



OKLAWAHA GREENWAY

Location: Henderson, Joins Berkeley & Jackson Parks

Details.

Hendersonville's 3.5 mile Oklawaha

Greenway winds through wetlands, meadows and forests to connect four parks. The fully paved Greenway can be accessed from Balfour Road, Patton Park, 7th Avenue or Jackson Park.

(Photo is where the greenway crosses N. Main.)



DuPont State Forest 3-Mile Waterfall Hike

Location: Transylvania, DuPont State Park

Details. From Crab Creek to Staton Road, begin at the Hooker Falls Access Area and hike to the right to Hooker Falls. You can continue on the trail past the observation area to the base of the falls. Return to the parking area and follow the trail upstream a to the overlook at Triple Falls. Head down via a big staircase to get closer to the falls. From Triple Falls, continue on the High Falls Trail to the largest waterfall. Take a spur trail to reach the base. Return to the main trail and your car via the same trail.

(Photo spot is near Hooker Falls..)

HIKING SAFETY TIPS

- 1. Appropriate footwear.** Think about the terrain you'll be walking on. Be prepared for soggy/wet areas.
- 2. Map/Brochure.** Have a clear idea where you are going. Are you doing a loop or in & out? If your trail has a blaze color, make note so you know you're on the right path.
- 3. Bring water and snacks.** Having a day pack makes carrying items easier. Your dog will want water as well.
- 4. Pack rain gear.** In western NC, rain is ALWAYS a possibility.
- 5. Slippery conditions.** Any time you're crossing bridges, logs or walking on rocks near a waterfall, be careful.
- 6. First aid kit.** Blisters, stings and other injuries can happen fast. Be prepared.
- 7. Sun screen, sun glasses and a hat** can make the hike more pleasant.
- 8. Dogs.** All of these trails allow dogs if kept on a leash.
- 9. Wild Animals.** You are sharing the woods with other animals. Be aware and cautious.

TRAIL LIST

Degrees of difficulty
Zero to four stars

Bearwallow**

Brendan Shanahan, Engineering

Big Glassy ***

Lu Ann Welter, HR

Blue Ridge Visitor's Center*

Brandy Lemieux, Finance

Coontree ***

Amber Glisson, Police

DuPont **

Rhonda Wiggins, WS

Looking Glass Rock ****

Thomas Kleppe, Fire

Oklawaha Greenway

Kourtney Morgan, WTP

Pink Beds *

Tammy Ledford, Public Works

For more information on any of these trails, visit www.alltrails.com.



City of
Hendersonville



City Summer Hiking Series

OVERVIEW

To encourage our employees and their families to be active this summer, the Wellness Committee has initiated the “Take A Hike” series. Eight hikes are outlined on this brochure. This is a great program to get walking with friends, family, the dog or on your own.

For children who complete all of the hikes, they will receive a hiking medal.



Employees who complete all of the hikes will receive a vintage style backpack.



To track your hikes, snap a photo at each of the landmarks shown by the committee member. Email to lwelter@hvlnc.gov or post directly to the Hvl HUB.



BIG GLASSY MTN.
Location: Henderson, Carl Sandburg Home, off Little River Road across from the Flat Rock Playhouse

Details: After parking in the lot, you can access the trail from either the barn area or half way around the lake trail. Steady uphill climb. Three miles round trip. Takes about two hours.

(Photo spot is right before you go onto Big Glassy.)



BLUE RIDGE VISITOR'S CENTER LOOP

Location: Buncombe, Blue Ridge Parkway Visitor's Center (Parkway MP 384) 195 Hemphill Knob Rd Asheville.

Details: Moderate short loop via the MTS (Mountain to Sea) trail near the parking lot. Little elevation change, rolling hills, perfect for beginners and families. The visitor's center has public restrooms, gift shop, informative exhibits, and 24 minute film on the Blue Ridge Parkway. **Warning: You will have to cross over the Parkway (2 lanes of traffic) to complete the full loop. One and a half mile loop takes around 45 minutes.

(Photo spot is half way around loop.)



BEARWALLOW

Location: East Henderson, Bearwallow Mtn Rd. where the pavement turns to gravel.

Details: Stay on Bearwallow Mountain Road past the entrance to Grand

Highlands. Parking along road by trailhead and trailhead kiosk. The trail is one mile up with a 600 foot elevation change. The trail emerges into Bearwallow's beautiful mountaintop meadow where cattle feed. Intersect the gravel road just beyond and walk to its end atop the summit near fire tower (not climbable). You can hike the gravel road up or back.

(Photo spot is at trailhead by the gate.)



PINK BEDS

Location: Transylvania, Pisgah, US-276, past the Cradle of Forestry.

Details: Drive 200 yards past the Cradle of Forestry. From the Pink Beds parking lot, the start of the trail is clearly marked and easy

to follow by the orange markings on trees along the way. Criss-crosses the stream frequently climbing up and down. Six mile loop takes time but is great for families and passes through beautiful forest.

(Photo spot is at trailhead.)



COONTREE

Location: Transylvania, Pisgah, US-276

Details. The “Coontree Picnic Area” parking lot is located on the left when entering Pisgah and has restrooms and picnic

tables. The trail head is across the road. This loop trail is 3.7 miles around, climbs 1100 feet in elevation and takes around an hour, 20 minutes. At the top there is an intersection with Bennett Gap Trail so be sure to follow the blue markings on the Coontree Loop to stay on the correct trail.

(Photo spot is at trailhead.)



LOOKING GLASS ROCK

Location: Transylvania, Pisgah, US-276, near Fish Hatchery

Details. This 3 mile climb gives a majestic 180 degree panoramic view of the surrounding mountains from 4000 feet. Intense trail with 1700' elevation changes. Start in the morning for best parking and to avoid afternoon rains. Be sure to pack plenty of water and snacks.

The trail is blazed the entire way to the top and is an out and back. There are multiple places to stop and rest along the way, including the mountains' helipad. Set aside 3 to 4 hours so that you can enjoy a nice picnic at the top.

(Photo spot is at trailhead.)

LET'S GET HIKING!!

