

Shut-In Trail

Hot Springs Area

Trail # 296



Characteristics

The Shut-In Trail begins at Garenflo Gap where it enters the woods and begins a steady downhill grade. Most of the way, the trail follows a creek on an old wooded road. In most places, the trail accommodates side-by-side walking for two hikers. To the right, the trail traverses some boggy sections, especially in rainy weather.

Highlights

- Shut-In Trail is a relatively easy walk along Shut-In Creek's east fork. The trail follows the creek for its entire length along an old wooded road.
- Suggested route: Walk downhill from Garenflo Gap to Upper Shut-In Road (SR 1183).

Statistics

Total Length: Two miles

Total Elevation Change: 820 feet

Degree of Difficulty: Moderate

Beginning Point: Appalachian Trail. at Garenflo Gap

Ending Point: SR 1183

Average Hiking Time: One hour (one way)

Amount of Use: Moderate

Blaze Color: Yellow Rectangle

Area Trail Maps: Harmon Den/Hot Springs Trail Map

USGS Quad Map: Lemon Gap

Access

From Burnsville, go west on US 19E and merge onto I-26 East. 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 and head toward Hot Springs. Eventually, turn left to continue on US-25/US-70. Once in Hot Springs, go south on NC 209 to Bluff community. Take SR 1173 to the right and continue to the parking area at end of road. The Appalachian Trail crosses Garenflo Gap here. The Shut-In Trail begins on the right side of the road, just below the parking lot. To reach the trail's other end, travel west from Hot Springs on US 25/70 to SR 1183 on the left. Follow SR 1183 about three miles. The trailhead is on the left just before crossing the Jones Branch Bridge.



Pisgah National Forest

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