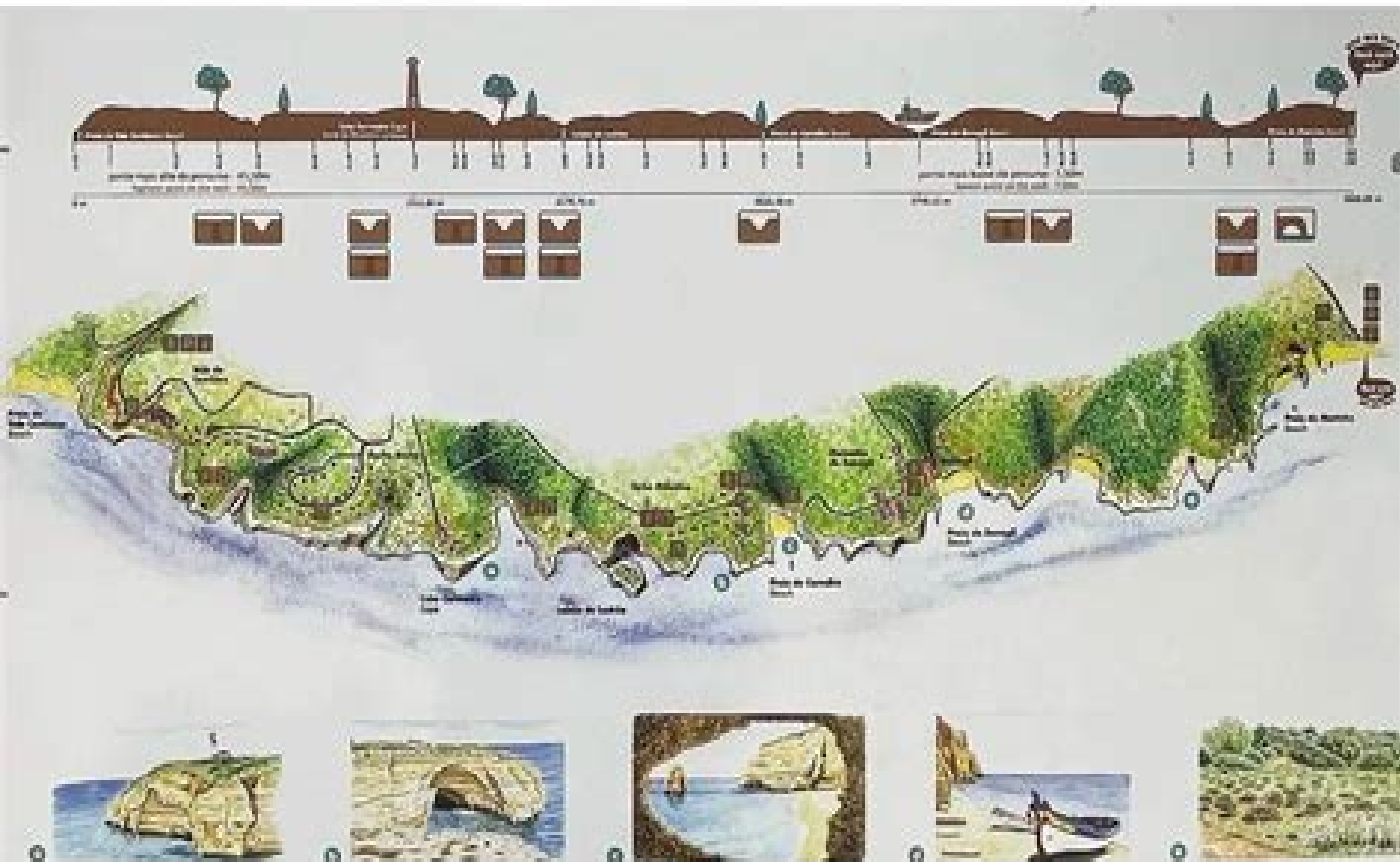


SEVEN HANGING VALLEYS TRAIL



The Hanging Trail

Rails-to-Trails Conservancy



The Hanging Trail:

Explorer's Guide 50 Hikes in the Mountains of North Carolina (Third Edition) Robert L. Williams, 2012-06-04 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

Great Day Hikes on North Carolina's Mountains-to-Sea Trail Friends of the Mountains-to-Sea Trail, 2020-02-18 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 first ever 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 Turn by 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

Five-Star Trails: Roanoke and the New River Valley Johnny Molloy, 2016-04-18 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

East Bay Trails David Weintraub, 2010-03-12 Explore 56 trails in the superb open spaces of San Francisco s East Bay The East Bay of San Francisco California offers a diverse array of hiking opportunities the scenic shoreline of Point Pinole the furrowed foothills and windy summit of Mount Diablo trails that are home to the flourishing bird and plant life on Pleasanton Ridge and at Livermore s Lake Del Valle East Bay Trails is the ideal

guide to the best trips in and around the area's ridges, shores, wilderness areas, lakes, and reservoirs. Written by acclaimed author David Weintraub, this is the most complete and up-to-date trail guide for Alameda and Contra Costa counties. East Bay Trails presents 56 hikes complete with detailed route descriptions and at a glance information about length, time, difficulty, regulations, and facilities. The text focuses mostly on hiking, but other outdoors enthusiasts, fitness walkers, joggers, equestrians, and bicyclists can also make good use of this guide. Inside you'll find 56 hiking trips ranging from mile-long strolls to all-day treks, plus a few long hikes with overnight options. New trips in Lime Ridge Open Space, Diablo Foothills Regional Park, and Round Valley Regional Preserve. Detailed descriptions of each trip plus updated maps. Appendix of the best hikes for any mood or desire, whether it's birdwatching, scenic vistas, waterfalls, or an easy trip for kids. East Bay Trails is the most complete and up-to-date guide for Alameda and Contra Costa counties. East Bay Express

Hiking Southern Oregon Art Bernstein, Victor Harris, 2022-06-01 Fully updated and revised with over 90 hikes in the Southern Cascades and Siskiyou Mountain Range, this book is the most comprehensive guide available for Southern Oregon's diverse hiking opportunities. Featuring all of the trails in Crater Lake National Park, readers can traverse all routes through this iconic park. Also explore the Mount Thielsen, Sky Lakes, Mountain Lakes, Red Buttes, and Wild Rogue Wilderness Areas, as well as much more. Complete with maps, elevation profiles, and clear, informative hike narratives, this book is bound to be the standard against which all other guides for the area are judged.

Highland Trails Kenneth Murray, 2004-08 Explores the hiking and riding trails in the highlands of Western North Carolina, Northeast Tennessee, and Southwest Virginia. This work includes instructions to the 90 trails, regional maps, a ratings index, photographs, and observations.

Discovering North Carolina's Mountains-to-Sea Trail Jerry Barker, 2024-04-04 Jerry Barker has long championed North Carolina's Mountains to Sea Trail (MST) and led its development for many years. In *Discovering North Carolina's Mountains to Sea Trail*, he draws on that experience to take readers on a unique journey along the trail's full route, sharing the rich history and stories that live on each segment. Connecting the trail to the Indigenous history of western North Carolina, the long military presence near the Carolina coast, and more, Barker offers a new way to understand and appreciate not only the natural beauty of North Carolina but also its people and history. Dedicated long-distance hikers and day trippers alike will value and enjoy this armchair guide. Includes abundant illustrations with over fifty color photographs and maps for each of the MST's nineteen segments. Narrates significant histories related to each MST segment. Places prominent natural features of the trail in context. Introduces hikers to nearby attractions, cultural heritage sites, and trail towns. Jerry Barker, a writer and avid hiker, is a former president of Friends of the Mountains to Sea Trail. He lives in Raleigh, North Carolina.

[The Hanging Trail](#) Roy Durham, 2019-04-08 a western adventure and a 600-mile trek across Wyoming

Five-Star Trails: Finger Lakes and Central New York Timothy Starmer, 2014-10-21 The Finger Lakes and Central New York are not known for rugged mountains and their panoramic vistas, which are so commonly sought in the Adirondacks to the north. They hardly could be, the area was scoured

clean by glaciers millennia ago But don't let that fool you the region is full of natural wonders of its own Instead of mountains and ridges the region is known for rolling drumlins an abundance of scenic gorges quiet woodlands beautiful waterfalls and picturesque lakes Trails included in Five Star Trails Finger Lakes and Central New York by Tim Starmer feature a broad mixture of these landscapes and were carefully selected to give the most varied but also rewarding experience when picking a trail Each trail has been thoroughly researched recently hiked and includes a detailed description trail profiles and map At a glance ratings in important categories such as Scenery Trail Condition Difficulty Solitude and appropriateness for children let you quickly select a trail that fits your tastes and ability Other useful information such as fees restrictions for dogs on the trail as well as advice on when to visit offers you the best information so you can plan your trip with ease [Rail-Trails](#)

[Mid-Atlantic](#) Rails-to-Trails Conservancy, 2015-04-20 Across the country more than 1600 unused railroad corridors have been converted to level public multiuse trails where people can enjoy a fitness run a leisurely bike ride or a stroll with the family In this updated guide in the popular series the Rails to Trails Conservancy presents the Mid Atlantic region's finest rail trails plus other great multiuse trails Rail Trails Mid Atlantic covers 60 trails in Delaware Maryland Virginia West Virginia and Washington D C Many rail trails are paved and run through the most scenic parts of town Others such as the 34 mile Virginia Creeper National Recreation Trail travel along dense forests open fields and lush waterways Some explore the area's history such as Maryland's 13 mile Baltimore and Annapolis Trail Tour the nation's capital visit the site of an historic Civil War battle and enjoy the serenity of the rural countryside along the Mid Atlantic's many great multiuse trails This full color book includes succinct descriptions of each trail from start to finish plus at a glance summary information indicating permitted uses surface type length and directions to trailheads for each trail Every trip has a detailed map that includes start and end points trailhead parking restroom facilities and other amenities

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