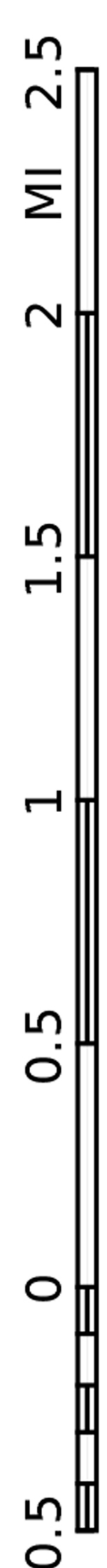
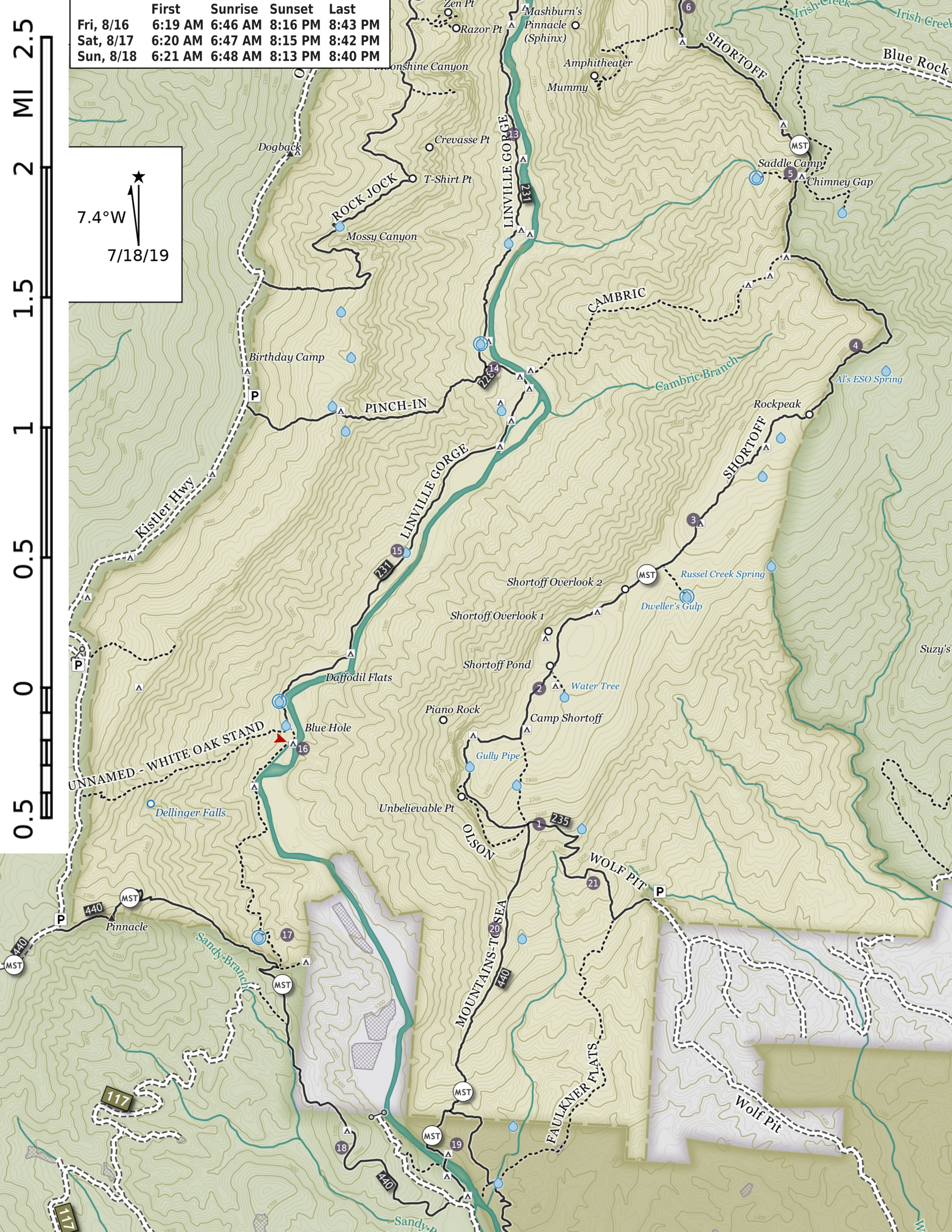


	First	Sunrise	Sunset	Last
Fri, 8/16	6:19 AM	6:46 AM	8:16 PM	8:43 PM
Sat, 8/17	6:20 AM	6:47 AM	8:15 PM	8:42 PM
Sun, 8/18	6:21 AM	6:48 AM	8:13 PM	8:40 PM



7.4°W
7/18/19



Grandfather Ranger District

District Ranger Nick Larson
 109 Lawing Drive
 Nebo, NC 28761
 (828) 652-2144

Sunrise/Sunset

Sat, Aug 16, Sunrise 6:46AM, Sunset 8:16PM
 Sun, Aug 17, Sunrise 6:47AM, Sunset 8:15PM
 Mon, Aug 18, Sunrise 6:48AM, Sunset 8:13PM

PCT

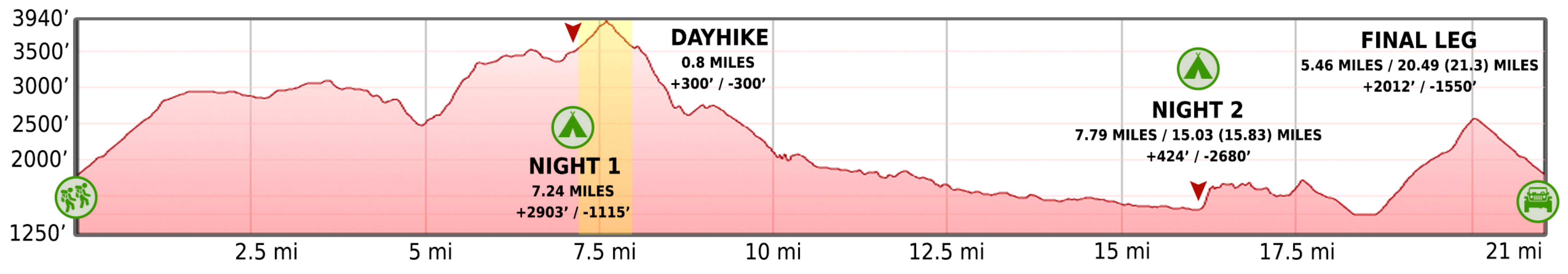
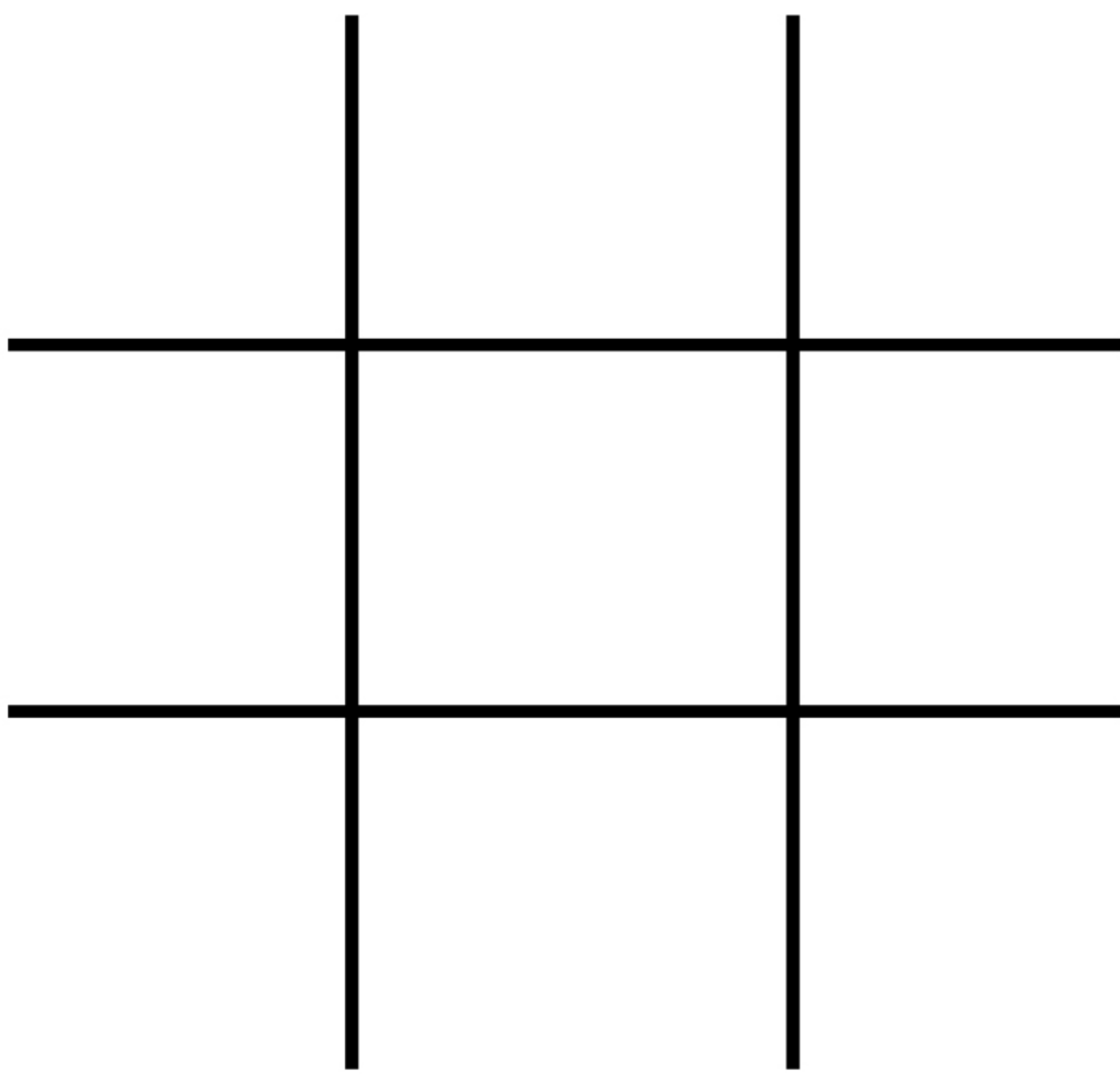
6' off trunk, 12' to bag, 15' to branch

Parking Lot at Wolf Pit Road

35.82421,-81.88967

Alt Campsites

Mile 8.2 (9) off Little Table Rock
 Mile 16.2 (17.4) off MST near Sandy Branch Creek



Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time Pace: 1 mph
Pkg to Mtn-to-Sea via Wolf Pit TR	1.04	842	-16	1.04	842	-16	Friday	10:00:00 AM	1:02:24	11:02:24 AM
Mtn-to-Sea to Shortoff Mtn base	1.18	423	-48	2.22	1,265	-64	Friday	11:02:24 AM	1:10:48	12:13:12 PM
LGWL/Mtn-to-Sea to Chimney Gap	2.74	334	-833	4.96	1,599	-897	Friday	12:13:12 PM	2:44:24	2:57:36 PM
Chimney Gap to The Chimneys	1.23	1,012	0	6.19	2,611	-897	Friday	2:57:36 PM	1:13:48	4:11:24 PM
The Chimneys to Table Rock TH (Camp 1)	1.05	292	-218	7.24	2,903	-1,115	Friday	4:11:24 PM	1:03:00	5:14:24 PM
Day & Overall Mileage Sub-Total:	7.24	2,903	-1,115	7.24	2,903	-1,115			7:14:24	
Table Rock TH (Camp 1) to Spence Ridge TH	1.11	79	-888	8.35	2,982	-2,003	Saturday	8:00:00 AM	1:06:36	9:06:36 AM
Spence Ridge TH to Linville Rvr x-ing (Spence Bridge)	0.96	24	-708	9.31	3,006	-2,711	Saturday	9:06:36 AM	0:57:36	10:04:12 AM
Linville River to Conley Cove TH	0.80	17	-201	10.11	3,023	-2,912	Saturday	10:04:12 AM	0:48:00	10:52:12 AM
Conley Cove TH to Pinch-In TH	2.91	160	-533	13.02	3,183	-3,445	Saturday	10:52:12 AM	2:54:36	1:46:48 PM
Pinch-In TH to Blue Hole (Camp 2)	2.01	144	-350	15.03	3,327	-3,795	Saturday	1:46:48 PM	2:00:36	3:47:24 PM
Day & Overall Mileage Sub-Total:	7.79	424	-2,680	15.03	3,327	-3,795			7:47:24	
Camp 2 to Mtn-to-Sea	1.37	412	-135	16.40	3,739	-3,930	Sunday	8:00:00 AM	1:22:12	9:22:12 AM
Mtn-to-Sea to Linville Crossing	1.53	229	-583	17.93	3,968	-4,513	Sunday	9:22:12 AM	1:31:48	10:54:00 AM
Linville River to Wolf Pit	1.52	1,347	0	17.92	5,086	-3,930	Sunday	9:22:12 AM	1:31:12	12:25:12 PM
Wolf Pit to car	1.04	24	-832	18.96	5,110	-4,762	Sunday	12:25:12 PM	1:02:24	1:27:36 PM
Day & Overall Mileage Sub-Total:	5.46	2,012	-1,550	20.49	5,339	-5,345			5:27:36	
Grand Totals:	20.49	5,339	-5,345					20:29:24	Pace: 1.0	
Grand Totals (with dayhike):	21.29	5,669	-5,675					21:17:24		