

Damascus, VA (Creeper Trail/Appalachian Trail)
18 miles

Grayson Highlands State Park
5.7 miles
Mt. Rogers National Recreation Area
26 miles

Hike Ashe is a collaborative effort of Ashe Economic Development, High Country Council of Governments, and North Carolina State Parks. For additional copies, contact Cathy Barr at 336-846-5535.

MAP LEGEND

- TRAIL SYSTEMS
- SUMMITS
- MAJOR HIGHWAYS
- MINOR ROADS
- MAJOR STREAMS
- PUBLIC LANDS
- TOWNS
- COUNTY BOUNDARIES
- STATE BOUNDARIES



HIKING TRAIL GUIDE

MAP ID #	TRAIL NAME	TOTAL LENGTH (MILES)	INSET # ON REVERSE SIDE
1	TODD ISLAND PARK	1	N/A
2	MOUNTAINS-TO-SEA TRAIL	29	N/A
3	NEW RIVER STATE PARK - ELK SHOALS	2.67	A
4	BOWIE SEAGRAVE MEMORIAL PARK	0.46	N/A
5	MOUNT JEFFERSON STATE NATURAL AREA	5.15	B
6	TOWN OF JEFFERSON WALKING TRACK	0.28	N/A
7	ASHE COUNTY PARK	0.25	N/A
8	NEW RIVER STATE PARK - WAGONER ACCESS	7.2	C
9	NEW RIVER STATE PARK - US HWY 221 ACCESS	2.85	D
10	LANSING CREEPER TRAIL PARK	4.16	E

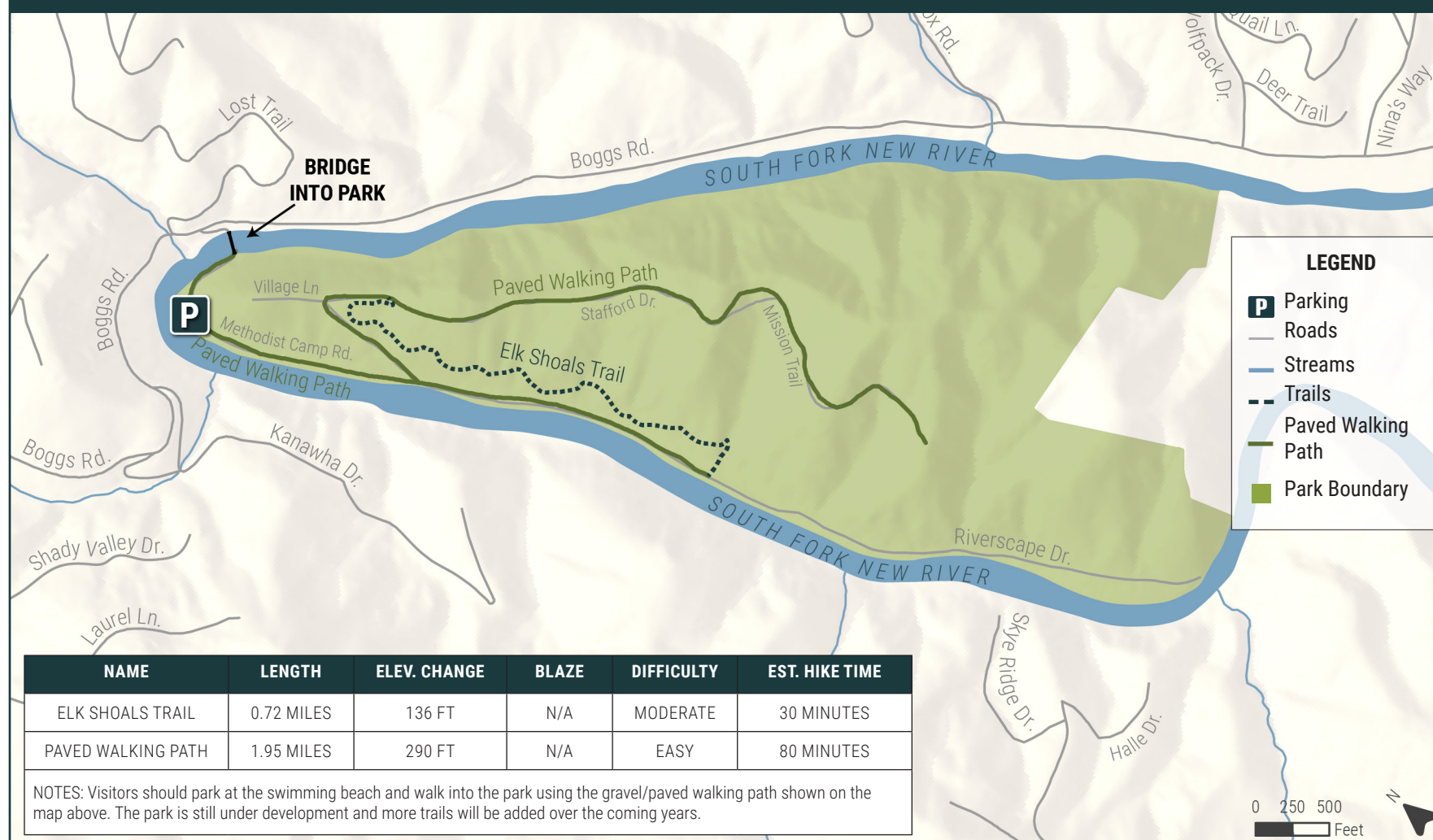


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FRONT COVER PHOTO CREDIT: WESLEY BARKER

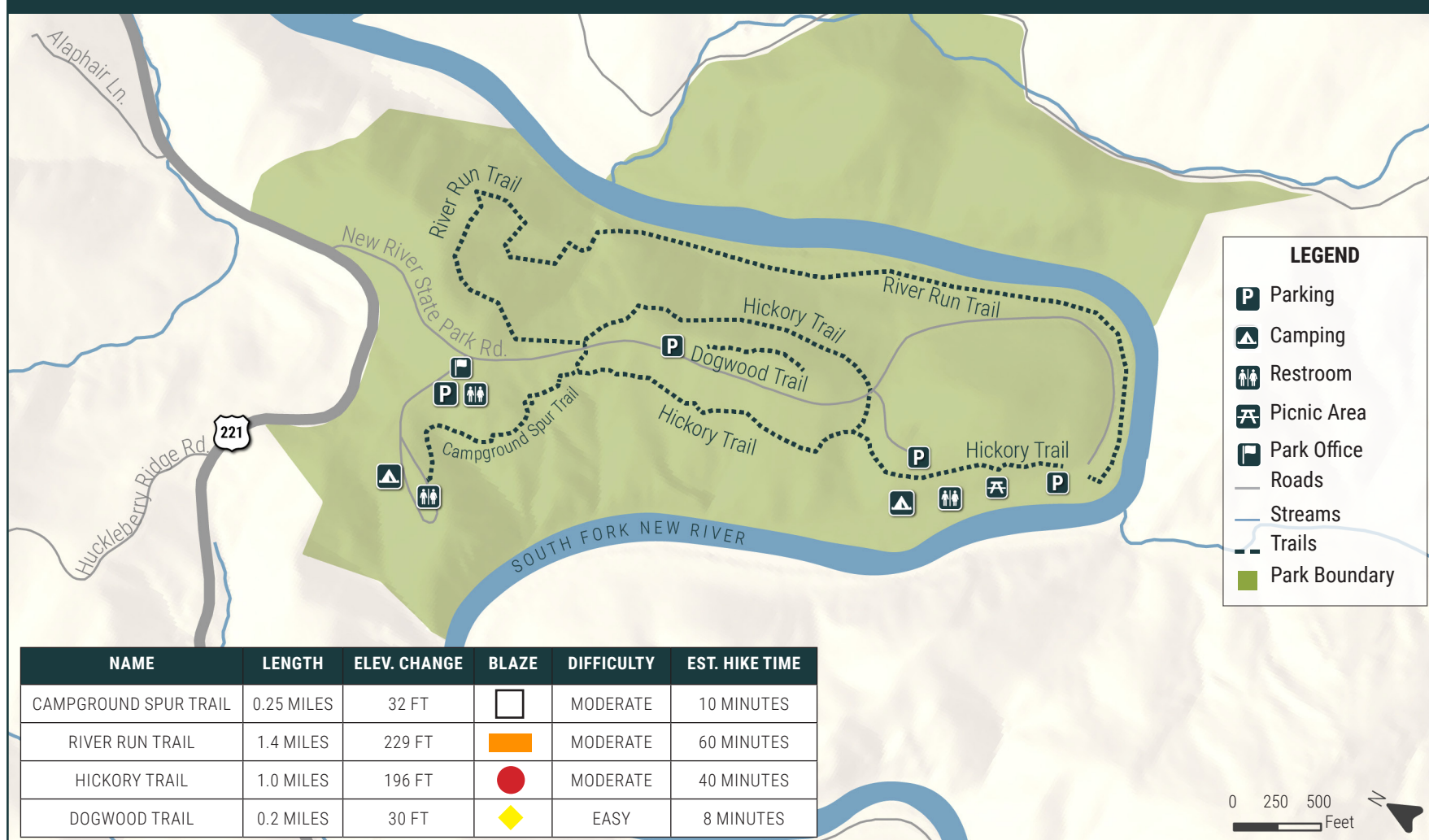
HIKE ASHE
www.hikeashe.com



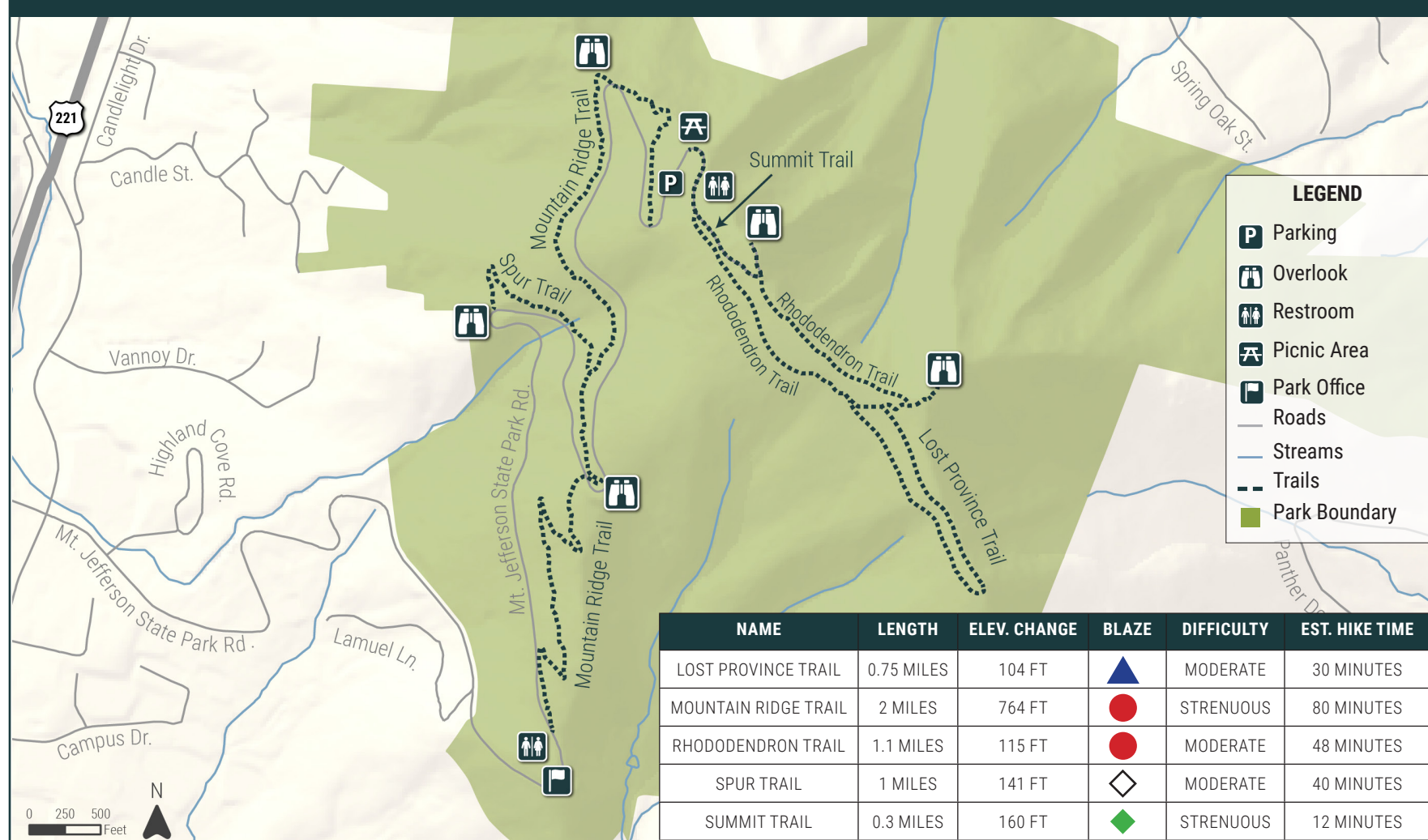
INSET A: NEW RIVER STATE PARK - ELK SHOALS



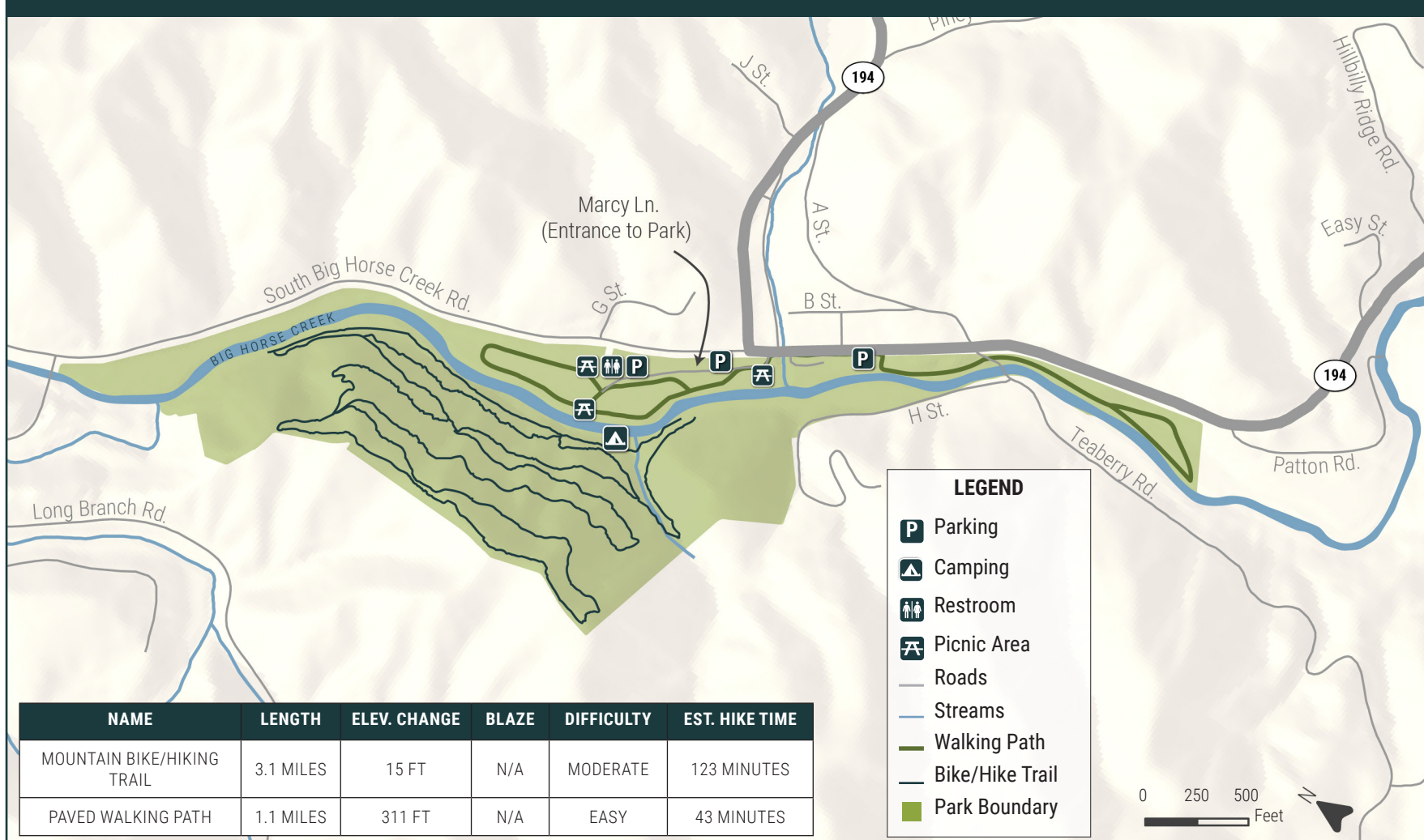
INSET D: NEW RIVER STATE PARK - US HWY 221 ACCESS



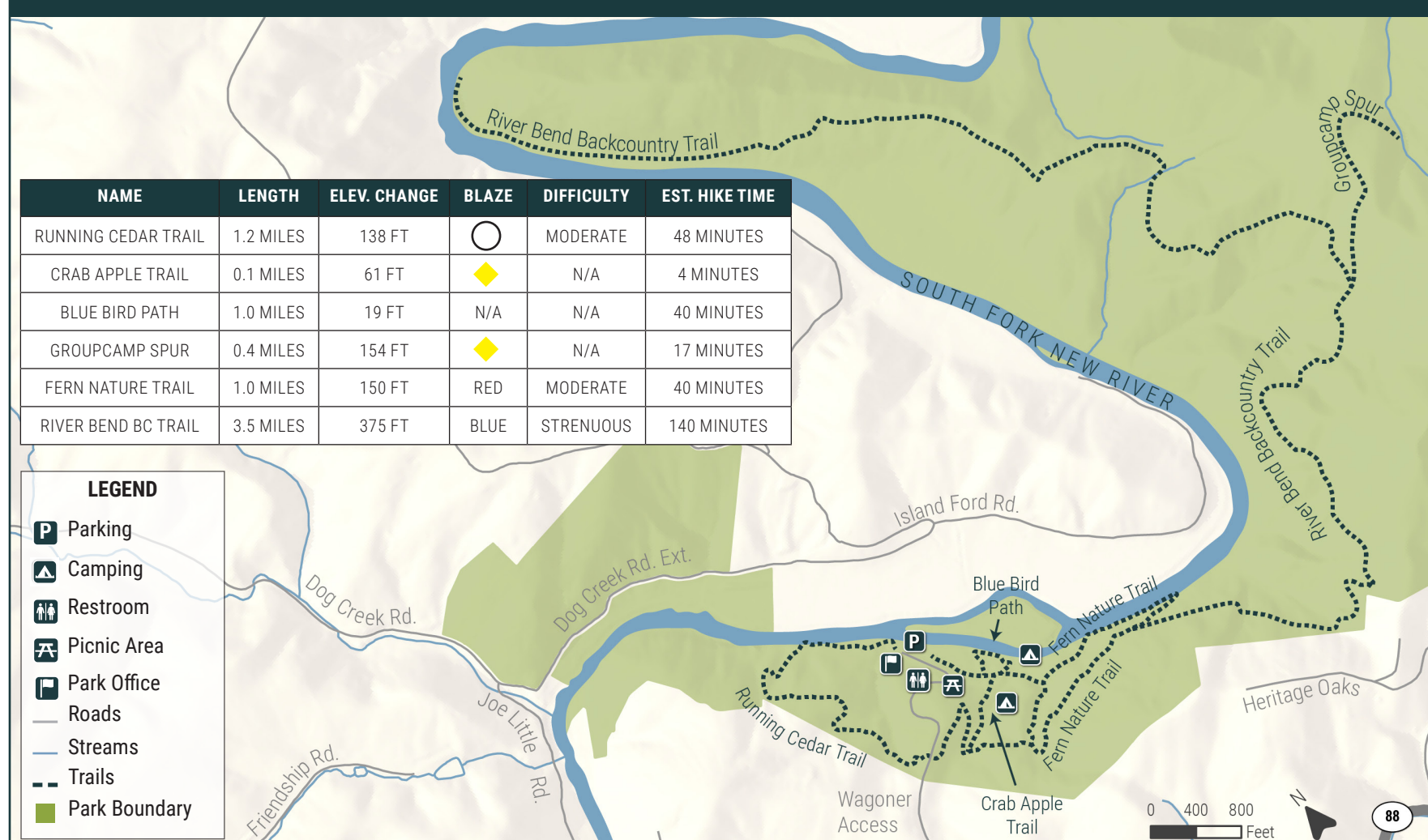
INSET B: MOUNT JEFFERSON STATE NATURAL AREA



INSET E: LANSING CREEPER TRAIL PARK



INSET C: NEW RIVER STATE PARK - WAGONER ACCESS

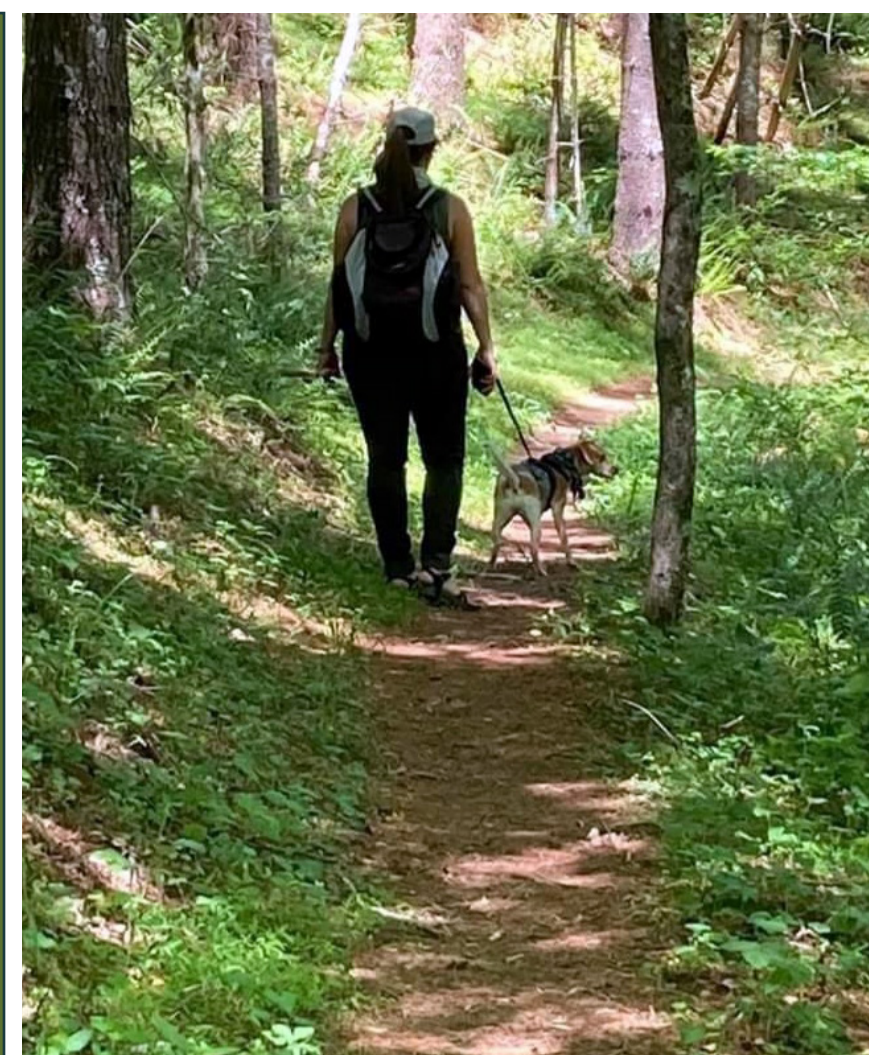


KNOW BEFORE YOU GO

RULES IN STATE RECREATION AREAS

- THE REMOVAL OF ANY PLANT, ANIMAL, ROCK, OR ARTIFACT IS PROHIBITED.
- ALL STATE PARKS ARE WILDLIFE PRESERVES. HUNTING AND TRAPPING ARE NOT PERMITTED. DO NOT FEED OR FRIGHTEN ANIMALS.
- PLACE TRASH IN PROPER RECEPTACLES. STATE LAW REQUIRES ALUMINUM CANS AND PLASTIC BOTTLES TO BE PLACED IN RECYCLING CONTAINERS.
- FIREARMS AND OTHER WEAPONS ARE PROHIBITED EXCEPT THAT THOSE WITH A PROPER PERMIT MAY POSSESS A CONCEALED HANDGUN IN PERMITTED AREAS AND UNDER THE REQUIREMENTS OF N.C.G.S. 14-415.11. ALL FIREARMS AND WEAPONS ARE PROHIBITED IN VISITOR CENTERS AND PARK OFFICES.
- FIREWORKS ARE PROHIBITED.
- ALCOHOLIC BEVERAGES ARE PROHIBITED.
- PETS MUST BE ON AN ATTENDED LEASH NO LONGER THAN 6 FEET.
- FIRES ARE PERMITTED ONLY IN DESIGNATED AREAS.

FOR A FULL LIST OF RULES, HOURS, AND DIRECTIONS FOR STATE RECREATION AREAS IN ASHE COUNTY, PLEASE VISIT WWW.NCPARKS.GOV



HIKING AT NEW RIVER STATE PARK - WAGONER ACCESS
PHOTO CREDIT: REVONDA CROW



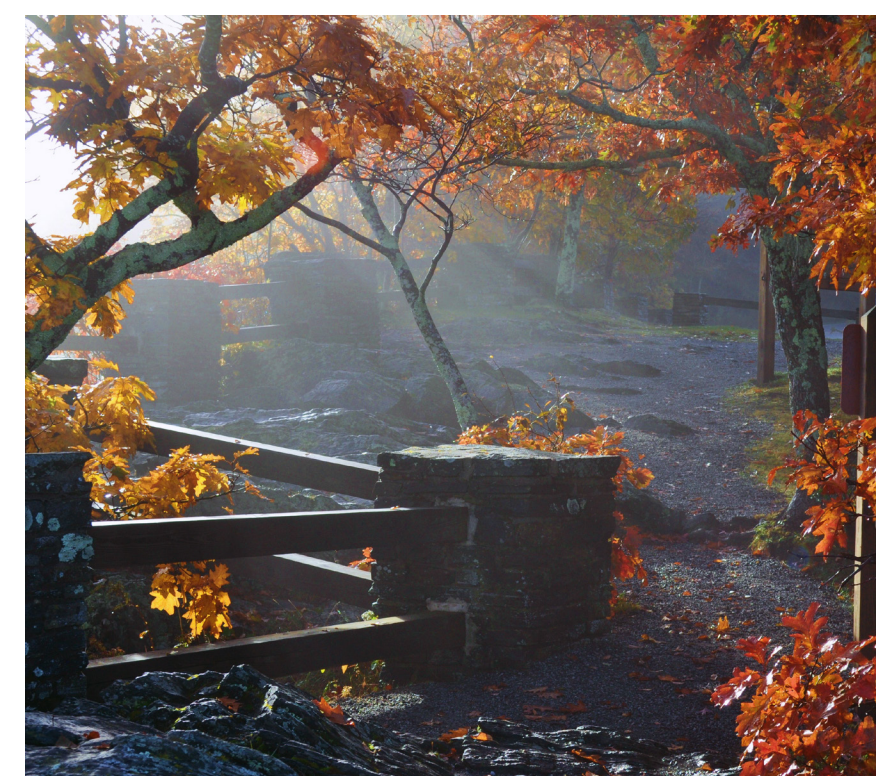
MOUNT JEFFERSON STATE NATURAL AREA
PHOTO CREDIT: WESLEY BARKER



HIKING ON THE MOUNTAINS-TO-SEA TRAIL
PHOTO CREDIT: GERMAIN MEDIA



HIKING NEAR THE MOUNTAINS-TO-SEA TRAIL
PHOTO CREDIT: NATALIE LEA



JEFFERSON OVERLOOK, MOUNT JEFFERSON STATE NATURAL AREA
PHOTO CREDIT: JOSEPH SHIMEL