



Legs in need

Looking for a leg to hike for MST in a Day? The following are still in need of hikers. Learn more about these legs at MSTinaDay.org, then sign up.

Segment 1A (Great Smoky Route): legs 7-10

Segment 1B (Tuckaseegee River Route): legs 1-7

Segment 6 (Elkin Valley): legs 10-16

Segment 12B (Agricultural Heartland): legs 4-9, 12-15

Segment 13B (Carolina Bay Country): legs 3, 4

Segment 14B (Land of History): legs 1, 7, 8, 10-12, 14, 15, 19

Segment 15B (Onslow Bight and Jacksonville): legs 14-16, 20

Segment 16B (Croatan): 4, 7-10

Segment 11A-16A (Neuse River paddle option): legs 5, 6, 8-12