

Upper Cedar Rock Falls



Upper Cedar Rock Falls is a really beautiful 20' tall waterfall that is accessible via an easy-moderate 2 mile roundtrip hike.

Upper Cedar Rock Falls, in the Ranger District of Pisgah National Forest is one of four waterfalls that can be access via the Cat Gap Loop trail, which begins at the Pisgah Center for Wildlife Education. Upper Cedar Rock Falls is the second of these four falls, and is a 2.0 mile roundtrip hike.

To reach Upper Cedar Rock Falls, follow the trail instructions to Cedar Rock Falls. Cedar Rock Falls and Upper Cedar Rock Falls are very close together, and while in the area you should see both.

After visiting Cedar Rock Falls, at the top of the spur trail to Cedar Rock Falls, go left. Just a little ways past the trail, you'll see a primitive campsite down the hill and to your left. Head down to this campsite to find Upper Cedar Rock Falls.

This descent is easy, and only about a 10-15 foot hill. Not near as steep and long as the spur trail down to Cedar Creek Falls

Cedar Rock is only about 10 foot tall, but it's a pretty waterfall, with a nice smooth pool at the base, and it is surrounded by Mountain Laurel, as you can see in the photo above. The falls is really more of a slide than a waterfall.

The wading pool is nice, and a great place to let kids enjoy the cool, clean and crisp water. Just be careful of the rocks, they can be a little slick. Looking Glass Rock is also viewable from this campsite, if you look away from the waterfall in the opposite direction, and up. The combination of the falls, and the view of Looking Glass Rock, make this an excellent campsite.

After viewing Upper Cedar Falls, you can return back the way you came to get back to the Pisgah Center for Wildlife Education.

If you're still up for another 1 mile hike, you can hike from here up to Grogan Creek Falls, the 4th waterfall on this hike. You'll pass the third, and unnamed falls, on the way to Grogan Creek Falls.

Directions: From The Blue Ridge Parkway, take Highway 276 towards Brevard. After passing Looking Glass Falls, watch for FR475 on the right, and turn right onto FR475 (very sharp turn). Watch for signs for the Pisgah Center for Wildlife Education, and turn left into the center. Park in front of the center.