

Mileage Sheet Sample

Participant Name: Throckmorton Jones Jr.

Date 3/11/2023

Trail name	Completed? (Y/N)	Start/ End Time	Miles Hiked	Miles Biked	Total Miles	Total Time
Holly Discovery Trail	<i>Yes</i>	<i>8am - 8:30 am</i>	<i>0.75</i>		<i>0.75</i>	<i>30 min.</i>
Overmountain Victory Trail						
Paddy's Creek	<i>Yes</i>	<i>8:30 am - 9:15 am</i>	<i>1</i>		<i>1</i>	<i>45 min</i>
Homestead						
Mill's Creek						
Upper Tindo Loop						
Lower Tindo Loop						
West Wimba Loop						
East Wimba Loop						
South Wimba Trail						
Fonta Flora ST	<i>Yes</i>	<i>9:45am - 10:45 am</i>	<i>0</i>	<i>1</i>	<i>1</i>	<i>1 hour</i>
Overall totals	<i>3 trails</i>	N/A		<i>1</i>	<i>8.75</i>	<i>2hrs 15</i>

Do you wish to share your name and stats on the PCC Leader board in the visitor center? (circle one) Yes / No

Guide to Trail Mileage

Trail name	Trail difficulty	Mileage one-way	Mileage round trip
Holly Discovery Trail*	Easy	0.75	0.75
Overmountain Victory Trail	Easy	2.0	4.00
Paddy's Creek	Moderate	1.0	2.0
Homestead	Easy	0.7	1.4
Mill's Creek*	Moderate	3.6	3.6
Upper Tindo Loop*	Easy	1.4	1.4
Lower Tindo Loop*	Easy	1.4	1.4
West Wimba Loop*	Moderate	6.0	6.0
East Wimba Loop*	Moderate	4.4	4.4
South Wimba Trail	Easy	1.4	2.8
Fonta Flora ST**	Moderate	7.0	14.0

*Loops will have the same mileage for one-way and round trip.

** This table only includes the section of FFST within Lake James State Park.