

The BMT – A Day Hiker's Delight

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Whether you are out for a brief hike with the kids, are interested in a leisurely stroll through the woods, or want a more challenging six- 10-mile hike, the Benton MacKaye Trail (BMT) has a great day hike for you.

Fall Branch Falls – Located in the Gilmer/ Fannin counties' area, kids will love sprinting up and down the trail on the short half-mile hike to a striking waterfall. Emerald green rhododendrons line the glistening whitewater that rushes down a 100' rock cliff. For a longer, more strenuous hike, continue north on the BMT for about two miles to Rocky Mountain where you'll find the perfect setting for lunch or a snack – surrounded by great views of the valleys below.

Long Creek Falls – This is an easy two-mile round-trip hike on a rhododendron-lined trail to a waterfall with glistening whitewater rushing down a 50-foot sheer rock cliff.

Owen Vista – The stunning overlook is just 0.4 of a mile south of the Big Stamp Gap Trailhead. It offers breath-taking views to the southeast of the foothills of the Blue Ridge Mountain Range.

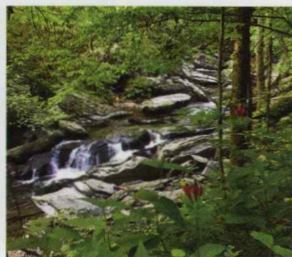
Suspension Bridge Over the Toccoa River – The 260-foot suspension footbridge over the Toccoa River is said to be the longest suspension bridge in Georgia. Families with young children and



Owen Vista – Richard Parks



Suspension Bridge – Richard Parks



Lost Creek – Clare Sullivan



Photo 2022 picture credit: Weaver Creek / Lady Slippers, including a rare white one – Joy Forehand

seniors may prefer the four-mile drive on Forest Road 816 to a parking area located a quarter mile from the bridge. For those preferring a longer and more challenging trek with awesome views, the bridge is a 7.0-mile round-trip hike from the trailhead on GA HWY 60.

Lady Slipper Hike – The Weaver Creek section of the BMT is the place to be for colorful spring

flowers. A fairly strenuous four-mile round trip hike, the section features elegant pink lady slipper orchids, apple-tree size mountain laurel covered in delicate white blossoms, huge flame azaleas, a wide array of trillium, dwarf-crested iris and more!

Shadow Falls – A well-hidden jewel in the lush forest of the Cohuttas, cascades of whitewater rush down a rocky cliff. It's a short, one-mile hike from the Dyer Gap Trailhead. Go north on the BMT from Dyer Gap. Head south on the South Fork Trail to Shadow Falls. For a longer, more challenging in-and-out hike, return to the BMT and continue north.

Lost Creek – One of the most beautiful hikes on the BMT, this is a great kid and dog friendly trek near Reliance, TN. The trail is right next to the creek and kids and dogs can play below gentle waterfalls in a limestone gorge. Because it follows an old roadbed most of the way, the 2.7-mile trek is easy hiking.

To learn more about these and other hikes on the BMT, go to bmata.org or email Joy Forehand, jforehand@bmata.org.

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