Hiking Tips

- Hike with at least one other person and make sure someone knows where you are going.
- Research the trail and the terrain.
- Pack light.
- Bring the right type of food and plenty of water.
- Remember sunscreen!!
- Check the weather and prepare accordingly.
- Good hiking shoes are a must.
- Consider the risks involved.
- Keep track of the time and your location.

WARNING!!!

Hiking can be dangerous and should be done with caution. Always tell someone where you are going and take extra water and clothing.

Leave No Trace (L.N.T.)

Help preserve the environment by practicing these conservation tips:

- Plan ahead & prepare.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.

To learn more visit www.lnt.org.

Additional Resources:

- American Hiking Society | americanhiking.org
- Blue Ridge Parkway Hiking Trails | bryttrails.com
- Friends of Panthertown | panthertown.org
- Great Smoky Mountains National Park | nps.gov/grsm/index.htm
- Hiking in the Smokies | hikinginthethemyskos.com
- Hiking in Western North Carolina | hikewnc.info
- Nantahala National Forest Hiking Trails | ncnatural.com/NCESFS/
- Nantahala/trails.html

Leave No Trace Ethics

“In every walk with nature one receives far more than he seeks.” - John Muir

Parks & Recreation Management

Students in the Parks & Recreation Management major have produced this guide. For more information about the PRM program contact us at 828.227.7310 or visit our website at: wcu.edu/9094.asp

Base Camp Cullowhee

Not ready to explore on your own? Or would like to try a new outdoor adventure? Need to rent outdoor gear for your next adventure? WCU’s Base Camp Cullowhee (BCC) provides an array of outdoor program services, which include recreation trips, outdoor gear rental, and experiential education services. Contact BCC at 828-227-3633 or visit their website: www.wcu.edu/8984.asp

Authors:

- Brian Howley
- Robert Owens
- Brett Atwell
- Milas Dyer

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“Leave no trace.” - John Muir
**Waterrock Knob**

**Directions to trailhead:** Take US-23 south for 1.4 miles, then turn left onto US-23 to get to Blue Ridge Parkway. Go 0.5 miles, turn right onto Blue Ridge Parkway, go 0.2 miles to Grassy Slide Overlook.

**Trail Directions & Highlights:** Hikers can park in the visitor's center's lot and begin on paved path. About 0.5 miles of it is paved, however, the trail climbs a little over 500 feet in that length and the trail is very steep. The hike to the top of Waterrock Knob climbs 0.74 miles in approximately 6.25 miles of elevation. There are views to the west of the Great Smoky Mountains National Park, the north of Maggie Valley, and once you reach the elevation of 6,292 feet. There are views to the west of the Great Smoky Mountains National Park.

**Total elevation gained for hike:**

- 2,560 feet (512 feet per mile)
- Elevation at the Trailhead: 3830'.
- Hike 1.3 miles to Arch Rock.
- Continue for 4.7 miles and make a left onto Whiteside Mountain Road (SR 1690).
- Continue to the end of Rumbling Creek until you arrive at a cul-de-sac.
- A small dirt road at the end of the cul-de-sac will bring you to a forest service gate and the trail.

**Travel Time From WCU:** Approximately 45-55 Minutes

**Directions to Trailhead:** Take a trail to the lower end of the parking area. This descends down a paved path for most of its length but has some very rough spots near the river. Cross bridge, turn right along the trail until you come to the first trail intersection to the right, descend a long flight of steps to viewing platform for first waterfall. Return by same route, do not re-cross river but continue straight ahead. The upper falls is 0.3 miles ahead. On the return from the upper falls about 0.3 mile turn right off the trail to cross the river on a wooden bridge. Continue on this trail to the exit at the upper end of the parking area.

**Travel Time From WCU:** Approximately 20-30 minutes

**Directions to trailhead:** Leaving campus through the main entrance turn right onto US-107 to Sylva. From the main entrance take US-107 to US-23 to get to the Black Rock Mountains National Park. Once you reach the parking area, there will be a turn out and a parking lot on your right, turn in here for trailhead parking. (You know you have gone too far if you see the sign that allow for hikes that range from a few hours to a few days. The main trail into Panthertown is the Forest Service road beyond the main gate which is very steep. About 30 yards in there is a registration box on a tree to the right of the trail which允许 for hikes that range from a few hours to a few days. The main trail into Panthertown is the Forest Service road beyond the main gate which is very steep. About 30 yards in there is a registration box on a tree to the right of the trail which allows for hikes that range from a few hours to a few days. The main trail into Panthertown is the Forest Service road beyond the main gate which is very steep. About 30 yards in there is a registration box on a tree to the right of the trail which allows for hikes that range from a few hours to a few days. The main trail into Panthertown is the Forest Service road beyond the main gate which is very steep.

**Travel Time From WCU:** Approximately 35-45 Minutes

**Travel Time:** 3-4 Hrs (11 miles)

**Difficulty:** Moderate-Hard

**Difficulty:** Moderate

**Travel Time:** 1 Hr

**Difficulty:** Easy

**Travel Time:** 2.5 hrs (6.5 miles)

**Difficulty:** Moderate

**Travel Time:** 3-5 Hrs (6-7 miles)

**Difficulty:** Moderate-Hard

**Travel Time:** About 20-30 minutes

**Directions to trailhead:** Take a trail to the lower end of the parking area. This descends down a paved path for most of its length but has some very rough spots near the river. Cross bridge, turn right along the trail until you come to the first trail intersection to the right, descend a long flight of steps to viewing platform for first waterfall. Return by same route, do not re-cross river but continue straight ahead. The upper falls is 0.3 miles ahead. On the return from the upper falls about 0.3 mile turn right off the trail to cross the river on a wooden bridge. Continue on this trail to the exit at the upper end of the parking area.