

<b>Milepost</b>	Milepost numbers increase as you go South on the Parkway.	<b>Miles*</b>	<b>Difficulty</b>
217.5	Cumberland Knob Trail (ideal lazy-day walk)	0.5	Easy
217.5	Gully Creek Trail (rewarding loop that meanders by stream)	2	Strenuous
218.6	Fox Hunters Paradise Trail (view)	0.2	Easy
230.1	Little Glade Millponds (easy loop stroll around pond)	0.4	Easy
238.5	Cedar Ridge Trail (great for day hike; vistas and forests)	4.2	Moderate
238.5	Bluff Mountain Trail (parallels Parkway to Milepost 244.7)	7.5	Moderate
241	Fodder Stack Trail (great variety of plants)	1	Moderate
241	Bluff Ridge Trail (primitive trail with steep slopes)	2.89	Strenuous
243.7	Grassy Gap Fire Road (wide enough for side-by-side hiking)	6.5	Moderate
243.7	Basin Creek Trail (access from back-country campground)	3.3	Moderate
244.7	Flat Rock Ridge Trail (forest path with vistas)	5	Moderate
260.3	Jumpingoff Rocks Trail (forest path to vista)	1	Easy
264.4	The Lump Trail (to hilltop view)	0.3	Easy
271.9	Cascades Trail (self-guiding loop to view of falls)	0.5	Moderate
272.5	Tompkins Knob Trail (to Jesse Brown Cabin)	0.6	Easy
294	Black Bottom Carriage, Horse, & Hiking Trail	0.5	Easy
294	Bass Lake Carriage, Horse & Hiking Trail	1.7	Easy
294	Rock Creek Bridge Carriage, Horse, & Hiking Trail	1	Easy
294	Watkins Carriage, Horse & Hiking Trail	3.3	Easy/Mod
294	Rich Mountain Carriage, Horse, & Hiking Trail	3	Moderate
294	Flat Top Mountain Carriage, Horse & Hiking Trail	3	Moderate
294	Deer Park Carriage, Horse, & Hiking Trail	0.8	Moderate
294	Maze Carriage Horse & Hiking Trail	2.3	Moderate
294	Duncan Carriage, Horse, & Hiking Trail	2.5	Moderate
294.1	Figure 8 Trail (short, self-guiding loop nature trail)	0.7	Easy
294.6	Trout Lake Hiking & Horse Trail (loop)	1	Easy
295.9	Green Knob Trail (to Green Knob)	2.3	Mod/Strenuous
296.5	Boone Fork Trail (stream, forest, and meadows)	4.9	Mod/Strenuous
297	Price Lake Loop Trail (loop around Price Lake)	2.3	Moderate
304.4	Linn Cove Viaduct Access Trail	0.16	Easy
305.2	Beacon Heights Trail (10 minutes to view)	0.22	Moderate
305.5	Tanawha Trail (diverse biological and geological features)	13.5	Easy/Mod
308.2	Flat Rock Trail (self-guiding loop)	0.63	Easy
315.5	Camp Creek Trail (leg stretcher through laurel and rhododendron)	0.1	Easy
316.4	Duggers Creek Trail (loop to view of Duggers Falls)	0.25	Easy
316.4	Linville Falls Trail (view of upper Falls)	0.8	Moderate
316.4	Linville Gorge Trail (view of lower Falls)	0.5	Strenuous
316.5	Linville River Bridge Trail (leg stretcher to view of unusual bridge)	0.1	Easy
320.8	Chestoa View Trail (30-minute loop to vista)	0.63	Easy
339.5	Crabtree Falls Loop Trail (loop to view of Falls)	2	Strenuous
344.1	Woods Mountain Trail (USFS)	2	Moderate
350.4	Lost Cove Ridge Trail (USFS)	0.6	Moderate
351.9	Deep Gap Trail (USFS)	0.2	Easy
355	Bald Knob Ridge Trail (USFS)	0.1	Easy
359.8	Big Butt Trail (USFS) (trail continues on USFS lands)	0.2	Strenuous
361.2	Glassmine Falls (view of Falls)	0.05	Moderate

364.2	Craggy Pinnacle Trail (to panoramic view)	0.73	Moderate
364.2	Craggy Gardens Trail (first portion is self-guiding nature trail)	0.84	Moderate
374.4	Rattlesnake Lodge Trail (woodland walk)	0.5	Moderate
382	Mountain-to-Sea Trail/MTS Trail (from Folk Art Center to Milepost 365; spring wildflowers and views; parallels parkway; many accesses)	7.5	Moderate
393.7	Shut-In Trail/MTS Trail (Bent Creek-Walnut Cove)	3.1	Strenuous
396.4	Shut-In Trail/MTS Trail (Walnut Cove-Sleepy Gap)	1.7	Moderate
397.3	Shut-In Trail/MTS Trail (Sleepy Gap-Chestnut Cove)	0.7	Moderate
397.3	Grassy Knob Trail (steep trail to USFS area)	0.9	Strenuous
398.3	Shut-In Trail/MTS Trail (Chestnut Cove-Bent Creek Gap)	2.8	Strenuous
400.3	Shut-In Trail/MTS Trail (Bent Creek Gap-Beaver Dam Gap)	1.9	Moderate
401.7	Shut-In Trail/MTS Trail (Beaver Dam Gap-Stoney Bald)	0.9	Moderate
402.6	Shut-In Trail/MTS Trail (Stoney Bald-Big Ridge)	1.2	Strenuous
403.6	Shut-In Trail/MTS Trail (Big Ridge-Mills River Valley)	1.2	Mod/Strenuous
404.5	Shut-In Trail/MTS Trail (Mills River Valley-Elk Pasture Gap)	1.2	Mod/Strenuous
405.5	Shut-In Trail/MTS Trail (Elk Pasture Gap-Mt. Pisgah)	1.7	Strenuous
407.6	Buck Springs Trail (Pisgah Lodge to view)	1.06	Easy/Mod
407.6	Mt. Pisgah Trail (summit view)	1.26	Mod/Strenuous
408.5	Frying Pan Mountain Trail	1.65	Mod/Strenuous
417	East Fork Trail (USFS, access to Shining Rock Trail System)	0.1	Easy/Mod
418.8	Graveyard Fields Loop Trail (loop by a stream)	2.29	Moderate
419.4	John Rock Trail (leg stretcher to view)	0.1	Easy
422.4	Devil's Courthouse Trail (panoramic summit view)	0.42	Mod/Strenuous
427.6	Bear Pen Gap Trail (access to Mountains-to-Sea Trail)	0.22	Easy
431	Richland Balsam Trail (self-guiding loop through spruce-fir forest)	1.47	Moderate
433.8	Toy Taylor Overlook Trail (paved trail to overlook)	0.1	Easy
451.2	Waterrock Knob Trail (summit view)	1.18	Mod/Strenuous
<i>*Mileage indicated length of trail one-way unless otherwise noted</i>			