

Dupont State Recreational Forest Hike for Tuesday, September 20, 2018

Fellow hiking friends, I'm hiking again!! (And, so far, pain free!)

I hiked with the Blue Ridge Ramblers in Dupont State Forest in North Carolina.

Here's their hike plan description from the web site:

“In just 6.5 miles and less than 800 feet total climb, this double loop trail hike includes granite balds, fine vistas, lush forest, diverse flora, and rocky shoals with bold rapids. The Nook spur adds an optional half mile. From the parking lot, cross Cascade Lake Road onto Corn Mill Shoals Trail. Take the 2nd 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 Mountains. Follow cairns and make two lefts to Cedar Rock Trail. Emerge at power lines. Go hard right downhill 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 turn left onto the flat, sandy Corn Mill Shoals Trail. Lunch on the banks of the Little River and enjoy the shoals. Backtrack to Burnt Mtn Trail. Loop left, clockwise back to, and north on, Corn Mill Shoals to the trailhead.”

Seventeen of us hiked. Because of the heat and humidity, we skipped the short 0.4 mile Nooks Trail. Many mountain bikers were on the trails today. We saw probably 20 bikers – some at high speed on narrow trails!

ACTUAL STATS:

Distance: 6.5 miles

Hike Start: 10:04 AM

Hike End: 1:46 PM

Elapsed Time: 03:42:08 (hour/min/sec)

Starting/Ending Elevation: ~2,533'

Highest Elevation: 3,114' (Cedar Rock summit)

Total Elevation Gain/Loss: ~820' (Per my altimeter, the gain was 814' and loss was 827')

Net Altitude Change: 0.0'

Starting Temp: 72°

Ending Temp: 79° (and VERY HUMID!!)



Rhéal

I took a lot of photos – here's a few:

This was our hike start and end location, just across Cascade Lake Road from the trailhead.



We crossed Cascade Lake Road to the trail and prepared to move out.



Views from the top of Cedar Rock.





The trails were in great shape except for....



...this collapsed bridge over a creek!!

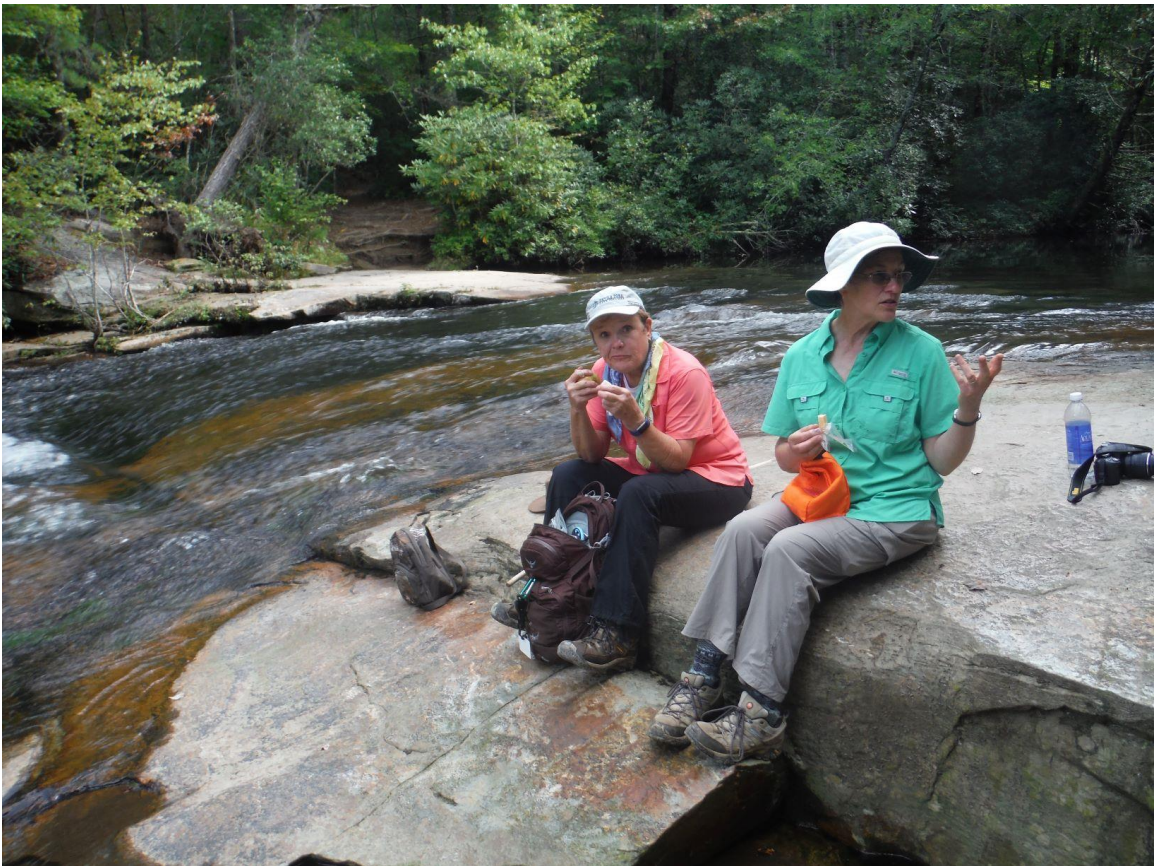
Hikers going down the bridge, and....



.....climbing back up!



This was our lunch spot on the rocky banks of the Little River.

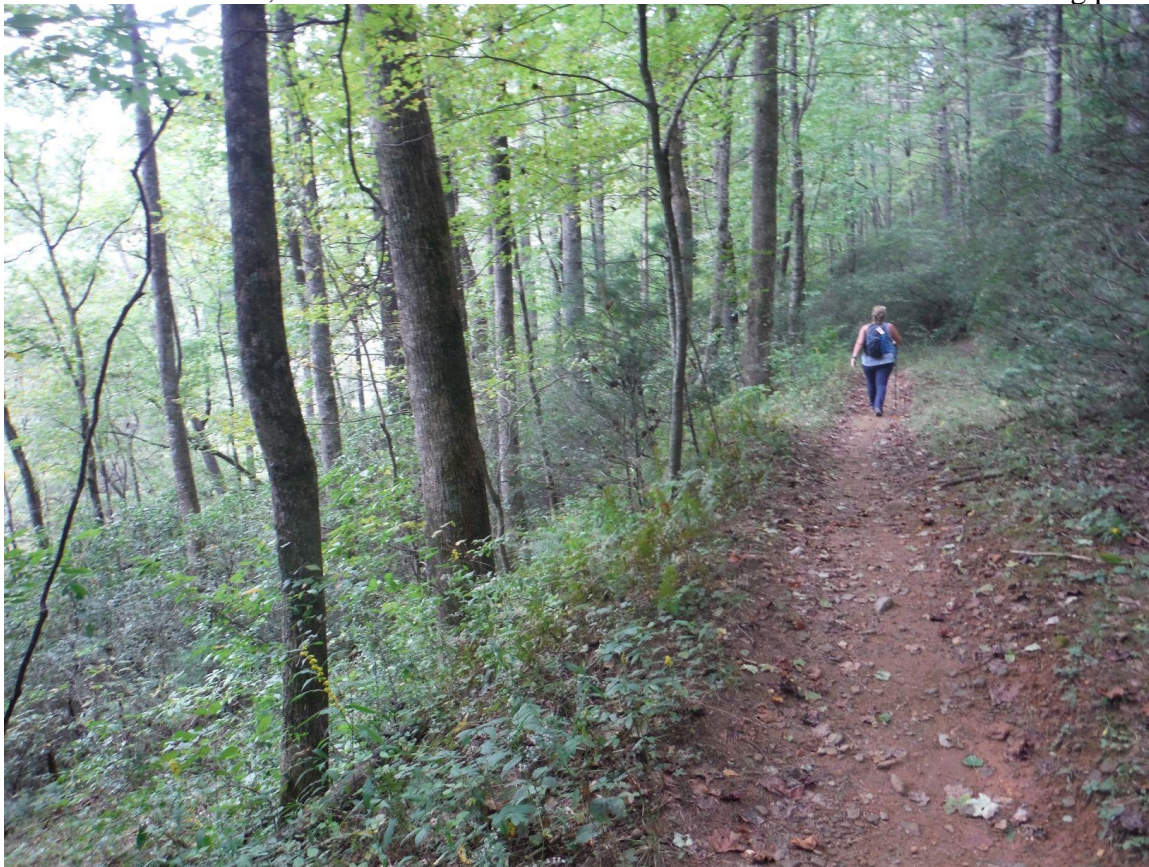




Oconee Hikers, remember this river crossing?
We did a wet (and COLD) crossing here on March 4, 2015 on the Corn Mills Shoals Trail
as we headed for our lunch spot below Bridal Veil Falls.



After our lunch break, we hiked the Burnt Mountain Trail and returned to our starting point.



Below are a couple photos from “Donna’s Gallery” at the Blue Ridge Ramblers web site.





It's GREAT to be on the trails again!!