

## **Mountains-to-Sea Trail through the Great Smoky Mountains National Park**

### **Route suggested by the Great Smoky Mountains National Park**

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**Hiked by Danny Bernstein and Sharon McCarthy – Fall 2009**

- A.T. from Clingmans Dome to Fork Ridge Trail – 0.5 + 3.5 (up and down)
- Fork Ridge Trail to Deep Creek Trail – 5.1 (down)
- Deep Creek Trail to Martins Gap Trail – 4.3 (down)
- Stayed at campsite #57

**13.4 miles (mostly down)**

- Martins Gap Trail to Sunkota Ridge Trail – 1.5 (1,100 ft. up)
- Sunkota Ridge Trail to Thomas Divide Trail – 4.9 (1,300 ft. up)
- Thomas Divide Trail to Newton Bald Trail – 0.5 (slightly up)
- Newton Bald Trail to Newfound Gap Rd. – 5.3 (down)
- Cross Newfound Gap Road and bridge across Oconaluftee River
- Walk on trail from Chapel to Bradley Fork - 1.0
- Stayed at Smokemont Campground

**13.2 miles (2,4000 ft. ascent)**

- Up Bradley Fork Trail 1.2
- Right on Chasteen Creek Trail 4.0 (2,400 ft. up)
- Left on Hughes Ridge 0.5 (200 ft. up)
- Right on Enloe Creek Trail 3.6 (800 ft. up)
- Left on Hyatt Ridge Trail 1.7 (500 ft. up)
- Pick up Beech Gap Trail II to Straight Fork Rd. 2.8 (down)

**13.8 miles (3,900 ft. ascent)**

- Walk on Straight Fork Road a little from Beech Gap II trailhead to Beech Gap I trailhead (cross bridge)
- Beech Gap Trail 2.5 (1,800 ft. up)
- Left on Balsam Mt. Trail 2.0 (600 ft. up)
- Right to Mount Sterling Ridge Trail 3.9 (straight and down)
- Right on Pretty Hollow Trail 5.5 (down)
- Walk down the valley on Cataloochee Road to Rough Fork Trail (1 mile)
- Rough Fork to Campsite #40 1.5 miles (300 ft.)
- Stayed at Campsite #40

**16.4 miles, (2,700 ft. ascent)**

- Up Rough Fork Trail to Polls Gap 4.9 miles (1,900 ft.)
- Go left on Heintooga Ridge Rd. to BRP 6.7 (800 ft. up)
- BRP to Plott Balsam overlook 0.3

**11.9 mile, (2,700 ft. ascent)**

Mileages and ascents are from *Hiking Trails of the Smokies* published by the Great Smoky Mountains Association.