



Choose a Trail

Hiking Options for the Trout Adventure Trail

A proud partnership of Trout Unlimited, the US Forest Service, and Boy Scouts of America



RED ROUTE

The RED Route is a short but steep walk from the Springer Mountain parking area on FS Road 42 to the top of Springer Mountain and the start (southern terminus) of the Appalachian Trail. Hikers return down the same trail, totaling about 1.8 miles. This route runs exclusively on the Appalachian Trail. The trail here can be rocky and a bit challenging, but for kids of all ages it is like climbing natural stairs to a beautiful view. The terminus point features beautiful long-distance unobstructed views and information plaques about the trail. It also is a good point to rest and discuss the experience. There are no trout streams on the RED Route.

BLUE ROUTE

The BLUE route is an easy walk uphill along Long Creek, a trout stream, from Three Forks on FS Road 58 to Long Creek Falls and return, a total of about 2.2 miles. The slope is fairly gentle, and the trail is open and easy. The entire route is part of the Appalachian and Benton-MacKaye trails. Long Creek Falls is a beautiful small-stream waterfall with an open area at its base, and is an excellent place for a rest or to discuss and explore the surroundings.

For more detailed planning information, driving directions to the parking areas and educational opportunities, see [\[insert hyperlinks\]](#).