

MOUNTAINS-TO-SEA TRAIL

40 HIKE CHALLENGE

Discover NC a stretch at a time by completing every hike outlined in the guide, *Great Day Hikes on North Carolina's Mountains-To-Sea Trail*. Not only will you experience a fantastic cross section of the state and the MST, you will receive a special treat when you finish all 40 hikes!

Full Name	Email
Mailing Address	City
	State
	Zip

COMPLETED

<input checked="" type="checkbox"/>	Hike #	Hike Name	Miles*	Date Completed
<input type="checkbox"/>	1	The Great Smokies: Clingmans Dome to Fork Ridge Trail	4.5	_____
<input type="checkbox"/>	2	The Oconaluftee River Trail: Oconaluftee Visitor Center to the Blue Ridge Parkway	0.7	_____
<input type="checkbox"/>	3	The Balsams: Waterrock Knob to Fork Ridge Overlook	2.5	_____
<input type="checkbox"/>	4	Graveyard Ridge and Skinny Dip Falls: Black Balsam Knob Road to Cherry Cove Overlook	6.8	_____
<input type="checkbox"/>	5	The Shut-in Trail: Pisgah Inn to Mills River Valley Overlook	4.5	_____
<input type="checkbox"/>	6	Rattlesnake Lodge: Craven Gap to Tanbark Ridge Tunnel	4.4	_____
<input type="checkbox"/>	7	The Craggies: Glassmine Falls Overlook to Graybeard Overlook	2.3	_____
<input type="checkbox"/>	8	Linville Gorge: Wolf Pit Road to Table Rock	8.4	_____
<input type="checkbox"/>	9	Waterfalls: Pineola Road to Roseboro Road	3.6	_____
<input type="checkbox"/>	10	Cone Manor Carriage Trails: Shulls Mill Road to Flat Top Manor	4.3	_____
<input type="checkbox"/>	11	The Blue Ridge Escarpment: Cascades Recreation Area to Bengé Gap	4.1	_____
<input type="checkbox"/>	12	The Bluff Mountain Trail: Basin Cove Overlook to Doughton Park Visitor Center	4.3	_____
<input type="checkbox"/>	13	Stone Mountain State Park: Backpack Parking to Upper Trailhead Parking	5	_____
<input type="checkbox"/>	14	Elkin and the E&A Rail-Trail: Downtown Elkin to US 21 at Collins Road	3.3	_____
<input type="checkbox"/>	15	Pilot Mountain Loop	6.3	_____
<input type="checkbox"/>	16	Hanging Rock State Park: Tory's Den Parking Lot to Hanging Rock Lake	5.3	_____
<input type="checkbox"/>	17	Cascades Preserve Loop	2	_____
<input type="checkbox"/>	18	Greensboro Watershed Lakes: Lake Brandt Marina to Church Street	3.5	_____
<input type="checkbox"/>	19	The Haw River Trail: Great Bend Park to Stoney Creek Marina	2.9	_____
<input type="checkbox"/>	20	Hillsborough's Riverwalk: Gold Park to Occaneechee Speedway	2.1	_____
<input type="checkbox"/>	21	The Eno River: Cabe Lands to Pump Station	4.4	_____
<input type="checkbox"/>	22	The Falls Lake Trail: Rolling View State Recreation Area to Little Lick Creek	4.5	_____
<input type="checkbox"/>	23	Fall Line Geology: Raven Ridge Road to Falls Lake Dam Spillway	3.5	_____
<input type="checkbox"/>	24	Raleigh's Neuse River Greenway: Buffalo Road to Milburnie Park	4.4	_____
<input type="checkbox"/>	25	Smithfield's Neuse Riverwalk: Smithfield Recreation and Aquatics Center to Bob Wallace Jaycee Kiddie Park	3.1	_____
<input type="checkbox"/>	26	Bentonville Battlefield: Harper House to Cole Plantation	2.3	_____
<input type="checkbox"/>	27	Downtown Roseboro Loop	1.9	_____
<input type="checkbox"/>	28	Old Cape Fear Countryside: White Oak Post Office to Harmony Hall	2.1	_____
<input type="checkbox"/>	29	Turnbull Creek and Jones Lake: Turnbull Creek Educational State Forest Office to Jones Lake State Park Visitor Center	1	_____

COMPLETED

<input checked="" type="checkbox"/>	Hike #	Hike Name	Miles*	Date Completed
<input type="checkbox"/>	30	Moores Creek National Battlefield Loop	0.9	_____
<input type="checkbox"/>	31	Burgaw Greenway Loop	2.7	_____
<input type="checkbox"/>	32	Stones Creek Game Land: NC 210 to US 17	3.5	_____
<input type="checkbox"/>	33	Lejeune Memorial Greenway: Montford Point Road to Holcomb Boulevard	4.8	_____
<input type="checkbox"/>	34	The Northern Neusiok Trail: NC 101 to Billfinger Road	3.3	_____
<input type="checkbox"/>	35	The Southern Neusiok Trail: Oyster Point Loop	2.8	_____
<input type="checkbox"/>	36	"Down East" North Carolina: Williston to Davis	3.9	_____
<input type="checkbox"/>	37	Cedar Island National Wildlife Refuge: Cedar Island High Bridge to Cedar Island Volunteer Fire Department	5.9	_____
<input type="checkbox"/>	38	Cape Hatteras: Hatteras Lighthouse to Frisco Campground	5.6	_____
<input type="checkbox"/>	39	Outer Banks Wildlife and Beaches: Pea Island National Wildlife Refuge Headquarters to Marc Basnight Bridge	5.4	_____
<input type="checkbox"/>	40	Jockey's Ridge State Park	0.5	_____

* Most mileage is one way. Refer to each hike description in the guide for details.

NOTES

We'd love hearing about your time on the trail. Share a few observations from your hikes.



Mail your completed entry form to:
 Friends of the Mountains-to-Sea Trail
 3509 Haworth Drive, Suite 210,
 Raleigh, NC 27609