

Blue Ridge Parkway

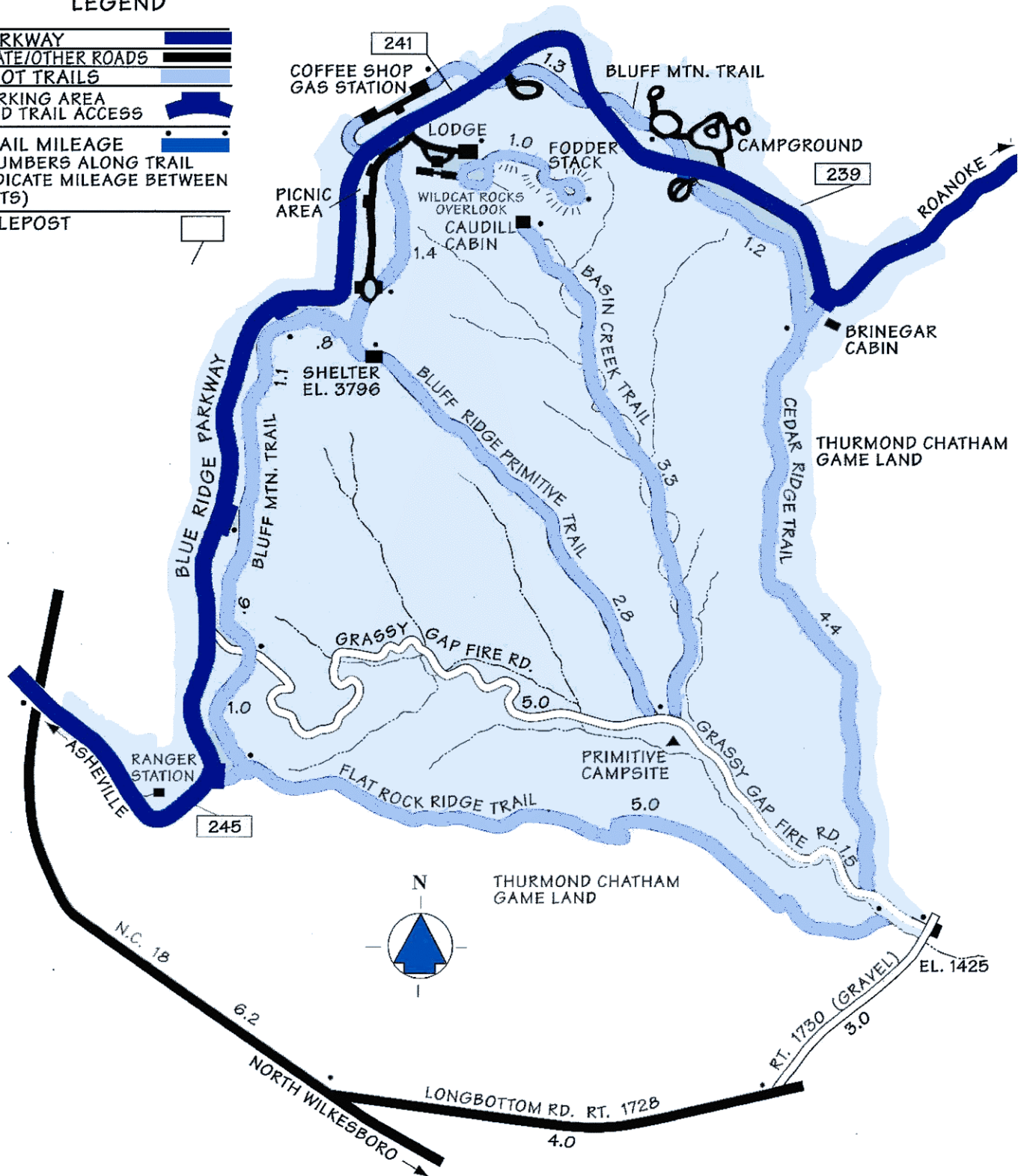
National Park Service
U.S. Department of Interior



Doughton Park Trails

LEGEND

	PARKWAY
	STATE/OTHER ROADS
	FOOT TRAILS
	PARKING AREA AND TRAIL ACCESS
	TRAIL MILEAGE (NUMBERS ALONG TRAIL INDICATE MILEAGE BETWEEN DOTS)
	MILEPOST



Doughton Park Trails

More than 30 miles of hiking trails meander through Doughton Park's pastures and along its streams. Visitors can stretch their legs on modest strolls or embark on more ambitious, day-long outings.

Bluff Mountain Trail, popular with "flatlanders," offers many scenic vistas and traverses relatively level terrain. The trail runs near the Parkway and is accessible from many locations along its 7.5 mile route from Brinegar Cabin to Basin Cove Overlook.

Cedar Ridge Trail skirts the northern side of Doughton Park's "V-shaped" boundary. Beginning near Brinegar Cabin, the trail descends a forested ridgeline 4.4 miles to the Grassy Gap Fire Road. The elevation change is more than 2,000 feet, making this a beautiful but strenuous trip.

Grassy Gap Fire Road is a 6.5 mile leaf-

covered lane, wide enough for hikers or horseback riders to travel side by side. The trail starts at Milepost 243.9 and ambles down the mountainside past the primitive campground to State Route 1730 (Longbottom Road). **Horseback riders must enter and exit from Longbottom Road. Bicycles and motorized vehicles are prohibited.**

Basin Creek Trail, accessible only from the Grassy Gap Fire Road, winds past cascading waterfalls for 3.3 miles to the century-old Caudill Cabin, former home of the Martin Caudill family. Part of the once thriving Basin Cove community; this cabin was one of the few structures that withstood the devastating 1916 flood. Allow plenty of time for the 3.3 mile return trip and for the additional hike along Grassy Gap Fire Road.

Bluff Ridge Primitive Trail is the shortest but steepest route into Basin Cove. The strenuous climb up the trail makes the hike seem much longer than 2.8 miles.

Flat Rock Ridge Trail begins on the mountain-top meadow at Basin Cove Overlook and ends on the damp, cool banks of Basin Cove Creek alongside the Grassy Gap Fire Road. The trail offers glimpses of rugged mountain slopes that attracted and challenged early settlers.

Fodder Stack Trail, 2 miles round trip, shows off its delicate display of wildflowers in spring and rewards hikers year-round with the varied hues and fragrances of mixed pine and hardwood forest. Most of the trail is easy to moderate, with a short steep section at the start. Recommended for families, the trail represents a cross-section of Parkway environments.

PRIMITIVE CAMPING

For the more adventurous, backcountry camping is permitted at the designated area in Basin Cove. A permit is required and can be obtained from the District Ranger Office, 49800 Blue Ridge Parkway, Laurel Springs, NC 28644. Telephone (336) 372-8568. Number of sites and group size are limited; horseback camping is not permitted.

Please keep in mind that camping and

campfires are not permitted outside the designated area. Dead and down firewood may be gathered for fuel. Do not cut standing trees, living or dead.

To further protect the fragile environment, pack out trash. Do not use soaps or shampoos in any stream. Keep toilets well away from the camping area and at least 200 feet from water supplies.

Please observe other warnings and regu-

lations contained in the section "IMPORTANT ADVICE." Note particularly that surface water is unsafe. Backcountry users should chemically treat this water or boil it for at least 10 minutes.

For the benefit of all, be considerate of fellow campers. Tranquility is as much a part of the setting as forest and stream. By regulations, quiet hours are 10 p.m. to 6 a.m.

IMPORTANT ADVICE

- Lock valuables in the trunk of your car or take them with you.
- Hiking shoes or boots are recommended for most trails, especially for the most strenuous ones. Steep and rocky areas and slippery stream crossings require extra attention and careful footing. Even for trails marked "easy," it is advisable to wear flat or rubber-soled shoes for comfort and good traction. Wearing sandals, "flip-flops," or high heels can result in accidents.
- Sudden changes in weather are common in these mountains. Even in mild seasons, rapid dips in temperature and unexpected thunderstorms frequently occur, and at higher elevations the wind and temperature can carry a surprising chill. Be prepared for weather changes by bringing along suitable clothing.
- For your safety and the protection of the resources, stay on established trails. Short-cutting at switchbacks causes soil erosion, disfigures the trail, and makes it difficult for other hikers to find their way. Take advantage of log walkways, steps, or other trail construction. They are there to minimize human impact on the natural environment.
- Do not drink the water in streams or

springs. Bacterial diseases can be contracted by drinking untreated "wild" waters.

- Lost and found articles should be reported to a Park Ranger.

REGULATIONS

- Parking is limited to designated parking areas or road shoulders. All four wheels must be off the pavement.
- Bicycles and motor vehicles are not permitted on trails.
- Camping is permitted only in park campgrounds or designated backcountry sites.
- Dogs and other pets must be on a leash or under physical restraint at all times while in the park. The territorial instinct of dogs can lead to fights with other dogs on the trail. Dogs also frighten hikers and chase wildlife.
- Deposit all litter in trash cans or recycling bins.
- Metal detectors are prohibited.
- Natural resources are protected by federal law. Do not disturb animal and plant life in any way. Hunting, trapping and carrying weapons are prohibited. Do not interfere with animals by feeding, touching, or frightening them. Do not cut, deface, or

damage trees. Leave wildflowers and other vegetation in their natural condition for other hikers to enjoy.

- Historic resources are protected by federal law. Do not damage, deface, or remove any of these structures, furnishings, or exhibits.



**Help protect and preserve
the Blue Ridge Parkway.
Be alert for uncontrolled fire,
safety hazards, accidents,
and emergencies.**

**Please report such
conditions by calling:
1-800-PARKWATCH
(1-800-727-5928)**

*For general Parkway
information, call: (828) 298-0398 or
visit www.nps.gov/blri on the Internet.*