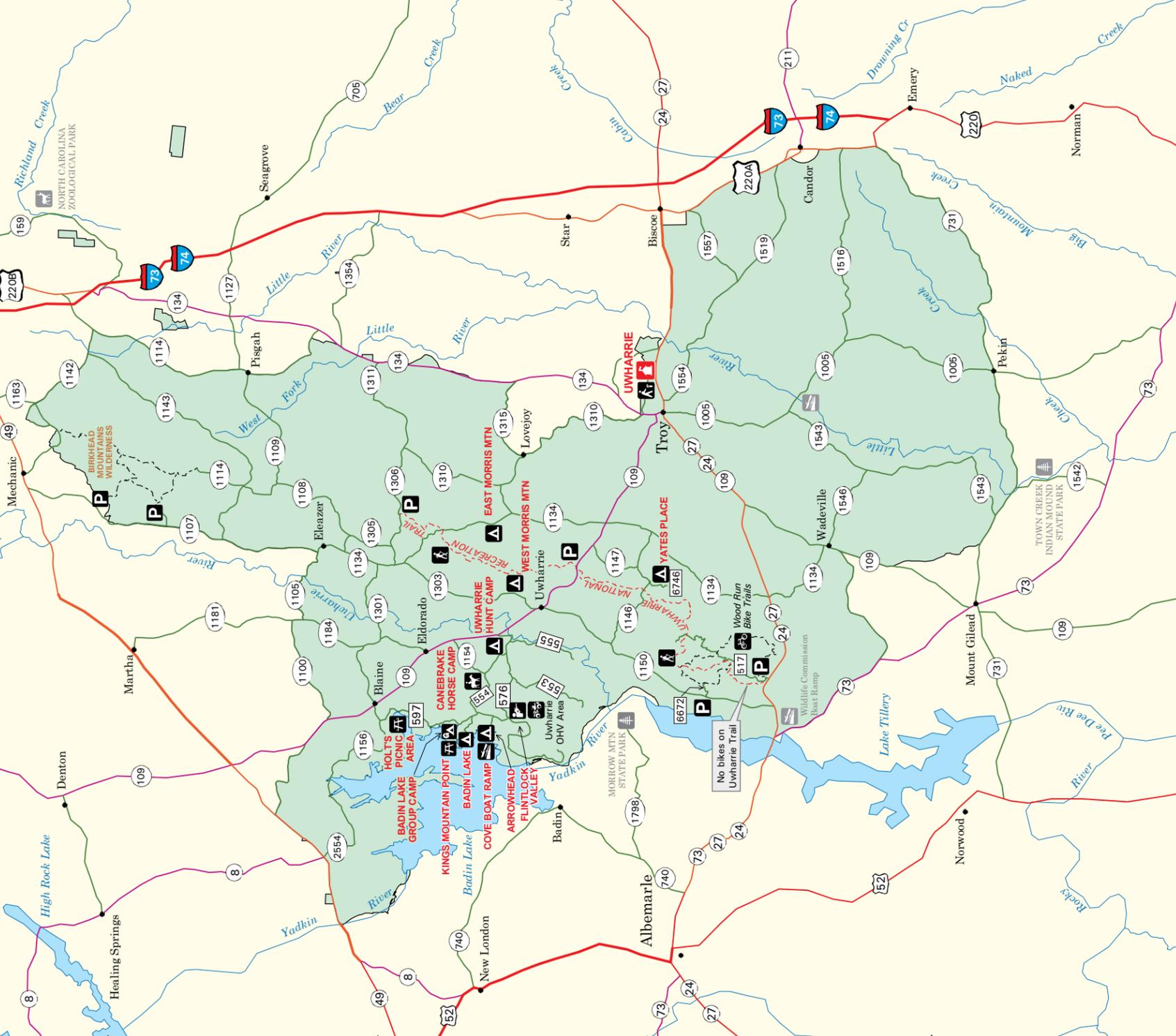
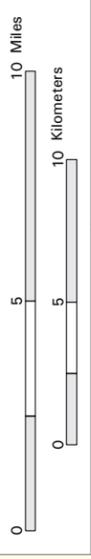


- ◆ : Operated by private concessionaire.
- *: Reservations available at 877-444-6777 (toll free) TDD: 877-833-6777 or web site: recreation.gov. Service fee is charged.
- ★: Primitive camp, undesignated sites.
- ▲: This amount includes a proposed fee increase subject to review and approval.

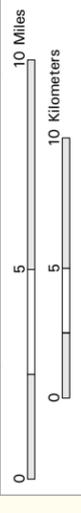
FOREST SERVICE RECREATION SYMBOLS

- restrooms; V=vault; F=flush
- picnic area
- partial accessibility, may not meet ADA standards
- swimming
- drinking water
- shower
- mountain bike trails
- fishing
- hiking trails
- horseback riding
- dump station
- boat ramp
- amphitheater

UWHARRIE NATIONAL FOREST



CROATAN NATIONAL FOREST



CROATAN AND UWHARRIE NATIONAL FORESTS

2009

- National Forest
- Military Reservation
- District Ranger Office
- FS Campground, Group Campground
- Hiking, Interpretive Trail, Bike Trail
- Boat Ramp, Canoe Launch
- Picnic Area, Parking
- Fishing Area
- Primary Highway, Multi-Laned
- Primary Highway
- Secondary Paved Road
- Improved Road, May Be Paved or Gravel
- National Recreation Trail
- Hiking or Interpretive Trail
- Gate
- Off-highway Vehicle Area
- Horse Camp
- Shooting Range
- Non-FS Recreation Sites
- Interstate Route
- US Route
- State Route
- Forest Service Route

Forest partners restore ecosystems

by Michelle Aldridge

Just like human bodies, forests adapt better to change when they are healthy and resilient. When impacted by minor threats, healthy forests recover quickly by natural processes. However, when threats are severe or widespread, active management restores forest health faster than natural recovery alone.

Today's forests face many changing conditions that can undermine ecosystem health. To combat these threats, forest managers are working with researchers and partners to restore forest habitats, water quality, native plant communities, fire regimes and ecosystem diversity.

Pt beetle releases: one way to save hemlock trees

One threat facing North Carolina forests is the spread of hemlock woolly adelgid (*Adelgas tsugae*), a pinprick-sized insect that feeds on hemlock sap. After adelgids feed on hemlock sap for three to five years, the tree's needles fall off and the hemlock starves.

To restore North's Carolina's hemlocks, many national forest Carolina and eastern hemlocks were treated, and forest managers, researchers and partners are evaluating the success of these earlier treatments. In addition, forest managers are planning more treatment options, such as biological and chemical controls. Foresters are also prioritizing future treatment areas.

Northern flying squirrels safely cross skyway

Last year, forest wildlife biologists and partners created a safe passage for endangered Carolina northern flying squirrels crossing Nantahala National Forest's Cherohala Skyway. The Skyway corridor, which divides the squirrel population and limits access to nesting and forage ground, was too wide for squirrels to glide across. To solve



PHOTO BY WILL BLOZAN

Appalachian Arborists member, Brian Hinshaw, releases Pt beetles on a Carolina hemlock tree in Joyce Kilmer Memorial Forest. The beetles eat hemlock woolly adelgids, the insect killing hemlocks across the South.

this problem, wildlife biologists worked with employees from North Carolina Wildlife Resources Commission, NC Department of Transportation, Duke Energy and Western Carolina University. They erected tall structures along the Skyway shoulder that serve as artificial trees.

Carolina northern flying squirrels climbed the poles and glided from one structure to the other, just as they would glide from tree to tree. Within days of installation, biologists captured nighttime infrared video of squirrels gliding between the structures, safely crossing the Skyway.

Streambank stabilization improves water quality

In another restoration success, biologists and engineers stabilized a section of the North Fork Mills River. Stream bank sections were re-contoured and planted with vegetation, shrubs and trees, which will reduce sediment entering the stream and improve water quality and aquatic habitat.

A trail culvert crossing was replaced with a natural looking stream channel, improving passage for aquatic species. Boulders and logs were placed in the stream to redirect water flow, stabilizing banks and enhancing wildlife habitat.

Economic recovery funds help restore ecosystems

While ecosystem restoration occurs in North Carolina's national forests every year, economic recovery funds will support these additional forest restoration projects:

- Restore scenic and ecologically rich grassy balds at Roan Mountain
- Combat invasive species and enhance habitat of two endangered species at Cheoah River
- Enhance habitat for the endangered red-cockaded woodpecker and rough-leaf loosestrife plant
- Create more native longleaf pine savannas, once a dominant forest ecosystem in the Southeast
- Conduct controlled burns across multiple counties
- Protect streams and watersheds by reducing erosion through trail and road maintenance

North Carolina ecosystem restoration efforts are part of a broader initiative to restore the health, structure and function of forests across the Southern Appalachians and the United States.

To learn more about ecological restoration in the Pisgah and Nantahala national forests, visit: <http://www.cs.unca.edu.nfsnc/restoration/restoration.htm>.

<p>NATIONAL FORESTS IN NORTH CAROLINA Supervisor's Office 160A Zillicoa Street Asheville, NC 28801 828-257-4200 (Take UNCA exit 25 off I-26, go toward UNCA to first right) Mon.-Fri., 8 a.m.-4:30 p.m.</p>	<p>Pisgah Ranger District 1001 Pisgah Highway Pisgah Forest, NC 28768 828-877-3265 (On U.S. 276 north of Brevard) Nov.-May 23: Mon.-Fri., 8 a.m.-5 p.m. May 24 -Oct: Mon.-Fri., 8 a.m.-5 p.m.; Sat. & holidays, 9 a.m.-5 p.m. Sun., 1-5 p.m.</p>		
<p>PISGAH NATIONAL FOREST Appalachian Ranger District Burnsville Unit 30 East Hwy., 19 Bypass Burnsville, NC 28714 828-682-6146 (On U.S. 19-E bypass in Burnsville) Mon.-Fri., 8 a.m.-4:30 p.m.</p>	<p>NANTAHALA NATIONAL FOREST Cheoah Ranger District 1070 Massey Branch Road Robbinsville, NC 28771 828-479-6431 (Take U.S. 129 north of Robbinsville to NC 143, turn left & go about one mile) Mon.-Fri., 8 a.m.-4:30 p.m.</p>		
<p>Grandfather Ranger District 109 East Lawing Drive Nebo, NC 28761 828-652-2144 (Off I-40, Nebo/Lake James Exit) Mon.-Fri., 8 a.m.-4:30 p.m.</p>	<p>Tusquitee Ranger District 123 Woodland Drive Murphy, NC 28906 828-837-5152 (Turn off U.S. 64 on Hiwassee Street in front of BB&T bank. Go two blocks to sign. Mon.-Fri., 8 a.m.-4:30 p.m.</p>	<p>NANTAHALA NATIONAL FOREST Nantahala Ranger District 90 Sloan Road Franklin, NC 28734 828-524-6441 (Turn at light on U.S. 64, west of Franklin) Mon.-Fri., 8 a.m.-4:30 p.m.</p>	
		<p>CROATAN NATIONAL FOREST 141 E. Fisher Avenue New Bern, NC 28560 252-638-5628 (On U.S. 70S of New Bern) Mon.-Fri., 8 a.m.-4:30 p.m.</p>	<p>UWHARRIE NATIONAL FOREST 789 NC 24/27 East Troy, NC 27371 910-576-6391 (2 miles east of Troy on NC 24/27) Mon.-Fri., 8 a.m.-4:30 p.m.</p>

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