The North Carolina Division of Parks and Recreation - State Trails Program is working with various agencies across North Carolina to develop regional trail systems that will interconnect in a statewide trail network. The goal of these regional plans is to guide federal, state, and local efforts for trail development, park development, and land conservation. Building on the successful Mountains to Sea Trail project, the regional plans provide a blueprint for connecting public lands, communities, and significant natural features across the state.

Trails provide communities with many benefits, including public health, economic development, recreation opportunities, and transportation options. Developing a coordinated plan for future trails will help ensure efficient use of limited State and local resources.

The High Country Region includes Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey Counties in northwestern North Carolina. The region is traversed by the Blue Ridge Parkway, contains five State Parks, and includes over 450,000 acres of Pisgah National Forest. Forty-eight miles of the Mountains-to-Sea Trail are currently developed in the region, with another 85 miles planned. The Appalachian Trail runs for 41 miles along the northern edge of Yancey, Mitchell, and Avery Counties. Additionally, many smaller trails exist in the Towns, State Parks, and Federal lands.

Another significant component of the High Country Regional Trail Plan is the Overmountain Victory National Historic Trail (OVNT). The OVNT is part of the National Trails System, and when complete will consist of 330 miles of trail commemorating the 1780 march of the patriot militia through Virginia, Tennessee, North Carolina, and South Carolina. Approximately 50 miles of the OVNT are located in the High Country region.
The High Country Regional Trail Plan

Existing Regional Trails
- Public Lands
- Proposed Regional Trails
- Municipality
- Existing Local Trails
- County Boundary
- Proposed Local Trails

Blue Ridge Parkway
- Major Roads
- Abandoned Railroads
- Railroads
- Hydrology

*Proposed Regional Trails are labeled by trail name

**Proposed Local Trail Names:**

**Yancey**
1. Callaway Mountain Trail
2. Bowline Creek Trail
3. Plumtop Mountain Connector

**Mitchell**
4. Room Mountain Connector
5. Bakersville Creekwalk to Cane Creek Park

**Avery**
6. Linville - Crossnore
7. Philanthropy - AT Connector
8. Riverwalk Extension to Shoemaker Bottom
9. Mountain Heritage Park - Waterfall Park Connector
10. Watauga River - AT Connector

**Watauga**
11. Laisle Creek - Watauga River
12. Cove Creek Trail
13. Middle Fork Greenway

**Ashe**
14. Milford Connector
15. Peaks - New River Connector
16. Smokeytop Trail
17. Watauga - Hanging Connector

**Alleghany**
18. Sam Brown Park
19. Bledsoe Creek Greenway
20. The Alleghany Trail

This brochure was designed by the High Country Council of Governments. The map is for reference purposes only and is not intended for survey or legal purposes. The map shows general trail locations and connections, not exact alignments. The creation and production of this brochure was funded by the North Carolina State Trail Program. It was produced in October 2008.