



Cascade Falls - Idlewild, NC

Length	Difficulty	Streams	Views	Solitude	Camping
2.0 mls	★	★	N/A	N/A	N/A
Hiking Time: 45 minutes with 10 minutes of breaks Elev. Gain: 270 ft Resources: Park at th Cascades Trail parking area on the BRP. 36.24487, -81.45822					

[Click Here For Detailed Location](#)



By Trail Contributor: Zach Robbins

E.B. Jeffress Park is one of the smallest recreation areas (600 acres) managed by the Blue Ridge Parkway. Located just north of Deep Gap and U.S. 421, the park is home to two short trails to Tomkins Knob Overlook and Cascade Falls. Due to its proximity to the highway and Boone, NC, this is a very popular stop for travelers.

The main attraction is the waterfall but adding the interpretive trail to the reconstructed cabins will briefly bring you away from the crowds. Located in a grassy saddle below Thomkins Knob, the cabins offer a glimpse into 19th-century living. A loop trail combining the Cascades Trail and Mountains-to-Sea Trail brings you down to Cascade Falls, a high, cascading waterfall on Fall Creek that is nearly 150 feet high. Unfortunately, the official trail only leads down to the midpoint of the waterfall, but the view of this tall waterfall is still worth the short hike. This loop also includes twenty interpretive plaques providing a wealth of information about the ecological diversity you'll see on the trail.

- ▶ **Mile 0.0** – Park at the Cascades Trail parking area. Follow the Tomkins Knob Trail/Mountains-to-Sea Trail [440] (*white blaze*) for the optional 1-mile out-and-back to the Jesse Brown Cabin site.
- ▶ **Mile 0.5** – Turnaround point in a grassy meadow with the Jesse Brown Cabin and Cool Spring Baptist Church. The Cool Spring Baptist Church is located furthest from the road. A 3rd building, the spring house, is located beyond the Jesse Brown Cabin.
- ▶ **Mile 1.05** – Back at the parking lot, begin the Cascades Trail/MST near the bathrooms.
- ▶ **Mile 1.15** – Turn right on the Cascades Trail at a Y-junction with the MST.
- ▶ **Mile 1.4** – Lower crossing of Fall Creek using a wooden foot bridge. After the bridge, the trail splits. Turn right to the Cascade Falls Overlook. You will return to this spot.
- ▶ **Mile 1.5** – On the right side of the trail is the upper overlook for Cascade Falls. This overlook is at the precipice of the waterfall. Return to the trail and follow the stairs down to the lower overlook.
- ▶ **Mile 1.55** – The trail ends at the lower overlook for Cascade Falls. The long slide continues a fair distance downstream. Unfortunately, the trail does not continue to the base, and a rough scramble leaving the official trail is hazardous and would contribute to the severe erosion of the hillside.
- ▶ **Mile 1.7** – Upper crossing of Fall Creek on a second wooden foot bridge at a T-junction with the MST. The MST continues northeast from here.
- ▶ **Mile 2.0** – Hike ends at the Cascades Overlook parking lot.