

# Contents

<i>Introduction</i> .....	<b>6</b>
<i>Using This Guide</i> .....	<b>8</b>
<i>Pisgah National Forest</i> .....	<b>10</b>
<i>Locator Map</i> .....	<b>12</b>
<i>Trail Advocacy</i> .....	<b>14</b>

## DAVIDSON RIVER AREA

<i>Thrift Cove</i> .....	<b>20</b>
<i>Sycamore Cove</i> .....	<b>22</b>
<i>North Slope</i> .....	<b>24</b>
<i>Pressley Gap</i> .....	<b>26</b>
<i>Gumstand Gap</i> .....	<b>28</b>
<i>Butter Gap</i> .....	<b>30</b>
<i>Picklesimer Fields</i> .....	<b>32</b>
<i>Daniel Ridge</i> .....	<b>34</b>
<i>Farlow Gap</i> .....	<b>36</b>

## CRADLE OF FORESTRY AREA

<i>Twin Falls</i> .....	<b>42</b>
<i>Buckhorn Gap</i> .....	<b>44</b>
<i>Clawhammer</i> .....	<b>46</b>
<i>Bennett Gap</i> .....	<b>48</b>
<i>Perry Cove</i> .....	<b>50</b>
<i>Buckwheat Knob</i> .....	<b>52</b>
<i>Coontree Gap</i> .....	<b>54</b>
<i>The Pink Beds</i> .....	<b>56</b>
<i>Club Gap</i> .....	<b>58</b>
<i>Cradle Loop</i> .....	<b>60</b>
<i>Mountains to Mills River</i> .....	<b>62</b>
<i>Squirrel Gap</i> .....	<b>64</b>
<i>Horse Cove Gap</i> .....	<b>66</b>

## MILLS RIVER AREA

<i>Slate Rock</i> .....	<b>72</b>
<i>Pilot Cove-Slate Rock Creek</i> ....	<b>74</b>
<i>Bradley Creek</i> .....	<b>76</b>
<i>South Mills Tour</i> .....	<b>78</b>
<i>Laurel Mountain</i> .....	<b>80</b>
<i>Middle Fork</i> .....	<b>82</b>
<i>Fletcher Creek</i> .....	<b>84</b>
<i>Spencer Branch</i> .....	<b>86</b>
<i>Trace Ridge</i> .....	<b>88</b>
<i>Spencer Gap</i> .....	<b>90</b>
<i>Wash Creek</i> .....	<b>92</b>
<i>Bear Branch</i> .....	<b>94</b>
<i>Old Cantrell Creek Lodge</i> .....	<b>96</b>
<i>Riverside</i> .....	<b>98</b>

## WESTSIDE PISGAH AREA

<i>Pilot Mountain</i> .....	<b>104</b>
<i>Summey Cove</i> .....	<b>106</b>
<i>Flat Laurel Creek</i> .....	<b>108</b>
<i>Ivestor Gap</i> .....	<b>110</b>





*Waterfalls*..... **152**  
*Bridal Veil Falls*..... **154**  
*Kids Loop* ..... **156**  
*Guion Farm Loop*..... **158**  
*Rifle Range to Tarklin* ..... **160**  
*Ridgeline to Wintergreen* .... **162**  
*Grassy-Briery*..... **164**  
*Casual Dupont*..... **166**  
*Reasonover* ..... **168**

**APPENDIX**

*Local Bike Resources*..... **172**  
*Lodging & Camping*..... **174**

**BENT CREEK AREA**

*Lower Bent Creek* ..... **116**  
*Owl Ridge*..... **118**  
*Hardtimes Road*..... **120**  
*Rice Pinnacle-Ledford*..... **122**  
*Deerfield-Pine Tree-Explorer*. **124**  
*South Ridge Road*..... **126**  
*South Side*..... **128**  
*North Boundary* ..... **130**  
*Little Hickory* ..... **132**  
*Ingles Field Gap*..... **134**  
*Lower Sidehill* ..... **136**  
*Greens Lick*..... **138**  
*Wolf Branch* ..... **140**

**DUPONT STATE FOREST**

*Cedar Rock*..... **148**  
*Dupont Epic*..... **150**

