

PERFECT WEEKEND

- 1 - Experience a Zipline
N 36.14 W -81.82

FISHING
Pages 16 - 17

- 1 - Wild Trout in Small Streams
N 36.06 W -81.49
- 2 - Smallmouth on the New River
N 36.46 W -81.34
- 3 - State Managed Fisheries
N 36.12 W -81.46
- 4 - S. Holston Tailwaters
N 36.52 W -82.09



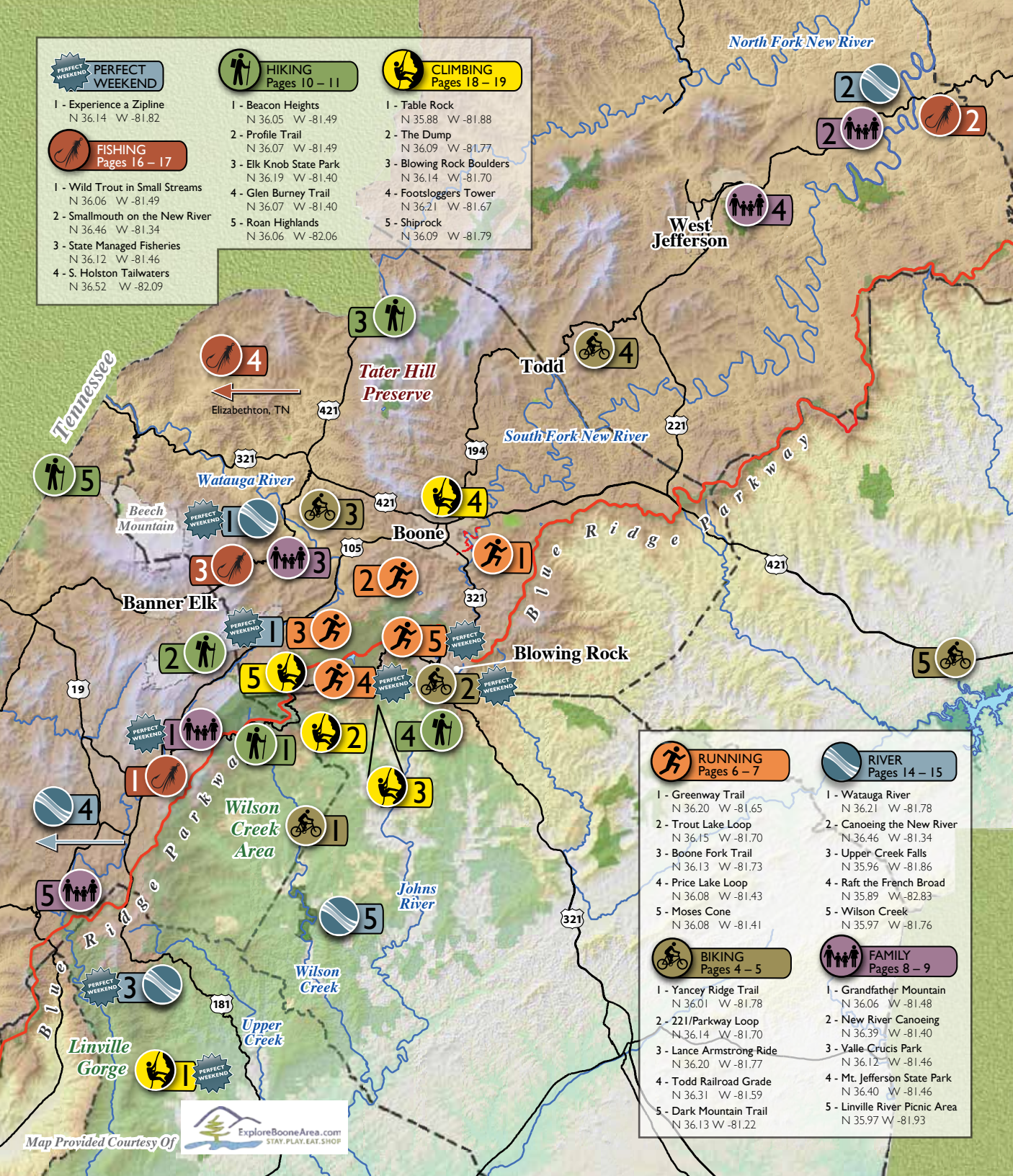
HIKING
Pages 10 - 11

- 1 - Beacon Heights
N 36.05 W -81.49
- 2 - Profile Trail
N 36.07 W -81.49
- 3 - Elk Knob State Park
N 36.19 W -81.40
- 4 - Glen Burney Trail
N 36.07 W -81.40
- 5 - Roan Highlands
N 36.06 W -82.06



CLIMBING
Pages 18 - 19

- 1 - Table Rock
N 35.88 W -81.88
- 2 - The Dump
N 36.09 W -81.77
- 3 - Blowing Rock Boulders
N 36.14 W -81.70
- 4 - Footsloggers Tower
N 36.21 W -81.67
- 5 - Shiprock
N 36.09 W -81.79



RUNNING
Pages 6 - 7

- 1 - Greenway Trail
N 36.20 W -81.65
- 2 - Trout Lake Loop
N 36.15 W -81.70
- 3 - Boone Fork Trail
N 36.13 W -81.73
- 4 - Price Lake Loop
N 36.08 W -81.43
- 5 - Moses Cone
N 36.08 W -81.41

RIVER
Pages 14 - 15

- 1 - Watauga River
N 36.21 W -81.78
- 2 - Canoeing the New River
N 36.46 W -81.34
- 3 - Upper Creek Falls
N 35.96 W -81.86
- 4 - Raft the French Broad
N 35.89 W -82.83
- 5 - Wilson Creek
N 35.97 W -81.76

BIKING
Pages 4 - 5

- 1 - Yancey Ridge Trail
N 36.01 W -81.78
- 2 - 221/Parkway Loop
N 36.14 W -81.70
- 3 - Lance Armstrong Ride
N 36.20 W -81.77
- 4 - Todd Railroad Grade
N 36.31 W -81.59
- 5 - Dark Mountain Trail
N 36.13 W -81.22

FAMILY
Pages 8 - 9

- 1 - Grandfather Mountain
N 36.06 W -81.48
- 2 - New River Canoeing
N 36.39 W -81.40
- 3 - Valle Crucis Park
N 36.12 W -81.46
- 4 - Mt. Jefferson State Park
N 36.40 W -81.46
- 5 - Linville River Picnic Area
N 35.97 W -81.93