A Wild and Scenic River designation refers to more than free-flowing water moving down a stream channel. It includes high bluffs, sculpted cliffs, and lush forested slopes that creep to the edge of the river, which can be placid in summer and torrential in winter and spring. The four trails that lead to the heights and depths of the river gorge offer many habitats to see and explore; sun-baked bluffs, sheer cliffs, moisture-rich forests, cascading creeks, expansive boulder fields, exposed gravel bars, deep river pools, and shallow riffles. Enjoy wildflowers. Listen and watch for wildlife.

**Overlook Trail**
Distance: 0.3-mile one way.
Difficulty: Easy.
Enjoy the high rock outcrop of Lilly Bluff, where you’ll find sweeping views of the river gorge. Strollers and wheelchairs can negotiate the gravel trail and boardwalk with minimal assistance.

**Point Trail**
Distance: 3.8-mile round-trip.
Difficulty: Moderate to Strenuous.
The trail dips to Melton Mill Branch, which can be a trickle in summer or a roar in winter and spring, then leads past a hidden natural arch, guiding you along the bluff to a secluded view overlooking the river gorge.

**Bridge Trail**
Distance: 0.5 mile one way.
Difficulty: Moderate to Strenuous.
The trail runs between Lilly Bridge and the Overlook trail. It cuts beneath Lilly Bluff, where sheer cliffs are exposed. It lends you low past the trunks of sycamore and ash trees near the river’s edge, then high among hemlock, oak, and hickory canopies.

**Boulder Field Trail**
Distance: 0.4 mile round trip.
Difficulty: Easy.
The trail meanders among massive sandstone boulders, which fell from the bluff thousands of years ago. Today climbers train and test their skill on the boulders’ faces while non-climbers look on.
In every walk with nature one receives far more than he seeks.
- John Muir

Leave No Trace (From the Center for Outdoor Ethics Website)
- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Emergencies call 911 (limited cell phone service)