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April 3-5 Winston-Salem Dog Training Club

April 18 NCQHA Novice Horse Show

May 2 PSC FUN HORSE SHOW

May 16 Lucy's Friends: Benefit Horse Show

May 30 NCQHA District III Horse Show

June 6 & 7 PHA & NCPEA: Horse Show

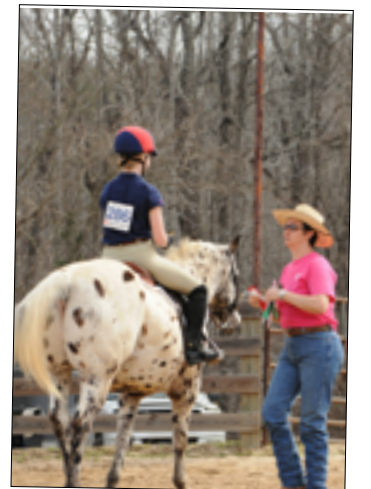
September 19 PHA & NCPEA: Horse Show

October 3 Jamestown Rotary Club Annual Horse Show

October 17 PSC FUN HORSE SHOW

December 5 Piedmont Saddle Club Christmas Party

For reservations call Glenn Strickland 336-580-7800
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Insulin Resistance in Horses

An information session with Dr. Mark Wallace from Carolina Equine Hospital

What is insulin resistance?

Insulin resistance is a condition in horses where their bodies no longer respond normally to the insulin in their bloodstream. Horses with insulin resistance (also called Equine Metabolic Syndrome or Insulin Dysregulation) often have cresty necks and may be obese. They are very prone to laminitis and founder. They also tend to be “easy keepers”. Certain horses are born with a tendency to develop insulin resistance, while in others it’s caused by excess levels of sugar in the diet over an extended period of time. Maintaining horses at excessive body condition over a long period of time can lead to this condition.

Why is insulin bad?

High levels of insulin in the bloodstream are proven to cause laminitis. The exact way in which this happens is still unknown, but horses and ponies with insulin resistance are highly predisposed to laminitis and founder compared to non-insulin resistant horses.

Are all insulin resistant horses fat?

No. It is a common misconception that all horses with insulin resistance have generalized excess body fat. Insulin resistant horses may instead exhibit “regional adiposity,” or localized fat pads on the neck (also called a “cresty neck”), behind the shoulder, or at the base of the tail, while having a normal to low overall body condition score.

Why are some breeds of horses more insulin resistant?

Certain horse breeds more than others evolved when food was scarce. This meant that they had to be very good at using whatever nutrients and sugars they acquired in their diet, and at storing fat, with limited access to food. Horses in today’s society usually have an abundant supply of food available at all times. As a result, this evolutionary adaptation now works to their disadvantage.

Which breeds are more predisposed to insulin resistance?

Insulin resistance is seen in all breeds, especially when they are kept too fat over long periods of time. Welsh, Shetland, and Dartmoor ponies, and Morgan, Paso Fino, Arabian, Saddlebred, Spanish Mustang, and Warmblood horses appear to be more susceptible to insulin resistance than other breeds. It is less common in Thoroughbreds.

What are the signs of insulin resistance?

In addition to generalized obesity or regional adiposity, insulin resistant horses may have a history of laminitis with soreness in the front feet, or abnormal hoof wall growth. They are usually easy keepers as well.

How is insulin resistance diagnosed?

Your horse may be diagnosed as insulin resistant based on physical exam findings and a thorough history. Signs of regional adiposity or obesity, combined with a history of recurrent episodes of laminitis, are often sufficient. The horse’s blood insulin level can be measured in order to diagnose the condition as well as to determine the severity and risk of founder.

Is there an effective treatment for insulin resistance?

The single most effective treatment for insulin resistance is exercise coupled with diet change. If your horse is not currently experiencing a bout of laminitis, an increase in physical activity is recommended. Start with 20-30 minute sessions of riding or longeing, 2-3 times a week. You may gradually increase the intensity of exercise by adding more sessions per week as time goes on. Exercise works by both inducing weight loss, and by increasing insulin sensitivity.

How should I feed my insulin-resistant horse?

The mainstay of dietary management for insulin resistant horses and ponies involves decreasing the amount of sugars and starches in the diet. This entails eliminating or severely restricting access to grass

pasture. In horses that are actively laminitic, providing only low-starch hay and/or hay soaked in water for 1 hour prior to feeding may be required. In horses and ponies that are also obese, decreasing the total number of calories consumed on a daily basis is also important. This may require eliminating regular grain and green grass from the diet entirely. There are many low carbohydrate concentrates on the market that are suitable for horses with insulin resistance. Your veterinarian can perform a ration balancing to ensure that all nutritional needs are met and that there are not excess calories or sugar in the diet.

What if my horse is not overweight?

For horses with a normal to low body condition score, hay alone may not provide enough calories. In these horses, commercially available “low-starch” feeds can be used to meet daily energy requirements.

How can I restrict my horse’s access to grass?

Horses are very efficient grazers. Even when their pasture time is cut in half, they are still able to eat the same amount of grass in this decreased period of time. For this reason, the only effective way to decrease your horse’s grass consumption is by strictly limiting their turnout time and/or by using a grazing muzzle. Alternatively, hand-grazing for short periods of time in addition to turnout in a dry paddock can achieve the same goal. Grass pasture may precipitate laminitis in any insulin-resistant horse or pony.

When should I turn out my insulin-resistant horse?

In general, starch content of grass is lowest in the early morning, except after a frost. Also be careful of grazing your horse in the spring when the grass is undergoing rapid growth, or in the fall when the grass is preparing for cold weather.

Is there any medical treatment for insulin resistance?

While diet change and exercise are the most effective treatments for insulin resistance, there are two products that are sometimes used in horses to aid in weight loss and insulin sensitivity, respectively. Thyro-L, or Levothyroxine, can be fed to horses as a supplement to diet and exercise to support weight loss and insulin sensitivity. While hypothyroidism is rare in horses, supplemental thyroid hormone does appear to promote weight loss. Metformin is a human medication which has recently been used in horses to increase insulin sensitivity, and early studies of this drug in horses are promising.

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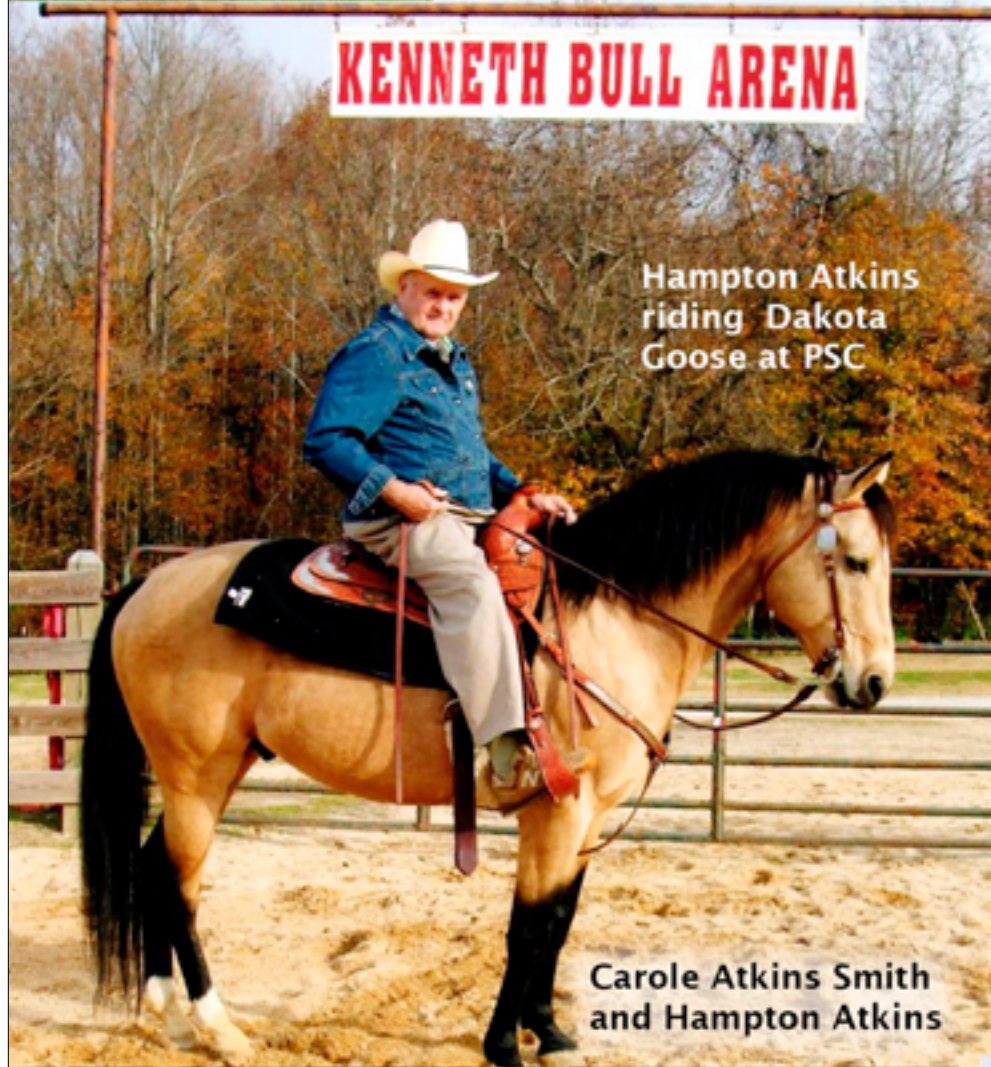
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The 2015 Piedmont Horseman's Directory has a special web based edition that includes a listing and descriptions of equestrian trails in North Carolina and Virginia and links to maps of the trails in the North Carolina State Parks. Go to our web site:

www.piedmontsaddleclub.org
and select the special on line edition of the
2015 Piedmont Horseman's Directory

Happy Trails!

Join the Piedmont Saddle Club and ride and camp with us!



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www.ridemtrogers.com
Camping & Cabin Rentals
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40 Camp Drive
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www.RockyHollowHorseCamp.com

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a rod for the fool's back" (Proverbs 26:3)

4 B FARM
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4BFarm.net

Larry and Helen Blackburn
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(336) 461-FARM



IRON MOUNTAIN HORSE CAMP

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Ivanhoe, Virginia 24350
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Email: info@ironmountainhorsecamp.com





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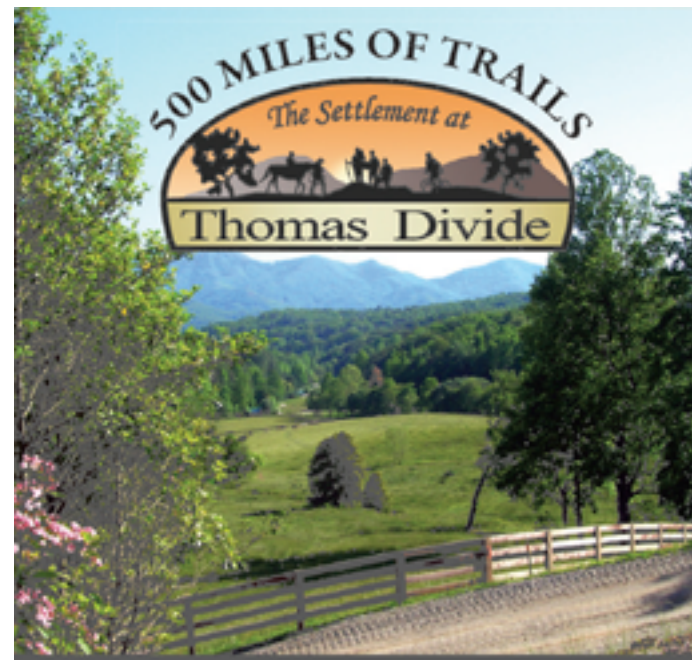
You are invited to enjoy the scenic Blue Ridge Mountains of Southwestern Virginia at the Hungry Horse East Equestrian Campground and Stables. Nestled in a valley near Ivanhoe and Fries, Virginia, Hungry Horse East offers peaceful surroundings, spectacular scenery and miles of equestrian trails for riders of all skill levels. Visit our website at www.hungryhorseeast.com for more information. To make reservations contact us directly at reservations@hungryhorseeast.com or call (803) 367-3152.

Hungry Horse East, LLC
 2255 Brushcreek Road | Ivanhoe, VA 24350

Walnut Hollow Ranch
 Trail Riding Vacation Stables
 Located in the beautiful Nantahala Mountain Area of the Great Smokies in Western North Carolina.

Take a trail riding vacation with your horses at Walnut Hollow Ranch in Hayesville, NC. We offer overnight stables and lodging for an awesome mountain trail riding adventure!
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2008
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Stallion
AQHA ROM
Reining
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Areas to Horseback Ride by NC County

*Proof of current negative coggins required to all State and National Parks

Alamance

Cedarock Park 4242 R. Dean Coleman Road. Burlington NC (336) 570-6759

Alleghany

Stone Mountain State Park 3042 Frank Parkway, Roaring Gap, NC 28668 (336) 957-8185

Thurmond Chatham Game Land

Horseback riding is prohibited except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Mitchell River Game Land

Horseback riding is prohibited except on designated trails. May 16 – Aug. 31. All horseback riding is prohibited. Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Ashe

Cherokee National Forest

Chestnut mountain #104—3.8 miles

Coffee Branch #105---7.9 miles

Cooper Gap #119---7.6 miles

Starr Mountain Horse #120—2.3 miles

Bullet Creek Horse #121—3.0 miles

Burkett-Ivins #122—0.6 miles

Yellow Creek #123—1.7 miles

Bullet Creek Spur #124—0.6 miles

Hogback Horse #126—4.0 miles

Hogback Spur #127—1.5 miles

Camping

Lost Corral Horse Camp-- across Spring Creek Rd. from Hiwassee-Ocoee Scenic River State Park's Gee Creek Camp-ground.

Trails can also be accessed from the Lost Corral Trailhead, which is located across from Gee Creek Campground (Hiwassee-Ocoee State Park) on Spring Creek Rd. just off Highway 411 between Benton and Etowah, TN or off Forest Rd. 44 of TN 315, Tellico Reliance Rd.

Pond Mountain Game Land

Horseback riding, including all equine species, is prohibited except on designated trails May 16 through August 31 and all horseback riding is prohibited from September 1 through May 15. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Avery

Pisgah National Forest – see Yancey county for additional info

Buncombe

Pantherdown Valley Backcountry Area ---open year round

Nantahala National Forest 90 Sloan Road, Wayah Ranger District Franklin NC (828) 524-6441

Trails

Turkey Knob #TR 469--1.66mi

Powerline Road #TR 451---5.52mi

Blackrock #TR 447---1.70mi

Pantherdown Valley #TR 474--3.25mi

Deep Gap #TR 449--1.33mi

North Road #TR 453--1.29mi

Riding Ford #TR 450--0.95mi

Rattlesnake Knob #TR 452--1.56mi

Devils Elbow #TR 448--1.42mi

Wine Spring Trail #630 --- loop is 7.5 miles long.

Rocky Bald Trail #631 loops--- loop is 7.5 miles long.

Campground

Wine Spring Horse Camp—reservations required (828) 524-6441, Wayah Road, left on FS711—4.5 miles to Camp

Sandy Mush Game Land

Horseback riding is prohibited except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 – May 15. This rule includes all equine species Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Pisgah National Forest – see Yancey county for info

Burke

South Mountain State Park---3001 South Mountain Park Avenue, Connelly Springs NC 28612, (828) 433-4772 (828) 433-4686 15 equestrian campsites with 37 stall barn

South Mountains Game Land

Horseback riding is prohibited, except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map, (919)-707-0010

Caldwell

Buffalo Cove Game Land

Horseback riding is prohibited except on designated trails May 16 through Aug. 31, and all horseback riding is prohibited from Sept. 1 through May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Moses H. Cone Memorial Park---2282 blue Ridge Parkway (milepost 294) Blowing Rock NC 28605 , (828) 295-3782

Caswell

R. Wayne Bailey-Caswell Game Land

Horseback riding is allowed only during June, July and August and on Sundays during the remainder of the year, except during open turkey and deer seasons. Horseback riding is allowed only on roads opened to vehicular traffic. Participants must obtain a game lands license prior to engaging in horseback riding on this area. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Pisgah National Forest – see page for additional info

Catawba

River Bend Park—Hwy 16 at River Bend Rd. Conover NC 28613 (828) 465-8957

Chatham

Chatham Game Land.

Horseback riding, including all equine species, is allowed only during June, July and August and on Sundays during the remainder of the year, except during open turkey and deer seasons. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

American Tobacco Trail— Chatham County Parks and Recreation (919) 545-8555

City of Durham Parks and Recreation (919) 560-4355

Parking for horse trailers

1309 New Hill-Olive Rd. Apex NC

1305 White Oak Church Rd. Apex NC

Clay

Fires Creek Recreation Area-- FS Rd 1344 Hayesville, NC 28904-- (828) 837-5152

Nantahala National Forest 90 Sloan Road, Wayah Ranger District Franklin NC (828) 524-6441

Fires Creek Area Trails

Rim Trail ----13.7 miles.

Huskins Branch----1.5 miles.

Little Fires Creek ----1.3 miles.

Rockhouse Creek ----2.3 miles.

Phillips Ridge --- .4.4 miles.

Far Bald Springs---1.9 miles.

Campgrounds

Bristol Fields Horse Camp –on Fires Creek RdEighteen horse trails totaling 59 miles are available near the camp. The camp's amenities are drinking water and vault toilets.

Walnut Hollow Ranch , Trail riding and Vacation Stables located in Nantahala Mountain Area of the Great Smokies in Western, NC. Hayesville, NC www.walnut Hollow Ranch.com, 828-389-8931

Standing Indian Area

Hurricane Creek Horse & Primitive Campground---South from Standing Indian on FR 67 (gravel) for 2 miles Open March 15-January 1---(Horse stalls—first serve basis)

Standing Indian Area Trails

Big Indian Loop 8 miles.

Blackwell Gap Loop. . . . 4.2 miles..

Hurricane Creek Loop. . . . 4 miles.

Thomas Branch Loop 3.5 miles.

Cleveland

South Mountains Game Land

Horseback riding is prohibited, except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 Contact: NC Wildlife Commission (919)-707-0010

Craven

Croatan National Forest ---Pinecliff Recreation Area-- Ferry Road,--Havelock NC

Dare

Cape Hatteras National Seashore (252) 441-5711----horseback riding is allowed on off-road vehicle routes

Durham

Cox Mountain Trails For Horseback Riding @ Eno River State Park—6101 Cole Mill Road Durham NC 27705 (919) 383-1686

Little River Regional Park and Natural Area--301 Little River Park Way Rougemont , NC 27572 (919) 732-5505 (919) 245-2660

American Tobacco Trail—Parking for horse trailers, 1309 New Hill-Olive Rd. Apex NC,

1305 White Oak Church Rd. Apex NC, Chatham County Parks and Recreation (919) 545-8555

City of Durham Parks and Recreation (919) 560-4355

Duke Forest--NC 751 Durham NC (919) 613-8013

30 miles of bridle trails

For rules go to <http://dukeforest.duke.edu/recreation/horseback-riding/>

To purchase recreation maps, please contact the Office at 919-613-8013 or send a check with your name and mailing address made out to Duke University for \$8 to Box 90332, Duke Forest, Duke University, Durham, NC 27708.

Hill Forest –NCSU State Forest Road Bahama NC (919) 515-2883

<http://cnr.ncsu.edu/fer/about-fer/facilities-and-for-ests/g-w-hill-demonstration-forest/>

Requires permit- to apply go to -- http://cnr.ncsu.edu/fer/wpcontent/uploads/sites/3/2014/07/recreation_application_rules_2014-15season.pdf

Forsyth

Salem Lake Trail— 1001 Salem Lake Rd, Winston Salem, NC 27107 (336) 650-7677, 7 mile loop bridal path

Graham

Tsali Recreation Area ---near Fontana Lake—US 74 west to NC 28 west 5 miles-- sign on right

Horseback riding alternate days from mountain bikers---check schedule

Area Trails

Right Loop, #38--- 13.9 miles of single track, with shorter 4- and 8-mile loops possible.

Left Loop, #38A--11.9 miles of single track

Mouse Branch Trail, #152A-- 8.7 miles of single track

Thompson Loop, #152--- 7.3 miles of single track.

Horse Branch #2630A, Tsali

Meetinghouse Mountain #2540, Tsali

Shell Stand #418, Near Tsali

There is a per-person-- day use fee for trail use. Fees can be paid at either the Tsali Bike or Horse Trailheads.

Santeetlah Lake Trail---Intersection of Hwy 143 and Snowbird Rd./ Intersection of Hwy 143 and Long Hungry Rd. Robbinsville NC 28771 (828) 479-3790 (828) 479-6431, 15 miles of bridal trails

Guilford

Northeast Park---3421 Northeast Park Dr / 4010 High Rock Road Gibsonville NC (336) 975-7722 (336) 641-2070

Bryan Park Horse Trail- (entrance at Aeromodelers airplane field--- Grams Field)-----7790 Doggett Rd., Browns Summit, NC (corner of Hwy 150 and Doggett Rd.) trailer parking on right

Halifax

Medoc Mountain State Park---1541 Medoc State Park Road, Hollister, NC 27844 , (252) 586-6588 (252) 586-6476

Harnett

Raven Rock State Park—3009 Raven rock Road. Lillington, NC 27546 (910) 893-4888

To reach the bridle trails--use address: 1550 River Road, Fuquay Varina, NC 27526

Little River Trails---1690 McNeill-Hobbs Rd. Bunnlevel NC (910) 893-4351, (910) 890-4749

Haywood

Cold Mountain Game Land

Horseback riding is prohibited except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited

from Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Pisgah National Forest – see Yancey county for additional info

Henderson

Pisgah National Forest – see Yancey County for additional info

Dupont State Recreational Forest – Dupont Road, Henderson ville, NC 28792 (828) 877-6527

For extensive trail details go to <http://dupontforesttrails.com/>

All trails are open to horses except for Triple Falls Trail from the picnic shelter to Staton Rd. and

Few foot trails that are clearly marked

Jackson

Toxaway Game Land

Horseback riding is prohibited, except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

McDowell

South Mountains Game Land

Horseback riding is prohibited, except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map

(919)-707-0010

Pisgah National Forest – see Yancey county for additional info

Madison

Sandy Mush Game Land

Horseback riding is prohibited except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 – May 15. This rule includes all equine species Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Pisgah National Forest – see Yancey county for additional info

Mecklenburg

Latta Plantation Nature Preserve—5226 Sample Road, Huntersville NC 28078 (704) 875-1391

13 miles of bridle trails--- park in designated horse trailer parking lot.

\$3.00 horse equestrian trail user fee payable via drop box located in parking lot

Proof of current negative coggins required

Mitchell

Pisgah National Forest – see Yancey County for additional info

Montgomery

Uwharrie National Forest,Hwy 109N,Troy NC (910)576-6391

Badin Lake Recreation Area

Campgrounds

4B Farm Equestrian Campground, Larry and Helen Blackburn, Troy, North Carolina 336-461-FARM

Badin Horse Camp or Old Horse Camp ---Mullinix Rd (Primitive camping) Pets Allowed. The trail system is immediately accessed via the Home Trail (#710) to the north and west of the camping area.

Canebrake Horse Camp Mcleans Creek Rd. Troy NC

Reservations (877)444-6777 ---3 days in advance

Overflow Horse Camp (used when Canebrake horse camp is full. Open field with horse tie outs. There is no water or bathroom available.

Area Trails

Bates Trail -----1.7 miles

Berner Trail -----0.5 miles

Big Rock Trail -----0.9 miles

Blackburn Trail ----- 1.9 miles

Burl Tree Way -----1.3 miles

Buttermilk Trail -----1.0 miles

Fralely Trail-----1.9 miles

Greg's Loop-----1.3 miles

Hang Glider-----1.0 miles

Helen's Loop -----1.8 miles

Home Trail-----1.4 miles

Indian Trail----- 1.0 miles

Josh Trail ----- 2.0 miles

Lake Trail----- 0.6 miles

Larry's Trail -----1.2 miles

Leslie Trail -----1.3 miles

Megan's Trail-----1.4 miles

Morgan Trail-----1.4 miles

River Trail----- 3.0 miles
 Robbins Trail-----1.3 miles
 Rudolph Trail ----- 0.3 miles
 Tanager Trail ----- 0.6 miles
 Todd Trail ----- 1.8 miles
 Tony Trail----- 0.8 miles
 Wren Trail -----0.3 miles

Moore

Weymouth Woods-Sandhills Nature Preserve—1024 Ft. Bragg Road, Southern Pines NC 28387 (910) 692-2167

Rutherford

South Mountains Game Land

Horseback riding is prohibited, except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map

(919)-707-0010

Stanly

Morrow Mountain State Park---49104 Morrow Mountain Road, Albermarle NC 28001 ,(704) 982-4402

Stokes

Hanging Rock State Park---1790 Hanging Rock Park Road, Danbury, NC 27016 (336) 593-8480

Pilot Mountain State Park--- 1792 Pilot Knob Park Road, Pinnacle, NC 27043 (336) 325-2355 (336)325-2361

Sauratown Trail

Parking Lots

Old Winston Coon Road---1581 Old Winston Rd. Pinnacle NC

Surry Line---108 Culler Rd. Pinnacle NC

Tories Den—Charlie Young Rd. Walnut cove NC

Brims Grove---2449 Brims Grove rd. Pinnacle NC

Taylor Rd---2052 Taylor Rd Westfield NC

Surry

Mitchell River Game Land

Horseback riding is prohibited except on designated trails. May 16 – Aug. 31. All horseback riding is prohibited. Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info (919)-707-0010

Swain

Thomas Divide Horse Camping , www.ThomasDivide.com Horse Camping in the Smoky Mountains, Farmhouses ot Hook ups Available. 828-788-3648

Transylvania

Dupont State Recreational Forest – Dupont Road, Henderson ville, NC 28792 (828) 877-6527

All trails are open to horses except for Triple Falls Trail from the picnic shelter to Staton Rd. and Few foot trails that are clearly marked.

Gorges State Park---976 Grassy Ridge Road, Sapphire, NC 28774 (828) 966-9099

Toxaway Game Land – Jackson and Transylvania counties

Horseback riding is prohibited, except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Pisgah National Forest – see Yancey county for additional info

Wake

William B Umstead State Park---8801 Glenwood Avenue, Raleigh, NC 27617 (919) 571-4170

American Tobacco Trail— Chatham County Parks and Recreation (919) 545-8555

City of Durham Parks and Recreation (919) 560-4355

Parking for horse trailers

1309 New Hill-Olive Rd. Apex NC

1305 White Oak Church Rd. Apex NC

Duke Forest---NC 751 Durham NC (919) 613-8013

30 miles of bridle trails

For rules go to <http://dukeforest.duke.edu/recreation/horseback-riding/>

To purchase recreation maps, please contact the Office at 919-613-8013 or send a check with your name and mailing address made out to Duke University for \$8 to Box 90332, Duke Forest, Duke University, Durham, NC 27708.

Watauga

Pisgah National Forest – see Yancey County for additional info

Wilkes

Thurmond Chatham Game Land

Horseback riding is prohibited except on designated trails May 16 – Aug. 31, and all horseback riding is prohibited from Sept. 1 – May 15. This rule includes all equine species. Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Buffalo Cove Game Land

Horseback riding is prohibited except on designated trails May 16 through Aug. 31, and all horseback riding is prohibited from Sept. 1 through May 15. This rule includes all equine species.

Contact: NC Wildlife Commission to find out additional info on specific game land parking and trail entrance and map (919)-707-0010

Yancey

Pisgah National Forest

Appalachian Ranger District

Area Trails

Big Ivy Area---Coleman Boundary Near Barnardsville, NC

Bear Pen TR 176

Elk Pen TR 166

Laurel Gap TR 184

Little Andy TR 174

Perkins TR 175

Staire Creek TR 183

Upper Corner Rock TR 173

Walker Creek TR 165

Black Mountain / South Toe River Area

Buncombe Horse Range TR 191

Shinbone TR 187

Harmon Den Area

Buckeye Ridge TR 304

Cherry Ridge TR 301

Cold Springs TR 302

Harmon Den Horsecamp

Robert Gap TR 303

Grandfather Ranger District

Wilson Creek Wild and Scenic River Area

Schoolhouse Ridge FSR 4068

Thorps Creek Trail 279

Areas for Horse Camping at Pisgah National Forest

Appalachian Ranger District

Harmon Den Horse camp---reservation only (877) 444-6777, Off of Fall Branch Road

Pisgah Ranger District Area Trails

Bear Branch Trail #328

Bent Creek Experimental Forest

Deer Lake Lodge Trail #664

Hardtimes Connector Trail #661

Ingles Field Connector #150A

Little Hickory Top Trail #136

Lower Sidehill Trail #137A

North Boundary Trail #135

Sidehill Connector Trail #145A

Sidehill Trail #145

Buckhorn Gap Trail #103

Flat Laurel Creek Trail #346

Fletcher Creek Trail #350

Graveyard Ridge Trail #356

Horse Cove Gap Trail #325

Laurel Creek Trail #348

Mullinax Trail #326

North Boundary Trail #135

Riverside Trail #115

Shining Rock Wilderness

Little East Fork Trail #107

South Mills River Trail #133

Trace Ridge Trail #354

Wash Creek Trail #606

Yellow Gap Trail #611

Camprgrounds Pisgah Ranger District
 Wash Creek Horse Camp- Five miles northeast Of North Mills River Recreation Area
 Wolf Ford Horse Camp- Located off Yellow Gap, three miles east of the Cradle of Forestry (South Mills River Area)

Virginia Areas for Horseback Riding

Mount Rogers National Recreation Area
3714 Virginia 16 Marion VA (276) 783-5196
Virginia Highlands Horse Trail

Campgrounds

Collins Cove Group Horse Campground, east VA 619 to VA 642 (Pope Road), then to VA 643 (Cole Branch Road). Go 0.4 mile on this dirt and gravel road to the entrance on the left. Closest town Wytheville VA

Fox Creek Horse Camp, 3078 Fairwood Road, Troutdale VA (276) 783-5196 (800) 628-7202

Hussy Mountain Horse Campground, US 21 south to Forest Service Road 14, about 3 miles south of Speedwell. Turn left going east about 2 miles to the campground right. *closest town Speedwell, VA

Hungry Horse East, LLC, Campground and Stables, Near Ivanhoe and Fries, VA, nestled in the Blue Ridge Mountains of southwestern, VA. 2255 Brushcreek Rd, Ivanhoe, VA 24350, www.hungryhorseeast.com, reservations@hungryhorseeast.com, (803) 367-3152

Iron Mountain Horse Camp, located in Jefferson National Forest, part of Mount Rogers Recreational Area with hundreds of miles of beautiful scenic trails to ride at your leisure. Camp sites with power and water, metal shelters with decks, bath house, tack store, barn with 78 stalls. 4449 Arrowhead Drive, Ivanhoe, VA 24350, (276) 744-2056 or (276) 237-2600, email info@ironmountainhorsecamp.com www.ironmountainhorsecamp.com

Rocky Hollow Horse Camp, at Mount Rogers Recreational Area, Camping and Cabin rentals, owned and operated by the Russell family. 40 Camp Drive, Troutdale, VA 24378, www.ridemtrogers.com, www.RockyHollowHorseCamp.com, (276) 677-3900 email rockyhollow@wildblue.net

Old Virginia Group Horse Camp
Opens Mar 31 CALL FOR RESERVATIONS
3714 Highway 16, Marion VA 24354, (276)783-5196

George Washington and Jefferson National Forests

Eastern Divide Ranger Districts

Campground

White Cedar Horse Camp—Turn left on SR 606. Go 1 mile and turn right onto FS 201. Go 2.8 miles and take left into White Cedar Horse Camp. Closest town Bland, VA

North River Ranger District

Campground

Shaws Fork Equestrian Campground U.S. 250 Churchville left on State Route (S.R.) 616. 1.0 miles left campground. Closest town McDowell, VA

Grayson Highland State Park, (276) 579-7092
829 Grayson Highland Lane
Mouth of Wilson, VA 24363

Campground

Bridle Camping Area
Grayson Highland Lane (VA 362) Mouth of Wilson VA

**Links to Maps of Horse Trails on
www.piedmontsaddleclub.org**

**Dupont State Recreational Forest
Gorges State Park
Grayson Highlands State Park
Hanging Rock State Park
Hill Forest Trail Map
Little River Regional Park and Nature Area
Medoc Mountain State Park
Nanthahala National Forest
Nanthahala: Pisgah National Forest
Pisgah National Forest Trail Map
Pisgah National Forest
Raven Rock State Park
Riverbend Park
Santeelah Lake Trail**



Sam, oil on canvas, 14 x 30



See Saw, oil on canvas, 21 x 32

Richard Hedgecock
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Kernersville, NC 27284

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