

Northbound				Southbound		
Mileposts	Total El. Climbed*	MAJOR UPHILLS Mileposts El. Change		Total El. Climbed*	MAJOR UPHILLS Mileposts El. Change	
0-24	1,450 ft.	13.7 - 10.7 563 ft. 9.2 - 8.5 222 ft. 4.7 - 3.0 300 ft.		2, 810 ft.	0 - 3 391 ft. 4.7 - 8.5 1,100 ft. 9.2 - 10.7 322 ft. 18.5 - 23.0 785 ft.	
24.0-48.0	2,670 ft.	46.4 - 43.9 627 ft. 40.0 - 38.8 331 ft. 37.4 - 34.0 951 ft.		1,742 ft.	37.4 - 38.8 229 ft. 42.0 - 43.9 570 ft. 47.0 - 48.0 177 ft.	
48.0-63.0	1,870 ft.	63.0 - 49.3 1,852 ft.		250 ft.	48.0 - 49.3 228 ft.	
63.0-76.7	0			3,305 ft.	63.0 - 76.7 3,305 ft.	
76.7-96.0	2,865 ft.	93.1 - 91.6 374 ft. 89.1 - 87.3 634 ft. 85.6 - 84.7 230 ft. 83.5 - 76.7 1,490 ft.		1360 ft.	89.1 - 91.6 569 ft. 93.1 - 95.4 428 ft.	
96.0-120.4	2,680 ft.	115.0 - 113.0 280 ft. 106.0 - 103.6 500 ft. 102.5 - 99.8 820 ft.		1,657 ft.	118.1 - 120.4 426 ft.	
120.4	Mill Mountain Spur – length to summit is 3.1 miles. Elevation climb from Parkway to summit 580 ft.; elevation climb from summit to Parkway 330 ft.					
120.4-144.0	2,006 ft.	140.1 - 139.3 229 ft. 136.0 - 134.9 285 ft. 124.6 - 123.1 320 ft. 121.4 - 120.4 265 ft.		3,200 ft.	127.0 - 132.5 1,400 ft. 134.0 - 134.9 195 ft. 136.4 - 138.2 275 ft.	
144.0-168.0	1,840 ft.	159.4 - 157.6 389 ft. 150.6 - 149.8 226 ft.		2,530 ft.	150.6 - 152.1 278 ft. 157.0 - 157.6 200 ft. 164.7 - 168.0 830 ft.	
168.0-192.0	2,445 ft.	189.4 - 188.7 220 ft. 175.1 - 171.9 575 ft. 168.9 - 168.0 185 ft.		1,745 ft.	169.5 - 170.1 260 ft. 176.2 - 177.0 212 ft. 186.6 - 188.8 360 ft.	
192.0-216.0	2,225 ft.	215.6 - 214.0 260 ft. 210.6 - 209.4 220 ft. 199.4 - 198.7 165 ft.		2,047 ft.	195.0 - 196.2 235 ft. 197.6 - 198.7 210 ft. 200.5 - 201.5 335 ft.	
216.0-240.0	1,566 ft.	240.0 - 239.3 160 ft. 238.5 - 237.2 270 ft. 220.8 - 220.1 205 ft.		2,530 ft.	216.6 - 217.7 240 ft. 231.3 - 233.1 550 ft. 233.7 - 235.2 280 ft. 235.8 - 236.9 365 ft.	
240.0-264.6	2,625 ft.	257.8 - 256.8 200 ft. 248.0 - 244.5 495 ft. 243.8 - 242.9 270 ft. 242.4 - 241.5 300 ft.		2,680 ft.	240.0 - 240.8 170 ft. 249.0 - 249.8 235 ft. 251.3 - 252.8 300 ft. 263.6 - 264.6 360 ft.	
264.6-288.0	3,050 ft.	285.2 - 283.8 400 ft. 279.6 - 278.8 270 ft. 276.4 - 273.1 910 ft. 269.8 - 268.6 315 ft. 268.1 - 266.8 380 ft.		3,160 ft.	265.2 - 266.8 270 ft. 269.8 - 271.1 330 ft. 271.4 - 273.1 575 ft. 276.4 - 277.4 375 ft. 281.7 - 282.4 280 ft. 282.7 - 283.8 255 ft. 286.0 - 287.8 500 ft.	
288.0-312.0	2,185 ft.	309.9 - 306.5 460 ft. 305.6 - 305.0 200 ft. 295.8 - 293.8 555 ft. 291.8 - 289.9 275 ft.		2,210 ft.	288.7 - 289.9 250 ft. 291.8 - 293.8 400 ft. 298.6 - 302.1 1,005 ft.	
312.0-336.3	3,120 ft.	336.3 - 335.7 215 ft. 327.4 - 325.8 290 ft. 325.0 - 320.7 1,210 ft. 316.4 - 312.4 520 ft.		2,705 ft.	316.4 - 318.2 380 ft. 318.5 - 320.7 590 ft. 330.9 - 332.1 410 ft. 332.6 - 334.5 545 ft.	
336.3-358.5	1,705 ft.	351.9 - 349.9 565 ft. 334.1 - 341.8 530 ft. 339.8 - 338.9 260 ft.		4,060 ft.	336.3 - 338.9 540 ft. 345.4 - 349.9 1,480 ft. 351.9 - 355.0 920 ft. 355.4 - 358.5 520 ft.	
355.4	Spur Road to Mt. Mitchell is 4.8 miles in length. Total elevation climb from Parkway is 1,390 ft.					
358.5-384.0	4,265 ft.	383.5 - 376.7 1,135 ft. 375.3 - 364.1 2,535 ft. 361.1 - 358.5 540 ft.		680 ft.	361.1 - 364.1 500 ft.	
384.0-408.0	850 ft	No major uphills		3,705 ft.	393.8 - 396.4 920 ft. 397.3 - 399.7 430 ft. 400.3 - 405.5 965 ft. 405.7 - 407.7 745 ft.	
408.0-431.4 (431.4 is The Parkway's Highest Elevation)	1,835 ft.	426.5 - 424.8 325 ft. 423.2 - 421.6 250 ft. 415.6 - 413.2 385 ft. 411.9 - 409.6 400 ft.		2,775 ft.	416.8 - 420.2 1,100 ft. 423.2 - 424.8 230 ft. 426.5 - 428.2 405 ft. 429.0 - 431.4 600 ft.	
431.4-469.1	7,470 ft.	469.1 - 462.2 2,240 ft. 461.6 - 458.9 1,000 ft. 455.7 - 451.2 1,480 ft. 443.1 - 435.5 2,020 ft. 433.3 - 431.4 475 ft.		3,450 ft.	443.1 - 451.2 2,450 ft. 455.7 - 458.9 810 ft.	
458.2	Heintooga Spur Road	From Balsam Mountain 3.6 - 1.0 860 ft.		To Balsam Mountain 0.0 - 1.0 255 ft. 3.6 - 8.6 845 ft.		
Total	Uphill Climb North 48,722 ft.			Uphill Climb South 48,601 ft.		