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Green Knob/Sims Creek - Julian Price Memorial Park - Blowing Rock, NC

Length	Difficulty	Streams	Views	Solitude	Camping
2.3 mls					N/A
Hiking Time: 50 minutes Elev. Gain: 615 ft Parking: Park at the Sims Pond Overlook parking area 36.14276, -81.71942					

By Trail Contributor: Zach Robbins

Green Knob/Sims Creek is another loop trail in Julian Price Memorial Park, however it is not connected to the main Boone Fork/Price Lake hike. The Green Knob Trail is a short 2.3-mi loop that can be hiked from the Sims Pond Overlook or Sims Creek Overlook. From the Price Lake Overlook, Sims Pond Overlook is 0.8-mi north on the Blue Ridge Parkway. It is suggested to begin the loop at Sims Pond and head northeast along Sims Creek. This hike is not especially scenic, the highlights are walking under Sims Creek Viaduct, and one view from a meadow of Grandfather Mountain (morning is best for this view).

Mile 0.0/8.4 – Head down towards Sims Pond at the Sims Pond Overlook to begin the Green Knob Trail. The trail immediately crosses a bridge over Sims Creek leaving the pond. The concrete ramp for the creek looks like an inviting water slide. The trail loops around the east side of Sims Pond and follows Sims Creek upstream

- ▶ **Mile 0.2** – 1st crossing over Sims Creek
- ▶ **Mile 0.4** – 2nd crossing over Sims Creek. From here the trail rises above the creek as it passes through a ravine
- ▶ **Mile 0.7** – Walk under the Sims Creek Viaduct, the Blue Ridge Parkway towers above you. The trail continues on a bridge across the creek. A steep side trail on the right takes you up to the Sims Creek Overlook if you wish to walk across the viaduct. After the viaduct the trail climbs away from the creek.
- ▶ **Mile 1.2** – Pass through a cattle gate and enter an open field. Strong possibility cattle might be grazing near the trail. The trail climbs through the field and takes a U-turn heading southwest briefly through a forest. Stone arrow signs point the way.
- ▶ **Mile 1.6** – After passing through another field with few views the trail leaves cattle pasture through a cattle gate. In this forest the Green Knob Trail takes a surprisingly steep descent towards the parkway.
- ▶ **Mile 2.0** – The trail leaves the forest and descends through a thick wildflower meadow with butterflies everywhere. The highlight of this short loop is the direct southwestern view of Grandfather Mountain. It is best to see this in the morning, in the afternoon the sun sits directly above the mountain.
- ▶ **Mile 2.3** – Return to the BRP and cross the parkway to finish the hike at the Sims Pond Overlook