# “Hike” the Smokies Challenge

The Hike the Smokies Challenge is designed to encourage employees to move more. It’s your decision if you would like to do this challenge as a group activity or individually.

Begin by logging your daily miles. You may convert any type of aerobic activity to miles (15 minutes or 2,000 steps = 1 mile). When you reach the end of one trail, start “hiking” the next trail until you complete all 260.5 miles of trails.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Total Miles** | **Trails Completed** |
| **Week 1** |  |  |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |  |  |
| **Week 6** |  |  |  |  |  |  |  |  |  |
| **Week 7** |  |  |  |  |  |  |  |  |  |
| **Week 8** |  |  |  |  |  |  |  |  |  |

**Trail List**

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| --- | --- | --- | --- | --- |
| **Trail** | **Location** | **Trail Features** | **R/T Miles** | **Date Completed** |
| [**Laurel Falls**](http://www.hikinginthesmokys.com/laurel.htm) | Elkmont | Waterfalls | 2.3 |  |
| [**Little Brier Gap**](http://www.hikinginthesmokys.com/little-brier-gap.htm) | Elkmont | Walker Sisters Place | 2.6 |  |
| [**Grotto Falls**](http://www.hikinginthesmokys.com/grotto.htm) | Gatlinburg / Mt. LeConte | Waterfalls | 2.6 |  |
| [**Schoolhouse Gap**](http://www.hikinginthesmokys.com/schoolhousegap.htm) | Cades Cove / Townsend | Quiet Forest Hike / Wildflowers | 3.8 |  |
| [**Baskins Creek Falls**](http://www.hikinginthesmokys.com/baskins.htm) | Gatlinburg / Mt. LeConte | Waterfalls | 3.0 |  |
| [**Andrews Bald**](http://www.hikinginthesmokys.com/andrewsbald.htm) | Newfound Gap / Clingmans Dome | Panoramic Views | 3.5 |  |
| [**Porters Creek Trail**](http://www.hikinginthesmokys.com/porters.htm) | Greenbrier / Cosby | Waterfalls / Stream / Flowers / Historical / Old Growth Forest | 4.0 |  |
| [**Big Creek / Mouse Creek Falls**](http://www.hikinginthesmokys.com/mouse.htm) | Big Creek | Waterfalls | 4.2 |  |
| [**Little River Trail**](http://www.hikinginthesmokys.com/littleriver.htm) | Elkmont | Stream / Wildflowers / Historical | 4.9 |  |
| [**Meigs Mountain Trail**](http://www.hikinginthesmokys.com/meigsmountain.htm) | Elkmont | Quiet Forest / History | 4.6 |  |
| [**Hen Wallow Falls**](http://www.hikinginthesmokys.com/hen_wallow_falls.htm) | Greenbrier / Cosby | Waterfalls | 4.4 |  |
| [**Abrams Falls**](http://www.hikinginthesmokys.com/abrams.htm) | Cades Cove / Townsend | Waterfalls | 5.2 |  |
| [**Alum Cave**](http://www.hikinginthesmokys.com/alumcave.htm) | Gatlinburg / Mt. LeConte | Views / Interesting Geological Features | 4.4 |  |
| [**Huskey Gap (Newfound Gap Rd)**](http://www.hikinginthesmokys.com/huskygap2.htm) | Gatlinburg / Mt. LeConte | Quiet Forest Hike / Wildflowers | 4.2 |  |
| [**Chimney Tops**](http://www.hikinginthesmokys.com/chimney.htm) | Gatlinburg / Mt. LeConte | Panoramic Views | 3.8 |  |
| [**Cucumber Gap Loop**](http://www.hikinginthesmokys.com/cucumbergap.htm) | Elkmont | Stream / Wildflowers / Historical | 5.6 |  |
| [**Grapeyard Ridge Trail (Greenbrier)**](http://www.hikinginthesmokys.com/grapeyard-ridge-trail.htm) | Greenbrier / Cosby | Historical / Injun Creek steam engine wreck | 5.8 |  |
| [**West Prong Trail**](http://www.hikinginthesmokys.com/west_prong.htm) | Cades Cove / Townsend | Quiet Forest Hike / Stream | 5.4 |  |
| [**Curry Mountain Trail**](http://www.hikinginthesmokys.com/curry_mountain.htm) | Elkmont | Quiet Forest Hike | 6.4 |  |
| [**Rainbow Falls**](http://www.hikinginthesmokys.com/rainbow.htm) | Gatlinburg / Mt. LeConte | Waterfalls | 5.4 |  |
| [**Sugarland Mtn Trail (lower)**](http://www.hikinginthesmokys.com/sugarland-mountain-trail.htm) | Elkmont | Quiet Forest Hike | 6.0 |  |
| [**Bullhead Trail**](http://www.hikinginthesmokys.com/bullhead.htm) | Gatlinburg / Mt. LeConte | Views / Interesting Geological Features | 5.9 |  |
| [**Sugarland Mtn Trail (upper)**](http://www.hikinginthesmokys.com/sugarland_mountain.htm) | Newfound Gap / Clingmans Dome | Solitude / Views | 7.0 |  |
| [**Boogerman Loop**](http://www.hikinginthesmokys.com/boogerman_loop.htm) | Cataloochee | Historical / Streams / Old Growth Forest | 7.4 |  |
| [**Mt. Sterling (Mt. Sterling Gap)**](http://www.hikinginthesmokys.com/mountsterling.htm) | Big Creek | Panoramic Views | 5.6 |  |
| [**Albright Grove**](http://www.hikinginthesmokys.com/albrightgrove.htm) | Greenbrier / Cosby | Old Growth Forest / History / Solitude | 6.7 |  |
| [**Meigs Creek Trail**](http://www.hikinginthesmokys.com/meigs-creek-trail.htm) | Elkmont | Quiet Forest Hike | 7.0 |  |
| [**Middle Prong Trail**](http://www.hikinginthesmokys.com/middle-prong-trail.htm) | Cades Cove / Townsend | Waterfalls / History | 8.3 |  |
| [**Lumber Ridge Trail**](http://www.hikinginthesmokys.com/lumber_ridge_trail.htm) | Cades Cove / Townsend | Quiet Forest Hike / Solitude | 8.1 |  |
| [**Cove Mountain**](http://www.hikinginthesmokys.com/cove.htm) | Elkmont | Waterfalls / Old Growth Forest | 7.7 |  |
| [**Charlies Bunion**](http://www.hikinginthesmokys.com/charliesbunion.htm) | Newfound Gap / Clingmans Dome | Panoramic Views | 8.1 |  |
| [**Chestnut Top**](http://www.hikinginthesmokys.com/chestnut.htm) | Cades Cove / Townsend | Views / Wildflowers | 8.6 |  |
| [**Ramsey Cascades**](http://www.hikinginthesmokys.com/ramsay.htm) | Greenbrier / Cosby | Waterfalls / Old Growth Forest | 8.0 |  |
| **Gregory Bald** | Cades Cove / Townsend | Panoramic Views/ Flame Azaleas / Forest | 8.8 |  |
| [**Mt. LeConte (via Alum Cave)**](http://www.hikinginthesmokys.com/lecontealum.htm) | Gatlinburg / Mt. LeConte | Panoramic Views / Geological | 11.0 |  |
| [**Mt. Cammerer**](http://www.hikinginthesmokys.com/cammerer.htm) | Greenbrier / Cosby | Panoramic Views / Historical | 11.1 |  |
| [**Gregory Bald (Gregory Ridge)**](http://www.hikinginthesmokys.com/gregory.htm) | Cades Cove / Townsend | Panoramic Views / Flame Azaleas / Old Growth Forest | 11.3 |  |
| [**Brushy Mountain (Greenbrier)**](http://www.hikinginthesmokys.com/brushy_mountain_trail.htm) | Greenbrier / Cosby | Views | 11.7 |  |
| [**Mt. Sterling (via Baxter Creek)**](http://www.hikinginthesmokys.com/sterling_baxter_creek.htm) | Big Creek | Panoramic Views / Old Growth Forest | 12.2 |  |
| **Rocky Top** | Cades Cove / Townsend | Panoramic Views / Mtn Laurel | 13.9 |  |

**TOTAL MILES: 260.5**