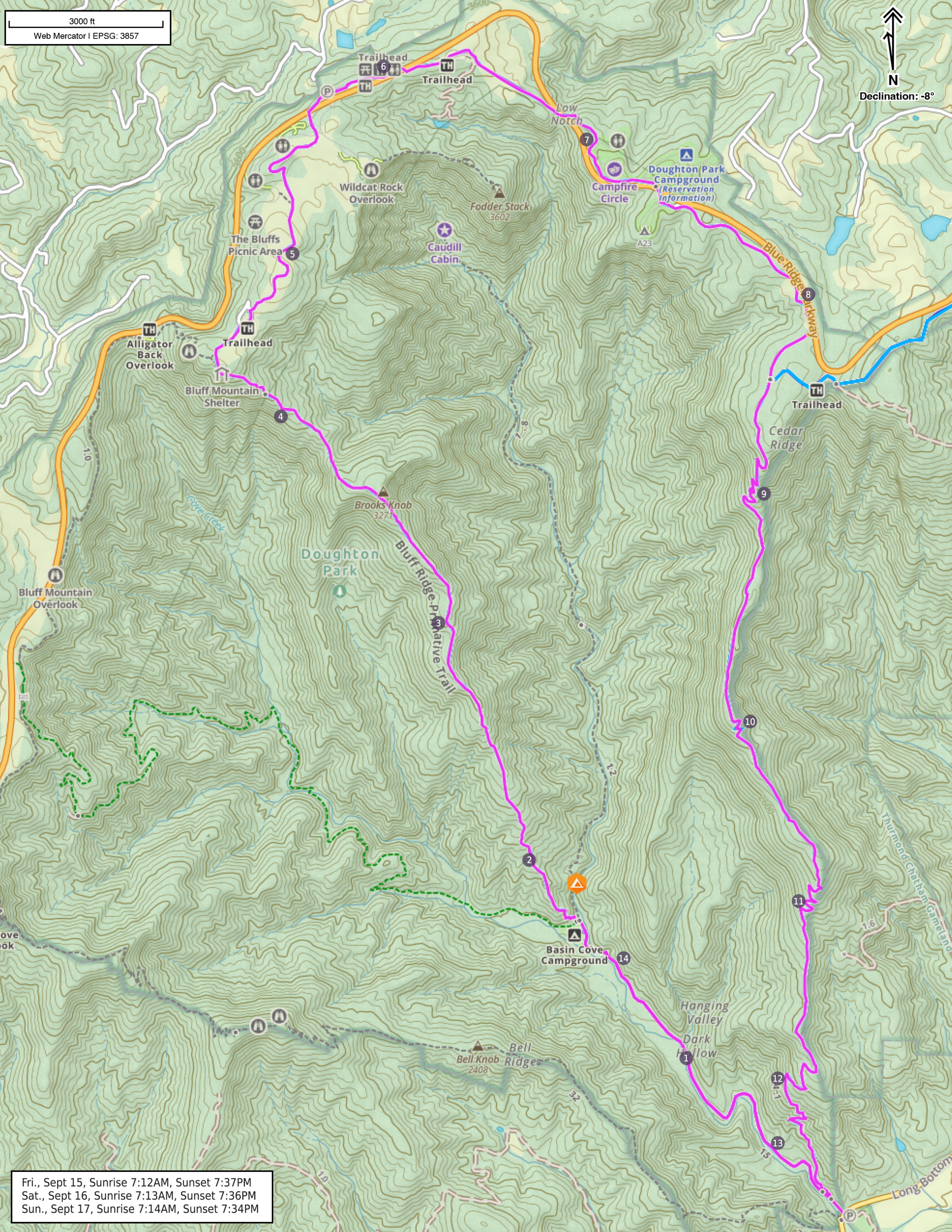


3000 ft

Web Mercator | EPSG: 3857



Fri., Sept 15, Sunrise 7:12AM, Sunset 7:37PM  
Sat., Sept 16, Sunrise 7:13AM, Sunset 7:36PM  
Sun., Sept 17, Sunrise 7:14AM, Sunset 7:34PM

Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time Pace: 2 mph
Grassy Gap Lot to Cedar Ridge Tr via fire road	0.07	7	-0	0.07	7	-0	Friday	4:00:00 PM	0:02:06	4:02:06 PM
Cedar Ridge Tr to Basin Cove Campground - Camp 1	1.63	146	-80	1.70	153	-80	Friday	4:02:06 PM	0:48:54	4:51:00 PM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>1.70</b>	<b>153</b>	<b>-80</b>	<b>1.70</b>	<b>153</b>	<b>-80</b>			<b>0:51:00</b>	
Camp 1 to MST Int via Bluff Ridge Trail	2.73	2389	-228	4.43	2542	-308	Saturday	8:00:00 AM	1:21:54	9:21:54 AM
MST Int to Bluffs Restaurant	1.41	193	-253	5.84	2735	-561	Saturday	9:21:54 AM	0:42:18	10:04:12 AM
Bluffs Restaurant to Cedar Ridge Trail Int	2.59	236	-382	8.43	2971	-943	Saturday	10:04:12 AM	1:17:42	11:21:54 AM
Cedar Ridge Tr to Grassy Gap Fire Road	4.16	142	-2174	12.59	3113	-3117	Saturday	11:21:54 AM	2:04:48	1:26:42 PM
Grassy Gap Fire Road to Campsite	1.58	141	-98	14.17	3254	-3215	Saturday	1:26:42 PM	0:47:24	2:14:06 PM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>12.47</b>	<b>3,101</b>	<b>3,135</b>	<b>14.17</b>	<b>3,254</b>	<b>-3215</b>			<b>6:14:06</b>	
Campsite to Cedar Ridge Tr	1.63	80	-146	15.80	3334	-3361	Sunday	8:00:00 AM	0:48:54	8:48:54 AM
Cedar Ridge Tr to parking lot	0.07	0	-7	15.87	3334	-3368	Sunday	8:48:54 AM	0:02:06	8:51:00 AM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>1.70</b>	<b>80</b>	<b>-153</b>	<b>15.87</b>	<b>3,334</b>	<b>-3368</b>			<b>0:51:00</b>	
<b>Grand Totals:</b>	<b>15.87</b>	<b>3,334</b>	<b>3,368</b>					<b>7:56:06</b>	<b>Pace: 2.0</b>	



**Sunrise/Sunset**

Fri., Sept 15, Sunrise 7:12AM, Sunset 7:37PM  
 Sat., Sept 16, Sunrise 7:13AM, Sunset 7:36PM  
 Sun., Sept 17, Sunrise 7:14AM, Sunset 7:34PM

**District Ranger Office**

49800 Blue Ridge Parkway  
 Laurel Springs, NC 28644  
 (828) 348-3487

**Doughton Park Campground**

336-372-8877

**LEGEND**

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

