



CAROLINA COTTAGE GUEST HOUSE

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## Rock Hop Trail Loop

Highlights: Nice wood-covered walk along Bishop Branch, small waterfall and clearings.

Near: Saluda, NC

Distance: 1.5 miles round trip

Elevation Gain: 400 ft

Hike Time: 1 hours

Difficulty: Easy

Trail Condition: Well maintained trail

Hike Type: Loop

Summary: Start the trail by heading south on the Pulliam Creek Trail. About .3 miles down the trail you will come to an intersecting trail with the sign that reads "Rock Hop Trail". Take this down hill and to the east. Follow the Bishop Branch Creek for about 1/2 mile. You will have to cross the creek twice and both stream crossings are relatively easy. Along the way there are at least two major wildlife clearings. The trail is well maintained and there a few small waterfalls. At the end of the 1st clearing, go left or north. This becomes the Bishop Branch Trail. Take this until it intersects SR 1802. Hike back up the road about 1/4 mile back to the start of the Pulliam Creek Trail.

Trailhead: From I-26 near Hendersonville, take Upward Rd (exit 22) and go east about 1.7 miles to Big Hungry Rd (SR1802). Continue east on SR1802 for about 3 miles and look for a trail head sign for Pulliam Creek Trail on the right. There is a slight area for cars on the right side of the road. If you cross a bridge, you've gone to far by 100 meters. The start of Rock Hop Trail is about .3 miles down the Pulliam Creek Trail and is well marked. (Lat:35.17 Lon:-82.19)

## The Narrows

Highlights: Awesome display of rated 4-5 rapids within the Green River Narrows

Near: Saluda, NC

Distance: 3 miles round trip

Elevation Gain: 1000 ft

Hike Time: 2 hours

Difficulty: Strenuous

Trail Condition: OK, but a few difficult spots

Hike Type: Out and Back

Summary: The trail to the "Monster Mile" of the Green River Narrows starts by way of the Pulliam Trail. The description of this trail is noted on another LocalHikes.com trail description called Green River Narrows. The "Monster Mile" is an awesome series of whitewater rapids stretching approximately 1/2 mile northward after you reach the rivers edge. It is another 1/2 mile downstream. Once at the river the trail is to the right and it is not marked. Use extreme caution while hiking about 500 yards upstream to an extreme rapid called "The Gorilla". The trail does continue upstream, but is not advised. This series of rapids is considered the toughest whitewater in the US and is only Kayaked by experts or extreme sports enthusiasts. Every 1st Saturday in November a timed race is held among the top Kayakers in the US. On 11/6/04 at least 150 people crowded the shoreline to watch the Kayakers. The river on the above date was running at 200% volume because it is dam controlled.

Trailhead: The Monster Mile of the Green River Narrows can only safely be reached by traveling to the river by way of the Pulliam Creek Trail. You can get to the Pulliam Trailhead by taking I-26 West through Saluda. At the top of the grade, take the Upward Road exit and head east. Go east about 1.7 miles to Big Hungry Road (SR1802). Continue east on SR 1802 for about 3 miles and look for the Pulliam Creek Trailhead sign on the right side of the road. There is a very small area for cars. There is a very small footbridge which signifies the start of the trail. (Lat:35.16 Lon:-82.2)