BREAKING OUT

Take a hike this week

Enjoy hiking, biking or even paddling on National Trails Day

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If you weren't planning on hitting a hiking trail Saturday, maybe you should reconsider.

After all, it is National Trails Day. Since 1993, events have been hosted across the country in all 50 states, as well as the District of Columbia, Puerto Rico, Canada, Guam and the Virgin Islands. More than 1,100 registered events give people a reason to get on the trails – and give trails more awareness – but you don't have to do anything official. Just grab you r backpack and go.

If you do want a little companionship, here are three different events to try:

Peak to Prosperity Trail Debuts

The Palmetto Trail inches ever closer to completion on Saturday as the cross-state, 425-mile trail debuts the 6-mile Peak to Prosperity Passage.

The section of trail is highlighted by the single-largest engineering feat yet on the Palmetto Trail as the trail crosses the Broad River via a 1,100-foot bridge.

Saturday's hike is 2 miles, and it takes place from 11 a.m.-1 p.m. But this rail-to-trail conversion offers a lengthy trail along the river for those who want to venture farther, as well as picnic areas, a designated parking area, canoe access and camping.

To get there from Interstate 26, take exit 97 to U.S. 176 or take exit 85 to 202 North to Pomaria and then turn south onto U,S. 176.

From 176, take S.C. 213 east, cross the Broad River bridge and take the first right onto Alston Road. Follow the road, which becomes unpaved, taking the right fork and crossing the railroad tracks. When you see the trestle, you're there.

For more information, call Palmetto Conservation at: 803-771-0870 or e-mail: nancy@palmettoconservation.org or visit: www.palmettoconservation.org

Baker Creek Mountain Bike Ride

Baker Creek State Park in McCormick is the site of a 9-mile mountain bike ride hosted by the CSRA chapter of the Southern Off-Road Bicycle Association.

The ride is from 11 a.m.-3 p.m. Everyone is invited to meet at the main pavilion and ride the trail. Afterwards, food and drink will be provided.

For more information, call: 803-634-2971, e-mail: michael.drawdy@comcast.net or visit: www.sorbacsra.org

Baker Creek State Park is four miles west of McCormick on Hwy. 378.

Chimney Rock Trails Day Celebration

Chimney Rock State Park celebrates National Trails Day with several events Saturday.

Three free, guided hikes are set at 10 a.m., noon and 2 p.m., with each hike offering unique aspects of the park.

At 10 a.m., Education Specialist Emily Walker will lead hikers along the Hickory Nut Falls Trail leading to the park's 404-foot waterfall. This hike includes native tree and plant identification.

At noon, Walker will take visitors to explore Chimney Rock's Four Seasons Trail. This trail winds through hardwood trees and allows for a glimpse at the understory of the forest floor.

And at 2 p.m., Walker will take guests to the old growth forest area of the park. Not typically accessible to guests, the area includes trees that have reached an age of 200 to 300 years.

From 2-3 p.m., author Danny Bernstein will sign copies of her new book, "Hiking North Carolina's Blue Ridge Heritage," in Cliff Dweller's Gifts. The book lists 66 day hikes, ranging in length from 1 to 13 miles. Trail descriptions include maps and detailed directions, mileage and elevation gain, trail highlights, fees and hiking regulations.

Following the book signing, Bernstein will discuss her hiking adventures throughout the Blue Ridge area as well as the unique heritage behind the trails of the region.

Chimney Rock Park is a 1,000-acre natural scenic attraction located 25 miles southeast of Asheville on Highway 64/74-A in Chimney Rock, N.C. Admission is $14 for adults and $6 for youth ages 6 through 15. Children under 6 are admitted free.

Info: www.chimneyrockpark.com or call: 800-277-9611.

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