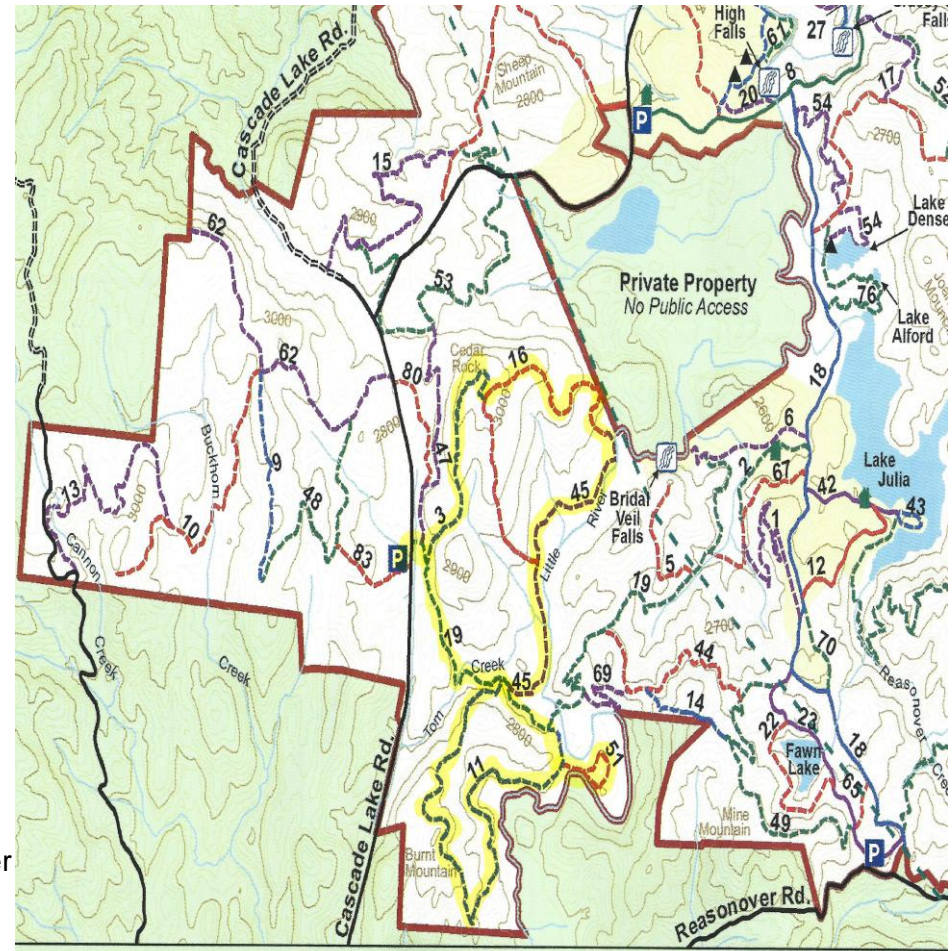


## CEDAR ROCK via CORN MILLS SHOALS ACCESS in DUPONT STATE FOREST



**DESCRIPTION:** In just 6.5 miles and less than 800ft total climb, this double loop trail includes granite balds, fine vistas, lush forest, diverse flora, and rocky shoals with bold rapids. The Nook spur adds an optional half mile. Cross Cascade Lake Rd onto Corn Mill Shoals Trail. Take 2<sup>nd</sup> posted left and ascend Big Rock Trail. Follow rock cairns over the granite dome dotted with fragile moss and lichen and nice views west to Pisgah Mtns. Follow cairns and make two lefts to Cedar Rock Trail. Emerge at power lines. Go hard right down hill and quick back into the woods. At the fork, veer left for a short, steep, rocky descent. Turn right onto Little River Trail. Continue through pines and hemlocks with glimpses of the river to the left. Cross a small creek and U turn left onto the flat, sandy Corn Mill Shoals Trail. Lunch and enjoy the shoals. Backtrack to Burnt Mtn Trail. Loop left, clockwise back to, and north on, Corn Mill Shoals to the trailhead.



**DIRECTIONS:** (GPS: 35.191836, -82.647439) Corn Mill Shoals access and parking on Cascade Lake Rd is lined with huge boulders and a kiosk in back. Corn Mill Shoals trail starts across the road. Gather at Holly Springs (SC11 & US178) in time for a 9:15AM departure. That requires leaving KKEPA by 840. From Holly go 11 miles E on SC11, 11.5 N on SC8/US276, and 2 mi N on Cascade Lake Rd. There is a potty at the access. No fees. Return by 330P.

UPDATED Sept 2018