

Sample Group Hike Description

This sample group hike description, for a hike I led for Piedmont Plus Size Hikers, follows my suggested group hike template. This is the information I shared in the event listing for this hike within our Facebook group.

Date: Saturday December 6, 2025

Time: 10:00 a.m.

For our December group hike we'll be visiting **Ridges Mountain Preserve**. This preserve is managed by the NC Zoo but it is not located on the zoo property. (There are other wonderful trails on the Zoo property, however!).

Please read the following information carefully to decide if this hike is right for you and don't hesitate to let me know if you have any questions at all. You can reach me on Messenger, at _____@hotmail.com or feel free to text me at _____.

Location: Ridges Mountain Preserve, 504 Summit Court, Asheboro, NC, 27205

Please note: Hiking is allowed at Ridges Mountain, but guests *must* obtain permission before their visit. I will be making the reservation for our group, but if you would ever like to hike this trail on your own, access requests may be made online here:

<https://www.etix.com/ticket/e/1047199/hiking-asheboro-north-carolina-zoo-ridges-mountain>

Getting there: The address given online for this trail is Summit Ct. in Asheboro. Apple Maps and Google Maps will not find this address, in my experience (or even find Summit Ct.). On both, the road is shown as Ridges Mountain Trail, off Garren Town Rd., which is off 64 just to the west of Asheboro. Just before Ridges Mountain Trail ends, you'll see a gravel road to the right. It looks like you might be turning down a driveway, but there is a small sign indicating the preserve at this intersection. Turn right on this gravel road and the trailhead is found where it ends. Just keep driving down that road until you come to the preserve gate. This is in a residential area.

Parking: Parking is somewhat limited at this location. We will be parking park along the sides of the road where it dead ends at the preserve gate. Carpooling is suggested when possible.

The Trail: This entire trail is beautiful, featuring a lovely mixed hardwood forest, but the highlight is the huge boulder field at the top (turnaround point) of the trail. Some of these boulders are over 50 feet tall! We should also have some nice long-range views from the top with the leaves off the trees. This is one of my favorite hikes in the area, any time of year!

This trail is a lollipop trail of approximately 2.6 miles with an elevation gain of around 200 feet. The hike is mostly incline on the way out and decline on the way back, with inclines up to 7% grade. The trail starts out as a wide gravel roadbed but then narrows to a single track, natural surface trail. There are lots of rocks and roots on the single-track portion of the trail but there are no stairs or creek crossings.

This is a more challenging trail than the others we've done so far this year, and on the more challenging side of the trails we typically do as group due to the slightly longer length and steady

incline for the first half of the trail. It is a wonderful trail though, and I have always found it worth the effort. We'll take things slow as we always do and take as many breaks as needed.

What to Bring: We can decide if we want to have a late lunch together, as usual, after the hike, but since this is a more challenging trail and the hike will likely take us over the lunch period, please bring hearty snacks (or even a small lunch) and plenty of water for this hike. You will need the energy. The boulder field at the top is a great place to stop for a bite as we explore the rocks. Please wear sturdy shoes with good grip. Trekking poles or hiking sticks are also a good idea. The boulder field is a great place to take pictures, so don't forget your camera! As usual, I will carry a first aid kit for the group, but please bring any specific medications or support items you might need.

Pace/Timing: Our only real time limit on this trail is sunset (around 5:00 p.m.), but with stopping to really enjoy the boulder field, I expect this hike to take us around 3 hours with our group's typical pace. If you need to be leaving the hike earlier than around 1:00 p.m. please let me know in advance.

Restrooms: There are no restrooms at this trail, and the trailhead is in a neighborhood with no businesses around, so plan accordingly.

Other Information: Please no children or pets for this hike. Pets are not allowed on this reserve property. If the weather trends continue, it looks like it could be chilly, so wear layers and be prepared to take off and put on layers as needed. Remember, the goal is to stay warm without getting too hot. This trail is in a quiet area and it is very peaceful. No road noise to worry about here. During warmer weather, this area is known for ticks and snakes, so if you ever decide to hike this trail on your own, please be aware of these things.