



Hiking North Carolina's Mountains-to-Sea Trail

Allen de Hart

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North Carolina's Mountains-to-Sea Trail offers some of the most rewarding hiking experiences in the East. Covering nearly 1,000 miles, it stretches from Clingman's Dome, the highest peak in the Great Smoky Mountains National Park, to Jockey's Ridge, the largest sand dune on the Atlantic Coast. The route, a mix of some 500 miles of designated and planned hiking trails and 500 miles of state bicycle paths also used for hiking, winds through three national parks, three national forests, seven state parks, two wilderness areas, and two wildlife refuges, as well as farming communities and small towns.

The only comprehensive guide to the Mountains-to-Sea Trail, Allen de Hart's book allows hikers to hit the trail with confidence. It is organized around thirty-eight trail sections, each with detailed descriptions, maps, and photographs. De Hart discusses terrain, scenery, plant and animal life, rivers and streams, and historic sites; and his "campside stories" introduce hikers to local history and lore. Also covered are parking; provisions, camping, and lodging; rules and regulations; and health and safety tips.

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