

Hellbender 2023 Turn by Turn Directions

- Left turn out of Camp Grier from Salt Gap Trail onto Jarret Creek Road
- Aid Station 1 at junction of Jarret Creek & Star Gap
- Right turn off Jarret Creek Road onto Star Gap
- Right turn onto Heartbreak Ridge
- Right turn onto Old Toll Road
- Left Turn onto Blue Ridge Parkway
- Right Turn onto Bald Knob Ridge Trail
- Aid Station 2 at Junction of Bald Knob Ridge Trail & S. Toe River Rd. Gap
- Right onto S. Toe River Rd.
- Cross Blue Ridge Parkway
- Continue onto Newberry Creek Trail/Road
- Left onto Curtis Creek Road
- Aid Station 3 at Curtis Creek Campground
- Backtrack to right onto Snooks Nose Trail
- Right on Blue Ridge Parkway
- Left onto Green Knob Trail
- Right onto River Loop Trail/Mountains to Sea Trail
- Left onto Neal's Creek Road
- Aid Station 4 at Neal's Creek Helipad -
- Left onto S. Toe River Rd.
- Right onto Mount Mitchell Trail
- Left onto Buncombe Horse Trail
- Right onto Mount Mitchell Trail
- Summit Mount Mitchell
- Aid Station 5 at Mount Mitchell Picnic Area
- Continue on Deep Gap Trail
- Right onto Black Mountain Crest Trail
- Right onto Colbert Ridge Trail
- Right onto Colbert Creek Road
- Aid Station 6 at Colbert Creek Church
- Slight Back Track to a right onto Buncombe Horse Trail
- Right at Commissary Trail out and back to Aid Station 7
- Right onto Buncombe Horse Trail
- Continue to follow Buncombe Horse Trail
- Aid Station 8 at junction of Buncombe Horse Trail & S. Toe River Rd.
- Left onto S. Toe River Rd.
- Right onto Upper River Loop Trail
- Right onto River Loop Trail/Mountains to Sea Trail
- Left onto Neal's Creek Road
- Aid Station 9 at Neal's Creek Helipad -
- Right onto Neal's Creek Rd.
- Cross Blue Ridge Parkway

- Continue onto Curtis Creek Rd.
- Aid Station 10 at Curtis Creek Campground
- Continue onto Curtis Creek Rd.
- Right onto Newberry Creek Rd.
- Continue to follow Newberry Creek Trail
- Cross Blue Ridge Parkway
- Continue onto S. Toe River Rd.
- Aid Station 11 at Junction of Bald Knob Ridge Trail & S. Toe River Rd. Gap –
- Left Turn onto Bald Knob Ridge Trail
- Right Turn onto Blue Ridge Parkway
- Right Turn onto Old Toll Rd.
- Left Turn onto Heartbreak Ridge
- Left Turn onto Star Gap Trail
- Aid Station 12 at junction of Jarret Creek & Star Gap –
- Left Turn onto Jarret Creek Road
- Right Turn at Salt Gap Trail
- Finish at Camp Grier