

Pump Gap Loop Trail

Hot Springs Area

Trail # 309



Characteristics

Begin this trail by taking Lover's Leap Trail from Silvermine trailhead parking area and follow to first major switchback. At this point, Pump Gap Trail goes straight and Lover's Leap Trail goes to the right. The trail follows a stream and then forks. This is beginning and ending point of the loop section. For the easier route, bear right at the fork. The trail climbs to a ridge, crosses the Appalachian Trail, and descends along a creek. The path then crosses closed FR 113A and climbs again where it merges with the AT and follows a short section of an old wooded road. The trail leaves the road on the left, descends steeply along a stream and comes to the fork where loop section began. From here, the trail continues and crosses Lover's Leap Trail, which returns to the Silvermine trailhead parking area.

Highlights

- Accesses AT. Used as loop or as part of a loop with AT.
- Pump Gap Trail named after a water pump near the trail. Pump delivered water to Runion, which is now a ghost town.

Statistics

Total Length: 4.2 miles

Total Elevation Change: 1,100 feet

Degree of Difficulty: Moderate

Beginning Point: Silvermine Trailhead

Ending Point: Silvermine Trailhead

Average Hiking Time: Four hours (round rip)

Amount of Use: Heavy

Blaze Color: Yellow rectangle

Area Trail Map: Harmon Den/Hot Springs Trail Map

USGS Quad Map: Hot Springs

Access

From Burnsville go west on Highway 19E and merge onto I-26E. Take Exit 11 toward Mars Hill/Marshall. Turn Left onto NC-213/Carl Eller Road, which leads into Marshall. Take US-25 Bypass/US-70 Ramp, merging onto US-25/US-70 heading to Hot Springs. Eventually, turn left to continue on US-25/US-70. Immediately before crossing the French Broad River, turn right onto SR 1304. Turn left at the first intersection and follow signs to Silvermine Trailhead.



Pisgah National Forest

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