

ABOUT 45TH BIRTHDAY HIKE

The Mountains-to-Sea Trail spans 1175 miles across North Carolina—meandering through small towns and historic sites, within national and state parks and on footpaths through places of astounding natural beauty. From Clingmans Dome in the Smokies to Jockey's Ridge on the Outer Banks, the trail connects many natural and cultural gems. Walking any or all of the MST is a path to experiencing the state in a whole new way.

I ask you to help me give the MST a 45th birthday gift that will support the ongoing work to build, maintain, protect and promote this special path.

These last few years especially, the trail has provided respite and safe recreation when we needed it most, and I invite you to experience the MST as a place of rejuvenation, exploration and adventure. Learn about the MST and how to hike it here or ask me about it.

Happy 45th to this wonderful community of trail stewards, volunteers, hikers, trail angels, dreamers and trailblazers! Thank you for supporting my appreciation of the Mountains-to-Sea Trail.