Nature immersion in the Southern States

The most famous of the region's national parks is undoubtedly the Great Smoky Mountains National Park, a UNESCO World Heritage Site. A natural border separating North Carolina and Tennessee, Great Smoky Mountains National Park is famous for the bluish haze that often shrouds its gentle mountains. This colorful veil is formed by water vapor emanating from the dense, ancient forests that cover 95% of the park's territory. This month we invite you to discover some natural wonders in Alabama, North and South Carolina, Georgia and Missouri nicknamed the "Show-Me-State".

The southern United States is particularly suitable for road trips and outdoor activities.



Crédit photo : Visit North Carolina - Grandfather Mountain Sunrise

NORTH CAROLINA

There are 21 state parks in Alabama, which

ALABAMA

land and water in the state. The parks stretch from the Gulf of Mexico beaches to the Appalachian Mountains. Beyond Alabama's parks, outdoor enthusiasts experience spectacular nature as they explore vast forests, pristine rivers, lakes and towering waterfalls or paddle through water rapids brisk, climbing rock walls, or hiking or biking through beautiful mountain or sea terrain. For seasoned hikers, try your luck at the Pinhoti Trail. Located in eastern Alabama, it is

cover approximately 194,000 square miles of

that crosses Alabama and Georgia. southern end of the trail is on Mount Flagg near Weogufka, Alabama, the southernmost peak in the state which rises over 300 meters. These are just a few of the many adventures await you in Alabama. www.alabama.travel .

a 539 mile Southern Appalachian Great Trail



Everyone from intrepid adventurers to families

with kids love exploring Georgia's 63 state

canyons in the eastern United States with a suspension bridge as well as hiking trails leading to waterfalls, rapids and a lake with

parks and historic sites. Tallulah Gorge State Park is home to one of the most spectacular

beach . Amicalola Falls State Park is home to the tallest waterfall in Georgia. Located in northeast Georgia, the park and falls are perfect for short hikes with families, as well as more challenging trails for lovers of the great outdoors. The park is also home to Georgia's only backcountry lodge, the Hike Inn. To learn more about outdoor adventures in Georgia, visit exploregeorgia.org



Carolina offers hikers a full range of trails, including the 1,891 km Mountains-to-Sea Trail,

which connects several state and national parks on a route from the peak the highest in the Great Smoky Mountains National Park at the tallest dune on the east coast. Waterfalls greet hikers in the Deep Creek area of Great Smoky Mountains National Park. Less than a mile trail goes to Juney Whank Falls, while the Three Waterfalls Loop (4km) and Deep Creek-Indian Creek Loop (7km) triple the number of waterfalls along the way with scenic vistas breathtaking. Before reaching the Outer Banks, the Mountains-to-Sea Trail heads into the country of the Carolina Bays, where a series of phenomenal lakes captivate nature lovers. At Jones Lake State Park, the 6.5-mile Bay Trail loops around the lake surrounded by Spanish moss-draped cypress trees and whiteflowering leatherwood plants. The Mountains-to-Sea Trail leads to the jagged cliffs of the ancient Sauratown Mountains at Hanging Rock State Park. Inside the park, the

With its great geological richness, North

the woods, crosses a stream, follows the shore of the lake and leads hikers to the stone stairs of an old fire tower offering a panoramic view. CAROLINE FROM THE

From the ancient cypress forest of the

Columbia is Congaree National Park. Walk

7.6 km Moore's Wall Loop Trail winds through

Midlands to the majestic mountains of the North, natural wonders abound in South Carolina. Just outside the capital city of

among the largest remnants of an ancient floodplain forest in the United States. You'll see trees grow to record heights as you walk the 40 km of trails and 4 km of boardwalk through the park. Located on the edge of Jocassee Gorge, a few hours drive away, the small upstate town of Salem offers great hiking with its cool, clear mountain waters and local southern flavors. For more pleasure in the mountains, also take advantage of the possible activities on the Jocassee River.



trails to

short walks on well-maintained challenging wilderness treks, adventures await throughout the Show-Me

State.

Trail winds for 1.5 km (one way) under a natural bridge and through a collapsed well. The natural bridge formation is a 30 meter high stone arch left over from the collapse of the cave system that surrounded it. Other trails through the park offer views of a variety of geological features, including steep rock cliffs, glades, and Missouri's 12th largest spring, as well as the remains of a Europeanstyle "castle" dating back to of 1905.

At Ha Ha Tonka State Park, located on the edge of the Lake of the Ozarks, the Colosseum

culture. White sand beaches at Dauphin

Island, seafood at Bayou La Batre and Coden.

Photo credit: Alabama Tourism Department Dauphin Island

GEORGIA

To your bikes!

Cumberland Island National Seashore in Georgia, Georgia's largest and southernmost barrier island, is home to wild horses on 17 miles of white-sand beaches, and 39,000 square miles of wilderness of pristine maritime forests and vast marshes rich in flora and



Discover the wild horses on the beaches of Corolla in the Outer Banks region of North Carolina. It is here that you can admire wild horses on the beaches. It is said that these horses are the descendants of Spanish mustangs that swam to shore after a shipwreck more than four centuries ago. They are more than a hundred to cross the coast of

Currituck. They can be observed on the beach, in the middle of the dunes and even in the gardens of the inhabitants. But it is better to stay at a safe distance, because these horses still unpredictable wild creatures, especially stallions. It is against the law to approach them closer than 15 meters.

Photo credit: Visit North-Carolina - Wild Horses of the Outer

rock ledges and slide off rocks.

CAROLINE FROM THE

South Carolina's Jocassee Gorge was recently

named one of the "World's Last 50 Great

Places - Destinations of a Lifetime" in a special

edition of National Geographic magazine. A

guide will take you by boat to the entrances of Jocassee's wilder rivers and streams, then lead you upstream on foot to explore the secluded

During the excursion, you will have the opportunity to swim under waterfalls, jump off

SOUTH

areas of the gorge.

MISSOURI

You won't find live elephants at Elephant Rocks State Park in Missouri, located near Pilot Knob, but you will find a cluster of pachyderm-sized, billion-old pink granite boulders. of years, which stand end to end like a train of circus

elephants. The area can be easily observed from the one kilometer long Braille Trail (loop),

Photo credit: South Carolina Department of Parks, Recreation & Tourism - The Jocassee Gorges

A small fork in the trail takes you to the top of the granite outcrop where you can explore a maze of giant boulders.

Photo credit: Missouri Division of Tourism - Elephant Rock

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